



# The Bishop's Stortford High School

## Remote Learning: Tips and Ideas for Parents



The following tips and ideas are collected from a range of websites and forums:

- **Maintain regular hours** where possible and **have clear guidelines** for when to work and when to call it a day, to maintain work-life balance. **Include your child in constructing a schedule and display this** for everyone's reference.
- **Create a morning routine** to signify the start of the learning day, e.g. getting dressed and preparing the working environment.
- **Keep a dedicated workspace** with a table, where possible to separate work and leisure time.
- **Set ground rules** with the family about what they can and cannot do during working time, e.g. when meal times are, respecting quiet space etc. and **delete the distractions** when working, e.g. social media alerts.
- **Schedule breaks** during the day away from the workspace and make sure you take the time you agree.
- **Regularly review the schedule** if adjustments are needed, but try to stick with your agreed plan.
- **Be close by** and regularly check in with your child and how they are getting on, as they won't always be able to go it alone, all of the time.
- **Encourage your child to seek help** from their teachers **once they have tried all other ways for themselves first**, e.g. watching an explanatory video, reading a text book, using online support.
- **Foster a reading culture** within your family with a dedicated time to read and reading aloud together, discussing its content, whether it be a novel, a newspaper or a magazine.
- **Build in time for your children to socialise** with friends and family, e.g. Skype, Face Time, computing games etc.
- **Prepare financially** and use a many free online resources, issued textbooks, revision guides or exercise books, as possible.
- **Connect with the environment** and ensure you allow as much natural light and air into the working area and build in time for children to get some fresh air and exercise.
- **End the day with a routine** to separate work and leisure time, e.g. tidying away books, getting some fresh air, watching a television programme together etc.
- **Accentuate the positives and celebrate achievements** for the day and where possible set goals for the next day.
- **Find opportunities to learn something new** that is not always related to schoolwork, e.g. learning to bake, touch type, etc.
- **Help them to find opportunities to serve in their community**, nationally or globally, e.g. making a card for an elderly neighbour.
- **Make time for fun and keeping healthy.**