

CORONAVIRUS

Guidance for parents

1. Please read our Guidance for Students to understand what your child should be doing Monday to Friday
2. If possible, provide a dedicated space for your child to use as their 'workplace'. Try to minimise any disruption as much as you can, giving your child the opportunity to concentrate.
3. Make sure your child takes regular breaks from using a screen and monitor the amount of time in total they are looking at a screen (including their phone!) Remember, many of the tasks set can be completed just as well on paper (a photo on a smartphone can always be used if the work is to be submitted as an attachment to an email).
4. Check regularly for communications from the school and talk to your child about how they are coping with the work that is being set. Do this at the start and end of your child's 'school' day.
5. Encourage your child to take regular physical exercise in whatever form they enjoy (and bearing in mind any social distancing restrictions the government might announce).
6. Monitor your child's use of social media, both to encourage them to develop good work habits by keeping school work and on-line social activities separate, and also to ensure they keep up their friendships at a time when physically meeting up is more difficult.

Please remember that this is a new experience for teachers too! That means we might not always get things right and we will also be learning about which technologies and activities work best as we go, so please be patient and just let your child's teacher know if they haven't been able to open a file or join a virtual lesson.