



# Supporting Learning at Home

***Every parent wants their child to do their very best and to keep learning***

## CHOOSE THE CULTURE OF LEARNING IN THE HOME

- Your role as a parent/caregiver is a very powerful one – you have already taught your child to walk and talk! Trust your child's innate ability to learn.
- Accept that things will not necessarily go to plan.
- Children will model their own behaviour on your lead. Be kind to yourself and others.
- This is the time to turn a challenge into an opportunity.

### LEARNING at HOME

- The learning space should be tidy, comfortable and as quiet as possible.
- No one expects you to be a teacher.
- If the task is suitable, encourage your child to learn to work independently. No one is learning if you give them the answer.



### SUPPORTING MENTAL HEALTH

- Focus on creating positive learning experiences.
- Listen to your child's concerns but do not fixate on disaster. Contact the teacher after the lesson if necessary.
- Have clear strategies to negate sibling rivalry and to promote conflict resolution.

### LEARNING TIME

- Follow the College timetable with regards to lessons. Lesson times are outlined in the Principal's correspondence.
- Teachers will provide a variety of learning activities which will allow for non-screen, independent work.
- If you are working from home/at home, let your child see that you need time to work on tasks too.

### BE HEALTHY

- Routines are important for mental and physical health.
- Continue the focus on a healthy diet and regular exercise.
- Take it in turns to run half an hour of exercise twice a day – even kids can do this!

### ONLINE BEHAVIOURS

- Adults at home will be responsible for monitoring their child's behaviour, encourage children to be polite, respectful and courteous in their language online.
- Negotiate your child's screen time.

### A FOCUS ON GOOD RELATIONSHIPS

- Encourage your child to keep in contact with their friends.
- Teachers are under significant pressure, in a teaching environment which has changed suddenly and dramatically, be courteous and understanding as they juggle their new role.
- Contact the Subject Teacher, Academic Dean or AP Curriculum if you have concerns.