

# How to support home learning

Follow this guidance to create a positive learning environment at home

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## Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household
  - **Share the load if there are 2 parents at home.** Split the day into 2-3 hour slots and take turns so you can do your own work
  - **Take care of your own health and wellbeing.** This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing
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## Keep to a timetable wherever possible

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day - avoid staying in pyjamas!
  - **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
  - **Check in with your children and try to keep to the timetable, but be flexible.** If a task/activity is going well or they want more time, let it extend where possible
  - If you have more than 1 child at home, **consider combining their timetables.** For example, they might exercise and do maths together - see what works for your household
  - **Designate a working space if possible,** and at the end of the day have a clear cut-off to signal school time is over
  - **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
  - **Distinguish between weekdays and weekends,** to separate school life and home life
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## Make time for exercise and breaks throughout the day

- Start each morning with a [PE lesson](#) at 9:00 Joe Wicks see Youtube
  - If you have a garden, use it regularly. If you don't, try to get out once a day as permitted by the government (households can be together outdoors but 2 metres apart from others)
  - Get your children to write in a diary what they did each day - this can be a clear sign that the 'school' day has ended
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## Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, make time for other activities. Add some creative time or watch a dance video from [Go Noodle](#) to get the heart-rate going
  - Get your children to write postcards to their grandparents or to pen pals
  - Ask grandparents to listen to your children read on FaceTime or Skype (or ask grandparents to read to younger children)
  - Give them chores to do so they feel more responsible about the daily routine at home
  - Ask them to help you cook and bake
  - Accept that they'll probably watch more TV/spend time on their phone - that's ok but set/agree some screen time limits
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## Remote-learning timetables

- We have a suggested daily schedule which can be found on our Remote Learning part of the website.
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## If you need to contact the school

E-mail [stpauls@educ.somerset.gov.uk](mailto:stpauls@educ.somerset.gov.uk) or out of hours [slt.sch299@educ.somerset.gov.uk](mailto:slt.sch299@educ.somerset.gov.uk)

Send a message via [ClassDojo](#)

Use the contacts from [St Paul's Website](#)

These methods should receive a response within a couple of days.

Alternatively, call 01749 343250, leave a message and we will get back to you when we can.

**See guidance on supporting your mental health and that of your children:**

- [Coronavirus and your wellbeing](#) - Mind.org
- [Supporting young people's mental health during this period](#) - Anna Freud Centre