

Advice for parents and carers working at home with students:

Top 10 Tips:

- **Whilst your child is at home routine is key. Your children are used to following a routine in school and so this is the best starting point for supporting learning at home.**
- **Think about what time you and your children will be up and ready to begin the day. Try to keep to the same times each day. These timings need to be realistic as you will have your own daily routine too.**
- **Consider the times when your child normally has a snack and lunch. Again keeping to these times will help reinforce their routine.**
- **Think about whether your child learns best in the morning or the afternoon.**
- **Try to break the day down into manageable 'chunks,' just as school does with subjects throughout the day and individual learning tasks within lessons.**
- **Work with your child as far as possible so that they know you are keeping track of their learning.**
- **Factor in time for breaks. Allow your child to move around, maybe even do some physical activity to keep them alert.**

- **Build rewards into learning. This may be by using a reward chart, stickers, reading, colouring, playing a game, cooking. This will help to give your child an incentive.**
- **If the subject or task is not engaging your child at that time, then vary the timetable. It may be best to study the core subjects such as English, Maths, Science in the morning and leave more 'hands on' activities such as Art until later in the day.**
- **Some of our children, will need time to adapt to doing so much school work at home. This is why it is important to have a schedule and follow it as closely as possible each day. Work will be available on our website and staff will help as much as they can. Go to the 'Home Learning' link on our webpage <https://queensburysch.com/online-learning-links/> for more information.**
- **If you have a question you will be able to email Heads of Faculties who will try their best to help you with your query as quickly as possible. You can also access our Long Term Plans which have a breakdown of the topics studied across the curriculum for the academic year.**

We realise that this is a very difficult time for everyone affected by the school closures. We hope that we can all work together to continue to maintain the best possible outcomes for your children both now and in the future.

A Suggested Timetable for Parents/Carers:

Below is a suggested timetable for students to follow in terms of planning out their daily timetable.

Parents/carers may find this useful in terms of establishing a routine for their children.

There is also a template for parents and carers to adapt if they wish.

Date:

Activities I need to do at home today:

Reward:

Date:

Activities I need to do this morning:

Reward:

Date:

Activities I need to do this afternoon:

Reward:

Date:

Activities I need to do at home today:

English

Maths

Science

Art

Reward:

Date:

Activities I need to do this morning:

9.15–10.15am

English

10.15-10.30am

Learning Break

10.30-11.30am

Maths

11.30-12.30pm

Science

Reward:

Date:

Activities I need to do this afternoon:

12.30-12.45

Lunch

12.45-1.00pm

Science continued

Learning break

1.00-1.25pm

Art

1.25-2.25pm

Reward: Sticker for my reward chart. Making a sandwich with an adult.

