

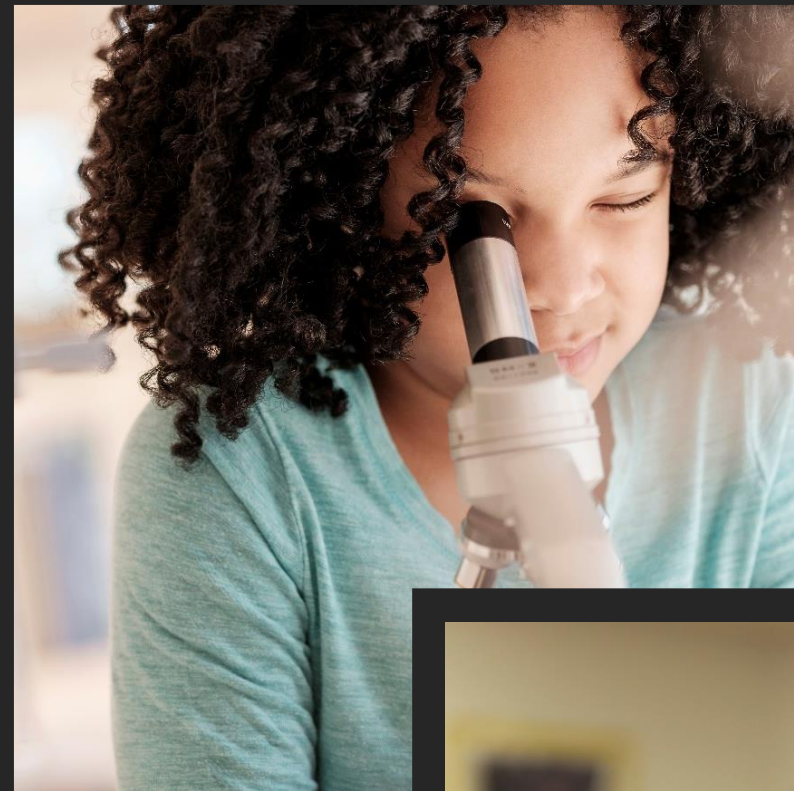
# Parents: supporting remote learning at home

## 1. Establish routines and expectations:

- Help your child to stick to their normal timetable (where possible) to help them manage their workload and organise their time. If they should normally have geography on Monday p.1 this is when they should aim to complete the work. If you are juggling several students at home and working from home too, be realistic about what you can all achieve and plan ahead if you are sharing equipment and devices.
- Encourage your child to attend as many live lessons as possible so that they can speak directly to their teacher, receive feedback and ask any questions they may have. If your child isn't able to attend a live lesson encourage them to watch the recorded version which the teacher will post in the Google Classroom after the session.
- Your child's tutor will be running a virtual tutor time on a Monday, Wednesday and Friday at 8.50am. Ensure that your child is up and ready for the start of the day. If you have any IT problems then please contact our IT support [ITSupport@teignmouth.devon.sch.uk](mailto:ITSupport@teignmouth.devon.sch.uk)

## 2. Choose a good place to learn:

- Try to create a quiet space where your child can work. This could be at a dining room table, desk or study. Check they have any materials they may need e.g pens, paper, highlighters etc. If you need any support with stationary please email Simon Kain at [simon.kain@teignmouth.devon.sch.uk](mailto:simon.kain@teignmouth.devon.sch.uk)
- Try to create an environment that is calm and purposeful for learning. This isn't always easy especially if you have more than one child learning at home at the same time. Turn off the TV during school hours and keep mobile phones on silent.





### 3. Take scheduled breaks:

- Remember that your child may well find work more challenging than normal without their teacher there to help and support them. Encourage them to do their best and that it's ok if they don't finish everything or find some parts hard.
- Encourage them to take a proper mid morning break and lunchtime so that they have time to rest and recharge. If possible, try to help them to get some fresh air and exercise during the day.
- Try to ensure that students have a nutritious and balanced breakfast and lunch which will set them up for the day and help them to concentrate on their learning. Any requests about Free School Meals should be sent to: [joab.forte@teignmouth.devon.sch.uk](mailto:joab.forte@teignmouth.devon.sch.uk)

### 4. Stay in touch:

- Help your child check messages from their teachers in Google Classroom and communicate with school. If your child is having any difficulties with their work please email their individual teachers. All email addresses can be found on the school website: [Staff List - Teignmouth Secondary](#) From Monday 18<sup>th</sup> January you can also use Class Charts to see if your child has been awarded any new engagement points to recognise excellent effort with remote learning or if they have not submitted any work for a particular subject.
- If you notice that your child is struggling with their remote learning, lacking in motivation or you are concerned about their welfare. Please let us know. Your child's Tutor and Head of Year can both be contacted by email as can our SENDCO (Justine.housecroft@teignmouth.devon.sch.uk) and our Welfare Team ([welfare@teignmouth.devon.sch.uk](mailto:welfare@teignmouth.devon.sch.uk))

### 5. Begin and end the day by checking in:

Encourage your child to tell you about what they have been learning each day and how they are getting on with their remote learning.

In the morning, you might ask:

- What lessons do you have? • Do you have any assessments? • 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?