



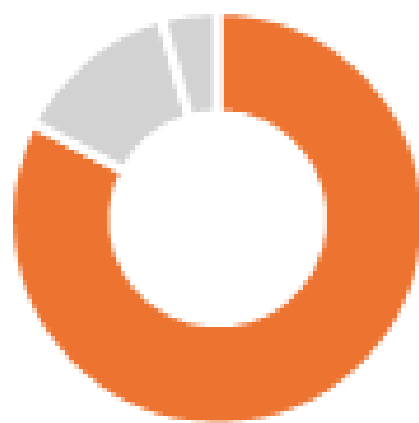
YOU ASKED US... WE LISTENED

A response to our recent survey of families' views on remote education

We are delighted that so many families responded to our survey about their experience of supporting their child's learning in lockdown. We are busy using your feedback to continue to improve your child's learning experience. We have also put together some ideas below which we hope you will find useful as you support your child's learning at home. If you have any further questions, please get in touch.

We asked if your child has developed a positive routine whilst studying at home

Yes accounts for the majority of 'My child is coping well with the amount of work.'



If they have not, here are some ideas on how to help your child have a better routine.

Use the school timetable.

Encourage your child to log on to Microsoft Teams at the start of each lesson then complete the learning during the lesson.



Remove distractions.

Help your child to put their phone or other distractions away from them when they're learning so they can concentrate fully on what they are doing.



Plan breaks

Concentrating for long periods of time is difficult so plan short breaks in the day when they can do something else.



Give praise.

Notice your child doing the right thing. Even if it's what they should be doing, they are doing it and that's good! Tell them you've noticed and you're proud of them.



Talk about learning.

Ask your child how they learn best, what learning they are proud of, what they need to improve and how you can help.



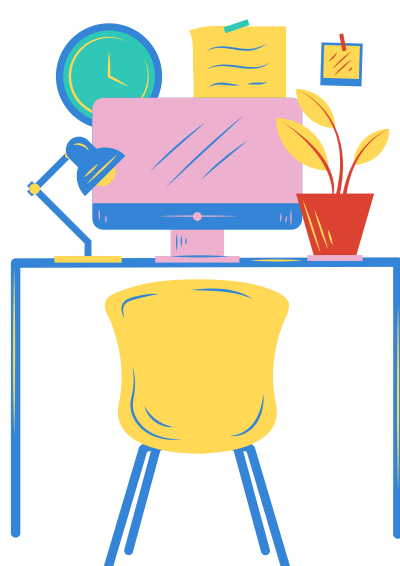
Be kind to yourself.

This will not all work all the time. Everyone is finding this hard and there is no perfect way to do this. Be realistic about what can be done and try not to put too much pressure on yourself.



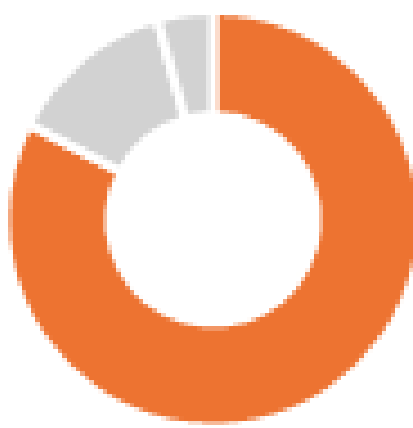
Manage space and resources.

This can be hard to juggle. But try to agree as a family when everyone can use devices and have space and quiet to work.



We asked if your children were able to complete the learning tasks set.

Yes accounts for the majority of 'My child is coping well with the amount of work.'



If it is not quite right, here are some ideas of what you can do

If you believe your child needs more learning activities: Ask them to show you their learning tasks. Look at the instructions and their work:

- Have they completed all the tasks?
- Have they done their best?
- Did they try the stretch activities?

If you still believe they are not being challenged enough, please contact their subject teacher by using the MyEd messaging app.



If you believe your child has too much school work...

Lessons are planned to provide learning opportunities for all students. If your child cannot complete all of the tasks.

- Make sure they use the support in the lesson instructions;
- Help them to prioritise and do what is most important;
- Reassure them that they do not have to complete the stretch tasks.

If you are concerned, please contact their subject teacher or year leader



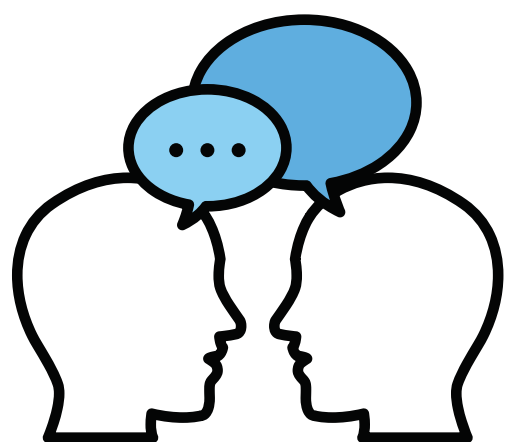
You said: 'Too much screen time'

To support we have:

- Changed the length of lessons. Lessons are now 55 minutes rather than 60 minutes providing 25 mins off screen a day.
- Two catch up afternoons and more to follow in the new term.
- Sport challenges introduced – encourage your child to step away from the computer and take part.



We asked what else might be helpful if you asked for new ideas and other support, here are some top tips and great links:



Ask them what's going well:

Our students are used to thinking about what they have done well and what they need to improve as well as how they are going to make improvements. Make it a routine to ask them each day: 'what are you proud of today?' and then celebrate their successes. You could also ask 'what could you have done better?', 'how will you do better next time?' to help them plan ahead for success the following day.



Ask them to teach you:

The best way to learn is to teach someone else. Ask them to teach you something they have learned today. If they can teach you, you can be sure they know what they are doing!

Encourage your children to work together:

Older students can help younger ones with learning they have done before. Younger ones can help their older siblings by testing them on new facts or asking them prompt questions such as What? Where? Who? Why? How?



Talk about other things:

Encourage your children to talk about their interests and passions and to think of ways to link this with their learning.



Ask for help:

We do not expect you to be experts on every subject. Teachers are here for you and your child so please get in touch if you need to.



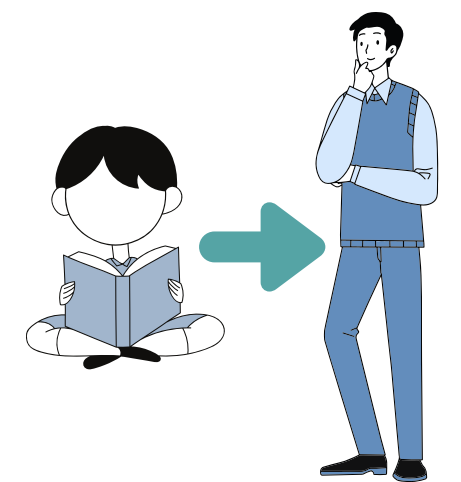
Help your child to feel better:

Reassure your child that their teachers are still here for them. They can contact teachers directly through Microsoft Teams. If they are not sure what to do in the lesson they must let their teacher know.



Think about the future.

We do not know when this will end but it won't last forever and there is lots to look forward to. Help your child to think positively about their future in school and beyond.



Talk to them about COVID

Many young people are anxious, and this can get in the way of them engaging with learning. Again, there is lots of great advice online including the [Children's Guide to Coronavirus](#) from The Children's Commissioner which is great for younger children or this advice from Save the Children on [how to talk to your child about COVID](#).



Look after yourself!

Everything going on right now is hard to deal with. Everyone is juggling a lot and having to do new things. It is tough. As parents and carers, you need to look after yourself too. There is some great advice from Mind about [Coronavirus and your wellbeing](#)

