

Top Tips for Home Learning

I think it is normal that your child's focus might be a bit off this week so please try not to be anxious about this. My advice would be:

1. Allow your son/daughter to work for short stints eg. 30 minutes maximum with 5-10 min breaks.
2. He/she should try + start + end his school day parallel with the Bolingbroke school day as this is routine to him/her + this routine may be comforting in such disruptive times.
3. Reward him/her for any work he/she does do and reward for effort in particular at this stage. Do not enforce sanctions until their routine is familiar to them
4. If possible, get him/her to do work in a different room to his/her bedroom or any other place he/she relaxes in so he/she can move to another part of the house when taking a break.
5. Keep his/her working area clear.
6. Play music that has no lyrics.
7. Write a visual timetable each day with timings so he/she can tick off tasks as he/she goes along to feel that sense of achievement + pride.
8. It would also be helpful if you could write a mini plan of each 30min learning session he/she does too.
9. Do the work with your child so you are working together, not simply helping him. Your child needs to learn how to learn and you can model this.
10. If your child becomes stressed (this may present itself in many different ways) stay with him/her. Use very few words. Speak very quietly, if at all. Do something simple, familiar and repetitive to calm them down.
11. Give him/her something really enjoyable to do in the evening so he/she can end the day feeling content + looking forward to another day of a routine like the day that has just passed.

I will be available on email so please do not hesitate to contact me if you have any further advice to give to fellow parents/carers or if you need a little extra support. For more valuable information, take a look at the link below, which has been recommended to us by our Educational Psychologists and is specific to this time:

<https://edpsy.org.uk/blog/2020/coronavirus-covid-19-information-for-children-families-and-professionals/>

All the best,

Ms T Kanetis

KS3 SEND