

# How to support home learning

Follow this guidance to create a positive learning environment at home

---

## Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. You can use the tips below to help you make this work for your household
  - **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too
  - **Share the load if there are 2 parents at home**. Split the day into 2-3 hour slots and take turns so you can do your own work
  - **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing
- 

## Keep to a timetable wherever possible

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
  - **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
  - **Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible
  - If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household
  - **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
  - **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day. If your child would benefit of a specialized visual aid timetable, please contact the child's class teacher and share the timetable as we may be able to assist with putting together a bespoke home- timetable for you.
  - **Distinguish between weekdays and weekends**, to separate school life and home life
- 

## Make time for exercise and breaks throughout the day

- **You could start each morning with a [PE lesson](#)** at 9 around am with online fitness coach such as Joe Wicks

- If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)
  - If possible you can get your children to **write in a diary what they did each day or to make a scrap-book or collage using photos or everyday- material of what they did** – this can be a clear sign that the 'school' day has ended
- 

### Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video such as from [Go Noodle](#) to get the heart-rate going
  - Get your children to **write postcards** to their grandparents, relatives, friends or to pen pals
  - Ask **grandparents, relatives or family friends to listen to your children read** via a secure online video platform [Facetime; Skype; Whatsapp etc..] (or ask grandparents, relatives, family friends to read to younger children)
  - **Give them chores** to do so they feel more responsible about the daily routine at home
  - Ask them to **help you cook** and bake
  - Accept that **they'll probably watch a bit more TV/spend time on their digital devices** – that's ok but you might want to set/agree some screen time limits as well as consider how you monitor what they are viewing and accessing to ensure it is safe (see e- safety guidance for further details)
- 

### Examples of home-learning timetables

- Horniman Primary School in Lewisham created [this timetable](#) for its parents
  - [Five Minute Mum](#) has a timetable including lots of activities for younger children
- 

### If you need to contact the school

#### Sheiling School Thornbury

Thornbury Park  
Park Road  
Thornbury  
Bristol BS35 1HP  
Main Office Telephone: 01454 412 194  
e-mail: [mail@sheilingschool.org.uk](mailto:mail@sheilingschool.org.uk)  
Website: <https://www.sheilingschool.org.uk/>

#### Office Hours

**Weekday:** 9am to 4.30pm

**Saturday & Sunday:** closed

#### See guidance on supporting your mental health and that of your children:

- [Coronavirus and your wellbeing](#) – Mind.org
- [Supporting young people's mental health during this period](#) – Anna Freud Centre
- [Self Isolating and dealing with conflict at home](#) – Children's Society