



# KINGSDALE 11-19 FOUNDATION SCHOOL

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Headteacher: Mr S. H. Morrison



## Co-educational Academy of Advanced, Artistic and Academic Studies

28<sup>th</sup> March 2020

### Re: Communication from the Middle School Team

Dear Parent(s)/Carer(s)/Guardian(s),

I just wanted to write to thank you for all of your efforts in supporting your child's learning during these taxing times for all of us. Thank you also to those of you who have taken the time to let us know how the remote learning is going at home. I want to let you know that we are endeavouring to act on the feedback that we have been receiving. I know that a lot of you are concerned about the volume of work that students are getting and how to rise to the challenge of ensuring that students stick to some sort of timetable.

Could I reiterate the point made in earlier communications that the work set should only take 30 minutes per lesson. Teachers are obviously trying to gauge how much work is realistic in a session and we are obviously not getting it right all of the time. We will be mindful of this moving forward and we are alive to the need not to over-burden the students as they adjust to the discipline of home learning. Where your child is struggling to keep up with the volume of work, please tell them to stick to the 30 minutes per timetabled lesson limit. There is only so much that can be done in the allocated time and all students work at different speeds.

Tutors should be getting in contact with students over the course of the week so that we can check if there are any issues or barriers to learning. As always, we remain contactable and if you have any queries, you can contact the Heads of Learning at:

[Year9hol@kingsdale.southwark.sch.uk](mailto:Year9hol@kingsdale.southwark.sch.uk) and [Year10hol@kingsdale.southwark.sch.uk](mailto:Year10hol@kingsdale.southwark.sch.uk)

Please don't forget that details about the school curriculum can be found in the parents' section of the website. This includes detailed information about the topics studied in each subject over the course of the year. You can access this provision here <https://kingsdalefoundationschool.org.uk/Curriculum>

Our online Communications Directory also provides contact details for a range of staff in the school and can be accessed here <http://kingsdalefoundationschool.org.uk/Information/Communications-directory>

Please remember that our learning mentors and school counsellors are continuing to work with our young people throughout this period remotely via Zoom. Should you wish to contact them, please contact Ms Wray via [info@kingsdale.southwark.sch.uk](mailto:info@kingsdale.southwark.sch.uk)

I would also be very grateful if you could let us know if there is anything else that you think the school could be doing to help at this challenging time.

Kind regards,

*E Maxwell*

Elizabeth Maxwell

Head of Middle School and Director of Humanities



## **How to support home learning**

*Follow this guidance to create a positive learning environment at home*

### **Be realistic about what you can do**

- **You are not expected to become teachers** and your children are not expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household
- **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too.
- **Share the load if there is more than one parent at home**. Split the day into 2-3 hour slots and take turns so you can do your own work
- **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing.

### **Keep to a timetable wherever possible**

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they are dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting the timetable** where possible. It is a great opportunity for them to manage their own time better and it will give them ownership.
- **Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible.
- If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household.
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over.
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day.
- **Distinguish between weekdays and weekends**, to separate school life and home life.

### **Make time for exercise and breaks throughout the day**

- **Start each morning with a PE lesson** at 9am with Joe Wicks.
- If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others).
- Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended.

### **Other activities to keep children engaged throughout the day**

- Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video from Go Noodle to get the heart-rate going.
- **Give them chores** to do so they feel more responsible about the daily routine at home.
- Ask them to **help you cook** and bake.
- Accept that **they will probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits.

Good luck and please remember to share with us what works well so we can let other families know.