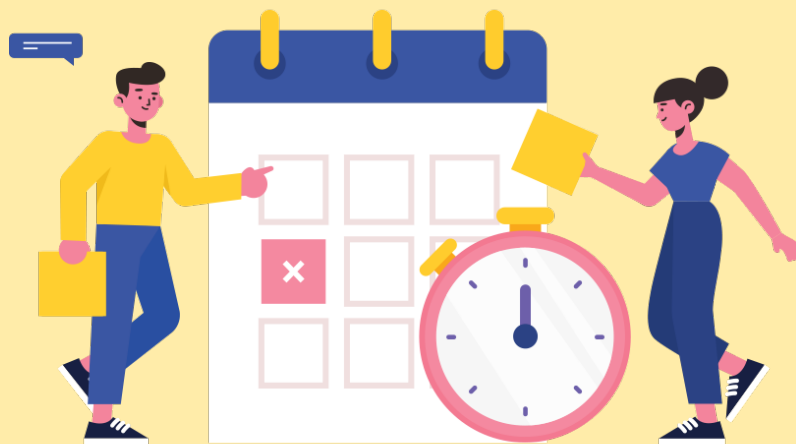




# Learning From Home: Our Pledge to You

We will strive to deliver the best possible education to your child while they are learning from home. Here are our pledges and some practical ways you can support your child at home.

## STRUCTURE TO EACH DAY



Getting into a daily routine is really important no matter what stage of school your child is at. That is why we will make sure that every day is appropriately structured for every child. The best way to do that is to have a structure to the day - breakfast, learning session, break, learning session, lunch times etc.

For both Primary and Secondary students the schedule of the day will look different to the usual school timetable - it will be a little more bespoke dependent on your child's age/year group. The important thing is that you will always know what your child is learning - and when they are supposed to be learning it.

## How You Can Help

It's helpful to maintain your child's normal school routine with wake-up alarms beeping at the usual time, breakfast on the table and set learning hours each day.



Why not create a to-do list at the start of each day? You can review the day's tasks together, tick off items that have been completed and congratulate your child on what they have achieved.



Create a study area where your child can go to learn each day. Try to find a quiet place away from distractions or provide headphones to block out background noise. Suggest they sit at a table on a comfortable chair rather than on a bed or sofa.

Your child might feel a little unsettled with the changes to their normal school routine and are likely to ask some questions. Listen to your child and help them to express their feelings. Let them know that it is ok to feel a variety of emotions. Enjoyable activities such as reading a story, watching a family movie together or playing a game can provide reassurance to young children.

# AN APPROPRIATE AMOUNT OF WORK – WITH LEARNING PROGRESSING EVERY DAY

We want to make sure that every student feels comfortable in their learning and are able to get through the right amount of tasks every day. We will make sure that there is not too much work being set and that we have the right balance to ensure that your child is able to confidently work through each day.

Throughout the closure we will be seeking feedback from parents/carers as well as our students so as to provide the best possible teaching and learning.

## How You Can Help



Encourage your child to take their time and enjoy the process of learning from home. If some things take a little longer than expected, just let your teacher know.

Help your child stay focused by encouraging them to divide their day into multiple short study periods with scheduled breaks.

Remind your child that it's okay to take a break whenever they need one.

A burst of exercise or physical activity can **alleviate stress** and **improve** your child's **mood**.

Some ideas include one minute of jumping jacks, running up and down stairs, and dancing to music.

A few minutes of deep breathing can also improve focus, boost energy levels and reduce stress.

## Try to minimise distractions such as:



TV



Phones



Games



Social Media

*Perhaps save these activities until your child has finished their learning for the day.*

# SUPPORT FROM YOUR TEACHERS

We have amazing teaching staff – and they really care about every student in every single one of their classes. We are going to be using a range of technology platforms – like Seesaw, Zoom and Everest – to make sure that your child's teacher can offer support during the school day.

Connecting with your teacher will not just be about the sending and receiving of emails. Technology allows us to have face-to-face contact with students. We will be making sure that support extends beyond our students. School will also be reaching out to parents to keep them informed and to take on feedback.

## How You Can Help

We would advise that you regularly check to see what your child is learning online.

Try to ensure your child alternates screen time with off-screen activities. We suggest limiting the use of digital devices to daytime only as not to impact sleep patterns. Remember a good night's sleep is crucial for your child's mental and physical well-being.

Spending long periods of time away from friends can be difficult so help your child stay in touch with their friends.



If you or your child have any questions about learning from home, please contact your child's class teacher/form tutor so they can offer help and support.

Above all, we want your child to stay healthy, have fun learning online with us and we can't wait to see them back in school soon!



**St. Ignatius**  
CATHOLIC SCHOOL

*"Instaurare Omnia In Christo"*