



Firstly, I'd like to say a huge thank you to all the class 9 parents and carers for your support during this period of remote learning. Your contribution, communication and patience has been invaluable and really supported us as a teacher team.

Being a parent is difficult enough, but at the moment it can be particularly stressful! As a parent and a teacher, I just wanted to give you a few pieces of information/advice on remote learning which I have learned along the way. Hopefully it may help to settle your child into a routine of learning.

### General

- Everyone is riding the 'Corona-coaster' of emotions – This includes your child. What you feel and your expectations on one day may differ completely from one day to the next at the moment. Be kind to yourself and to others. Try to focus on one thing at a time and don't put too much pressure on yourself or your child.
- Remote learning is **not** 'Home schooling'. There is no expectation for you to be a teacher for your own child as well as parent during this pandemic! Of course, offer your child support with their work, but don't feel under pressure to 'teach' them new things. We will provide suitable work which is personalised for your child. If they are struggling, or you are unsure, please just contact us and we can support.

### Home Learning set up

- **Work Space** – It is important that where possible, your child can have their own little work space area to set up. This could be just a part of the room that can be easily cleared away or a place in their own room. If you have space on a wall for pictures or work to be displayed – even better! Usually, they will need nothing more than a piece of paper and a pencil, but if they have extra art resources or stationery, it may be nice for them to organise and create their own little work space.
- **Structure/Timetable** – It can be very difficult negotiating work time/wifi time for everyone in the family. You could try to timetable or structure the day so your child knows when they will need to use technology and which lesson they need to access when. For example, between 10.30 and 11 you can have the ipad for doodle Maths and at 11 you can have it for zoom. In the afternoon you can access a creative task offline. Remember if you have any issues with technology, there is help available via the school. We can also support you with individual timetables if you feel this would be helpful.
- **Adult Support** – Your child may need some support accessing some activities, this may be just to log on or in trying to understand the task. Remember to remain calm. This is never worth an argument about! If needed, explain that you are not sure and you will send a bloomz message or email to a teacher for help. Move on to the next task!
- **Resources and coping strategies** – Many of the children in our class have access to fidget toys and or favourite books/pieces of work or strategies that they use when they become anxious or dysregulated. If this is happening a lot at home during remote learning, ask them what would normally happen in class at this point? Encourage them to use the same toys/strategies they do in school. This may help them to feel more calm and be able to carry on.
- **Reward System** – If you are struggling to get your child to access learning, have you tried a reward system? In school we use merits and the incentive of golden time to encourage learning and behaviour. We can help you to set up something similar at home if you like.

## Taking a break

- **The Great Outdoors** – It's really important that children are still accessing outdoor time. This maybe a quick walk around the block, a play in the garden or even a bike ride. It doesn't matter what they are doing as long as they are spending some time outdoors. Fresh air can often help to calm stressful situations and can serve as a good tension breaker for you both! Many of our creative tasks can be carried out in an outdoor setting. See how creative you can be!
- **Exercise** – There are loads of fantastic opportunities online for PE. Find one that works for you! There are physical challenges set on our web page but if you have the opportunity to do other things then that is just as good. Maybe you have a basketball net or an old bike you might like to pull out of retirement? This is a great opportunity to exercise together.
- **Water and nutrition** – In school, your child has a water bottle which they can access at all times to stay hydrated. Make sure they have access to a drink of water while they are working and a 'healthy' snack if they need it too. If this is clear to them at the start of the day and they know when their lunch break is and what they are having, this may help to stop the continual 'snacking' I know some of you have experienced.

## Positive Activities

- **Friends** – We are all missing our friends and social interaction. As a class, we are providing regular opportunities for children to chat and join in with social games. If you are unable to access these, is your child able to communicate with friends via something else? Maybe they could arrange a face-time or WhatsApp chat with one of their friends from class. We have found it really helps the children to stay positive and supports their mental health.
- **Preparation for Adulthood** – As part of our curriculum, we will be setting tasks linked to preparation for adulthood. What else could your child be doing in this area at home? Can they make their own bed? Create a healthy snack? Clear the table? Now is a good time to support them with these essential life skills!
- **Positive Feedback** – It has been wonderful to see all the children's learning on bloomz and I know the kids get a lot out of sharing their work with their class members. Don't forget to send in any bits of work, photos or even videos they are keen to share. You can like and make positive comments on others' work too. The children all love a bit of positive feedback from someone else.

I must stress that the above is just advice, if it doesn't work for you, don't worry! If you need any extra support, please just contact us via email or bloomz and we will give you a ring and do what we can.

Finally, 'chillax!' as all the kids like to tell me! It's important that you take some time for yourself and practise selfcare! You are doing a fantastic job as a parent and the world is crazy enough right now without sending yourself round the bend!



The Class 9 Team

Mrs Meek, Mrs Ward, Miss Moore

*There is no*  
SUCH THING AS  
A PERFECT PARENT.  

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WE ARE ALL JUST DOING  
OUR BEST.