





## How to support your child with Home Learning

	<p><b>Establish a good routine:</b></p> <ul style="list-style-type: none"><li>● Where possible try and follow your child's normal school timetable; don't overload them.</li><li>● If this is not possible, try and establish your own timetable so your child has some structure to their day; there are some ideas for activities you can do <a href="#">here</a> and <a href="#">here</a>.</li><li>● Build in regular breaks during the day; this will stop your child getting distracted when they do work.</li><li>● Make some time for exercise, and for reading, as well as time for relaxing and spending time together.</li></ul>
	<p><b>Make sure there is a good environment to work in:</b></p> <ul style="list-style-type: none"><li>● If possible. provide a quiet space where students can focus on work without distraction</li></ul>
	<p><b>Check your child is doing the work set:</b></p> <ul style="list-style-type: none"><li>● Talk to your child about what they have been set that day, and how they have found the work.</li><li>● Check they are using the recommended sites to support their learning at home.</li></ul>
	<p><b>Keep healthy, physically and mentally:</b></p> <ul style="list-style-type: none"><li>● Keep active. Encourage your child to take exercise inside; there are a range of apps and video resources for indoor exercise routines, for example yoga.</li><li>● Stay connected. Make sure students are regularly emailing their teachers to check on their work, and are staying in contact with their friends or wider family on the phone or similar.</li><li>● Limit screen time and make time for digital detox to focus on other activities.</li><li>● Talk to your child about any worries or anxieties they might have, either about school work or matters in the wider world.</li><li>● If you have any worries about your child's well-being, contact the school's safeguarding team on <a href="mailto:hpd@uak.email">hpd@uak.email</a> or 07841 020733.</li></ul>