



A Guide for parents/carers for remote learning

1. It is important to develop good habits from the start.

Begin by creating a flexible routine and review how it's working over time. Chunk your days into segments, making sure that there is time for morning and afternoon breaks and a lunch break. Help your child get up on time, get dressed and ready to learn at a reasonable time. Some children may benefit from wearing school uniform to create a learning environment. Keep normal bedtime routines, including normal rules for digital devices. Adjust schedules to meet everyone's needs but don't default to staying up late and sleeping in.

2. Choose a good place to learn

Your family's regular learning space for occasional homework might not work for extended periods. Set up a location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Make sure an adult monitors online learning and that the device is in a public place - keep doors open, and practise good digital safety.

3. Stay in touch

Teachers will be communicating regularly through Class Dojo and Google Classroom. Stay in contact with teachers. If you have concerns, let the school know. Teachers will be meeting their classes online daily (or twice weekly for reception) - make sure that your child attends if possible, has their camera on and mutes their microphone when asked. Also please make sure children are dressed appropriately and that they are polite.

4. Help students 'own' their learning

No one expects parents to be full-time teachers or to be educational experts. Provide support and encouragement, and expect your children to do their part. Struggling is allowed but try not to help too much. Becoming independent takes lots of practice. At Grendon, your child usually engages with other students and any number of adults hundreds of times each day. Many of these social interactions will continue from a distance, but they will be different. You cannot replace them all, and that's OK.

5. Begin and end the day by checking-in

Showing an active interest and support in your child's learning is important.

In the morning, you might ask:

- What tasks do you have today?
- How will you spend your time? Ask your child to check the timetable that staff have suggested for the day.
- What resources do you need?
- What can I do to help?

At the end of the day you might ask:

- How far did you get in your learning tasks today?
- What did you discover? What was hard?
- What could we do to make tomorrow better?

Not all pupils thrive in distance learning; some struggle with too much independence or lack of structure. These check-in routines with you can help avoid later challenges and disappointments. They help students manage their learning and increase independence. These questions are particularly suitable for KS2 children, many of whom will be able to show a good deal of independence. For younger children, it is a good idea to talk with them as they are carrying out their learning tasks, discussing what they are doing, asking questions and having conversations.

6. Keep a check on your child's wellbeing and mental health

Make sure you are getting out regularly for fresh air and that children have lots of movement breaks. Make sure that the children are not working too late into the day - it's a good idea to stick with school hours for home learning. Children will miss seeing their friends and although the idea of being at home for some children is positive, others will be really missing school and their daily routine. Rewarding children for their home learning is a great idea but don't forget to reward yourself too!