



Our Ref: JR/Covid/March1a

Re: Distance Learning Advice

Dear Parent/Carer

At Laurelhill Community College, we understand that many of you are feeling overwhelmed by the prospect of your children being kept at home over the coming weeks and months. It is important to remember that schools are not expecting you to home school. This is an unprecedented emergency situation that is impacting the world, one in which we are all trying to do our best.

Whilst Laurelhill staff are working to support your child in their education at this time, it is important to remember that many of us are getting used to a new way of working. We may not get it right at times and we expect that the methods we use for distance learning will change and develop over time.

It is impossible to overstate the importance of keeping your children at home during this time. It is essential that they stay at home and do not congregate with others. We fully understand the difficulties that this will present, and as such we have prepared a few tips that may help in developing a new routine that will support your child in their learning and keep them healthy. Remember that these are only a few suggestions to help and you may have other great ideas to support your children.

In the meantime, please take care of yourself and loved ones.

Yours sincerely

John Rea

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Distance Learning Tips

Do:

- Keep a routine** Keeping a daily and weekly routine can aid in maintaining good mental health and reduce stress levels. Ensure that children are up at the same time each day, dressed and ready for a new day. Consider developing a daily/weekly timetable that works for you and your family
- Take break and lunch** This is part of keeping a daily routine. School break time is normally 10:15 to 10:30 and lunch is either 12:30 to 1:05 or 1:05 to 1:40. You can set your own times that will fit in with the whole family. As always, they should avoid energy or sugary drinks, drink plenty of water and aim to eat between 5 and 7 portions of fruit and/or vegetables each day.
- Read** Encourage your child to read every day, even a small amount. It does not need to be a novel... any reading will help.
- Take regular exercise** This will vary depending on your circumstances. If you live in the countryside you will be able to use your outside space more easily. If going outside, always follow the government guidelines. You can make use of the PE Department's exercises on Google Classroom or use some of the many routines on YouTube (note Joe Wicks live PE lessons).
- Keep children at home** The advice at the minute is very clear. Stay at home unless you are a key worker. This is now a matter of saving lives! It is vital for the safety of everyone that you and your children stay at home. It is likely that restrictions will only increase in the coming days.

Don't:

- Rely on screens** Whilst the school is sending out work via Google Classroom, it is important to use your own judgement as to how much time they should be using a screen. You may have ideas that will support their learning that are more effective.
- Worry** The next few weeks and months is about staying healthy. Your child will be able to make up missed time in school easier than you think. It is more important to maintain harmony in your home than to get through all of the work being set.
- Stress** Minimising stress in times like these is absolutely vital for mental health. Don't let this be something that adds to your concerns. Do something else for a while if the work is causing arguments. Keeping home a happy environment is more important in these difficult times.