

## Practical Advice for Parents

Provide your child with structure to their work - create a daily routine and stick to it. It is unreasonable to expect students to work for the same amount of time that they study at school. Shorter chunks of work of approximately 45 minutes will be more productive than extended periods of study. There are a variety of ways in which the day could be structured, an example of which is below.

Example of a structured working day. Time	Activity
9:00 – 9:15	Login to Show My Homework to identify the work set for the day. (Note in planner)
9:15 – 10:00	Subject 1
10:00 – 10:30	Break
10:30 – 11:15	Complete subject 1 and / or start subject 2
11:15 – 11:45	Break
11:45 – 12:30	Complete subject 2
12:30 – 1:30	Lunch
1:30 – 2:00	Physical Activity – going for a walk, cycle, completing Joe Wick's class etc
2:00 – 2:15	Break
2:15 – 3:00	Completing any remaining work
3pm	Tick off work completed in school planner. Finish for the day.

Instead of watching over your child to keep them on task, begin each day with a conversation about the work to be completed and together agree regular slots for them to show you what has been achieved. In the conversation you can discuss any learning barriers and help remove them.

Check in regularly with your child, encouraging them to keep to their timetable but be prepared to be flexible if needed. For example, if they are working on a task and they want more time, let it extend where possible.

Designate a quiet working space at home if possible and at the end of the day have a clear cut-off to signal school time is over.

Timetable regular breaks into the day and encourage them to stay hydrated, as well as having opportunities for taking exercise and getting fresh air (in line with Public Health guidelines).

**If it's not working, change it!** If your child is struggling with a task and you don't know how to help them, then don't be afraid to move them on. The task can be revisited later if needed.

Consider any wider support you could offer – can you assist with their learning from what you find together in the garden, or from online resources / documentaries? The BBC Bitesize website is a good resource, and free!

Encourage your child to record in their School Planner what they did each day – this can be a clear sign that the ‘school’ day has ended and provides a good starting point to the next day’s learning.

Accept that children will probably watch more TV/spend time on their phone – but you might want to set/agree some screen time limits. Remember online safety still applies, so check your child’s phone regularly and set parental controls where possible.

Recognise that your child may be anxious about missing school or feeling overwhelmed by the work at times. We regularly review the work being set and have listened to the feedback from parents regarding the amount that students are able to complete.