

## **Parents Guide to Remote Education**

We would like to extend our thanks to the student and parent community at Kingsdale Foundation School for their resilience in adapting to the rapid and unexpected shifts from face-to-face to blended and remote learning approaches, as we continue to respond to the coronavirus pandemic and the developing guidelines for schools.

We realise that it is easier to adapt for some than others to remote learning. To help families make the best of these new and sometimes unfamiliar remote learning environments, we have produced some summary guidance below which we hope you will find useful.

Here are some practical tips for parents, carers and guardians on what they can do to check on and build student learning, without becoming the teacher!

- 1. Establish routines and expectations - Create a routine, aligned with the school timetable, and talk about how it's working over time. Help the young adults get up and get ready to learn at a reasonable time. Keep normal bedtime routines.**
- 2. Adapting to Changes** – Encourage your child to display the new school timetable (with new lesson timings during the lockdown) in the learning area so they adapt well to the changes. You can contact IT support with any queries via [remotelearning@kingsdale.southwark.sch.uk](mailto:remotelearning@kingsdale.southwark.sch.uk)
- 3. A good place to learn** - Set up a physical location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Noise-cancelling headphones are helpful.
- 4. Talk with children about the key ideas (concepts) & review the learning** - ask your child to provide a 60 second summary of any one topic learnt in the day; review the learning of the day and what is coming up the next day with your child; review key vocabulary, events or learned concepts so they become automatic in a child's mind.
- 5. Ask questions** - Grounding conversations help young adults to self-manage and organise themselves and set priorities. In the morning, you might ask - What classes/subject do you have today? Do you have any assessments? How will you spend your time? What resources do you need? What can I do to help? At the end of the day you might ask - How far did you get in your learning tasks today? What did you discover? What was hard? What could we do to make tomorrow better?
- 6. Build screen-free 'reading time' in the daily routine** - Use Kingsdale's Click and Collect & Postal Library Services to reserve and collect favourite books for reading, if required.
- 7. Encourage physical activity and exercise** – Exercising with digital workouts and online instructors is beneficial. Online yoga is another option. You may want to think about how your children can pitch in more around the house with chores or other responsibilities. Work together to find ways to prevent 'down time' from becoming just more 'screen time'.
- 8. Unplug the distractions** - especially during periods of learning.

9. **Manage stress and make the most of an unusual situation** – Help children reflect on the day with the ‘Rule of Three’ everyday; i.e. three things they are grateful for, three things they are proud of and three things they could do better the next day. Keep the positive conversations going.
  
10. **Don’t hesitate to ask for support** - Stay in contact with the school and your child’s teachers. If you require any additional support, like digital devices, or you are struggling in these challenging times and need support, please contact the school via email [support@kingsdale.southwark.sch.uk](mailto:support@kingsdale.southwark.sch.uk)

We also recommend our parents to access the article published by SecEd [here](#) . This article provides a research based approach on how parents can support children with remote learning. The article also contains an excellent bibliography for further reading.

In case you have some developmental feedback and suggestions for the school on remote learning, please feel free to contact us via [remotelarning@kingsdale.southwark.sch.uk](mailto:remotelarning@kingsdale.southwark.sch.uk)