

# Upton Heath C of E Primary Top Tips for Home-Learning



## How to Create a Home-Learning Environment

### 1. Create a Designated Learning Space

Wherever you decide to let your child set up shop, create a designated workspace at home. If possible, associate that area with learning only for the time being. Try talking with your child about how this is their "work from home" desk! Just like their desk at school but at home. You can try to set this area up like their school desk by removing any home clutter. Consider adding items to the area that the child might need like a pencil case, calculator, and extra paper. Pupils should feel comfortable and have a sense of ownership to their home learning space.



### 2. Choose the Right Learning Space

It is easy to want to let your child learn from their bedroom, playroom, or the sofa while you also work from home. Choose a designated learning space that allows your child to feel a sense of ownership and empowerment when they sit down to learn! You can try having them work alongside you at the kitchen table so they can see how you work from home! It is important to find a neutral space with limited distractions where you can support your child's learning or check in periodically.



### 3. Minimize Distractions

It is inevitable that your child will get distracted while at home. Try to prepare for distractions before they happen — set clear expectations and goals for the day. Minimise distractions by making sure that toys, games, and activities are tucked away during learning hours. If your child is having trouble focusing due to other distractions in the house, move their learning space to a quieter area. Take it day by day, be flexible and if something isn't working, try something new!



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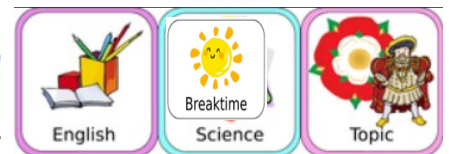


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### 4. Set a timetable.

Children are used to being on school timetables so try to keep their routine the same at home! There are pillars in the school day that you can mimic at home. Things like start-time, lunch, break time, and end times are good starting points for setting a routine. Having consistency in the day will instill your child with a sense of comfort.

Let them know that this is how it is going to be for a little while but learning at home can be just as fun as learning in school! If this is not possible some days then encourage your child to participate in some independent activities away from Seesaw/Tapestry - get outside, baking, playing with construction toys, art and craft activities or something that they enjoy. A flexible timetable is essential. Pupil wellbeing and family time is very important at this time and sometimes a day away from a screen is just what is needed.

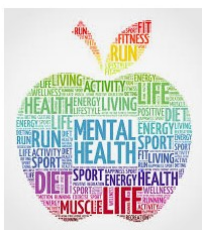


### 5. Communicate

Communication is key when it comes to remote learning. Make sure to keep open lines of communication with both your child and their teacher. During this time, teachers are quickly adapting to online learning and your feedback and communication is appreciated. This is an unexpected learning experience for pupils, parents, teachers, and school staff. Try keeping open lines of communication with your child's teachers and the school. The school is not expecting you to teach, but we have to ensure that we work together to support our learners through this period of remote learning. Ask for support and advice if it is needed.



### 6. Wellbeing tips for our pupils.



- > A good bedtime routine. > Taking brain breaks. > A balanced diet.
- > Achievable goal or target for the day. > Agreed time to work on a task.
- > Getting outside. > Talking to a friend. > Asking for advice or support.
- > Physical activities and exercise. > Celebrate small successes.