

## Suggested home learning timetable

8-9am		<b>Wake up and get ready!</b>
9-9.30am	<b>30 mins</b>	<b>Morning exercise</b>
9.30-10am	<b>30 mins</b>	<b>Spelling Focus</b>
10-11am	<b>1 hour</b>	<b>Writing focus</b>
11-11.30am	<b>30 mins</b>	<b>SNACK and PLAY (outside if possible)</b>
11.30am-12.30pm	<b>1 hour</b>	<b>Maths focus</b>
12.30-1.30pm	<b>1 hour</b>	<b>HEALTHY LUNCH</b>
1.30-2pm	<b>30 mins</b>	<b>Reading Focus</b>
2-3pm	<b>1 hour</b>	<b>Other areas of the curriculum (Topic challenge of the week or Twitter challenge)</b>

### Home Learning

Please do not worry unduly about academic progress whilst learning at home; all of our children are in the same boat. When they return to school, teachers will be able to address their needs and fill in any gaps. are.

In addition to home learning activities, now is also a great time for your child to focus on self-care. Does your child know how to make their bed by themselves? Do they know how to make their own lunch, or lunch for the family? Do they know how to wash and dry up in the kitchen? Can they tie their shoe laces? These are valuable life skills that all children could have a go at and learn over the coming weeks.

As well as academic and practical life skills your child's mental health is also very important. How they feel during this time will stay with them long after the memory of what they have physically done. To support them with this, it is very helpful for children to have structure and routine. A timetable or daily plan is a really good idea. Have a look at the suggestions below and see our suggested timetable above: you may want to use this as a starting point to plan a timetable with your child.

Children will naturally be spending much more time online than they do usually. Please take time to check that they are doing this safely. Further information can be found below and in our 'Children' and 'Curriculum' tabs on the school website.

Finally, we would like to thank you once again for all of your support. Keeping your children safe is vitally important as we fight this pandemic together, and we cannot thank you enough for your continued efforts.

## E-safety Guidance

- Frequently monitor and have regular conversations with your child about their online activities;
- Make use of the wealth of online resources to stimulate those conversations and remind children of how they can keep themselves safe (the e-safety section on the school website will help you);
- If you haven't yet done so, consider setting up a home/family agreement relating to children's online activities;
- Ensure parental controls are applied where appropriate – your Internet Service Provider (e.g. BT, Virgin Media, Sky) should provide parental controls and guidance on how to use it effectively;
- Be aware that gaming devices and mobile phones can also access the internet and include social media elements that you will need to supervise as the responsible adult;
- There are lots of games and activities you and your child can do together relating to e-safety on the 'Children' and 'Curriculum' tabs on the school website.

## Daily routine and timetable

- Make it flexible and adaptable
- Make it suit your child's needs
- Make it visual and adapt as necessary
- Set some structure and routine, put in things you all enjoy and offer choices
- Think about some quiet times or independent reading
- Think about your space and resources at home
- Keep to good bedtime routines, sleep is very important
- Put in some daily physical activities
- Make sure you do as much movement as possible rather than sitting still for prolonged periods of time
- If you can, go out and use the garden. It's exciting to complete learning activities outside
- Think about daily household tasks you can include as learning opportunities, such as cooking for practising maths measuring skills
- Make sure you put in plenty of fun and games
- Make sure your plan is achievable for your child, don't plan too much
- If some things don't work out change them
- Think about what your child needs – more or less structure, more or less instruction and direction, more free flow? You can easily swap around learning activities each day rather than stick to doing the same thing at the same time every day
- You don't want or need to create battles or issues at home. Use this time to invest in interests, hobbies and talents
- Use music and dance to keep physically active and entertained
- Think creatively about how you use technology and everyday household items
- Make sure you do get plenty of fresh air and exercise, best that you can...
- Enjoy reading - Just a little bit of daily reading can boost a child's vocabulary, decoding and understanding of the text. We think 10 minutes a day makes a huge difference. Fiction or fact books are both great