

TEACHING AT HOME!



To all those now providing home school learning – Welcome to a whole new way of thinking!

First and foremost in our minds should always be... children learn best when they feel happy and safe!

We all totally understand that this can be a difficult and stressful job and you have all been thrown into this very quickly! (Teachers spend four years training for the role, and many more actually learning what makes kids tick!)

This is an utterly bizarre situation for all of us now and certainly adds further stress on you as parents and carers, especially if you are also working from home!

School is here to help as much as we can, so please message us in whatever way you can and we will strive to answer your questions, either as a class or individually. All class-teachers are available during the school day for any queries.

Learning is different for every single child in the school, and so one list of activities would not suit everyone. With that in mind, we have drawn up a list of challenges for both you and your child so that we can all make the best of the stressful situation we are in at the moment!



Under these circumstances, it's important to help them feel relaxed and know that you will keep them safe. Primary school children display anxieties in many different ways as they are only now developing an understanding of emotions. Children are always listening and are hearing lots of complicated, worrying and difficult messages, remember they take their cues from you — keeping them safe from worry and anxiety is really important at the moment.



Each and every child is unique!

We would like you to enjoy your child's learning whilst they are at home with you... and if you are already reaching to turn off the plug sockets to get them off Fortnite... here are some suggestions!



**STAY AT
HOME** 

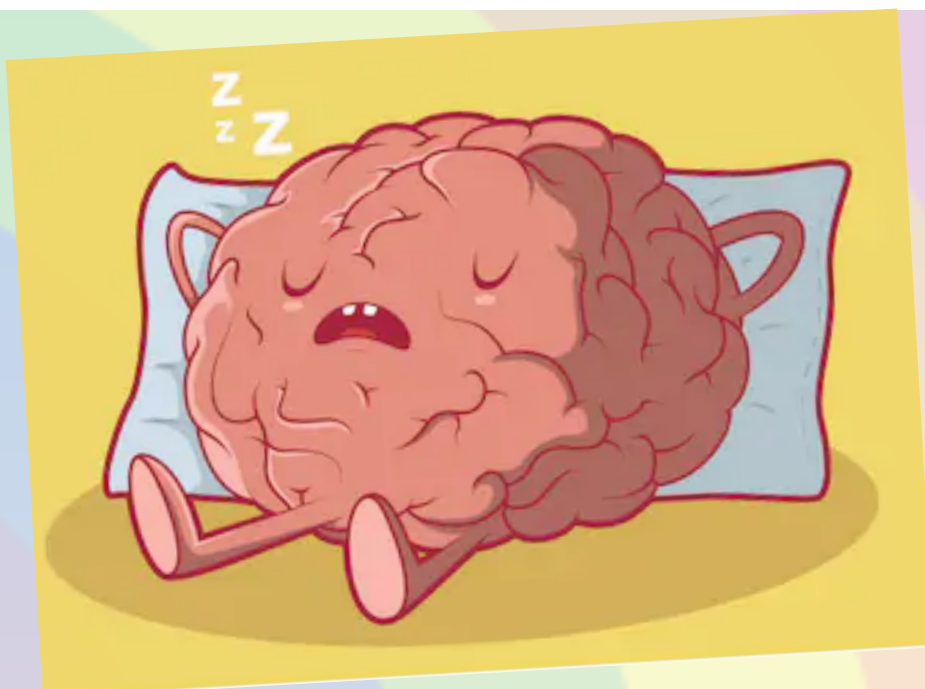
**PROTECT
THE NHS**

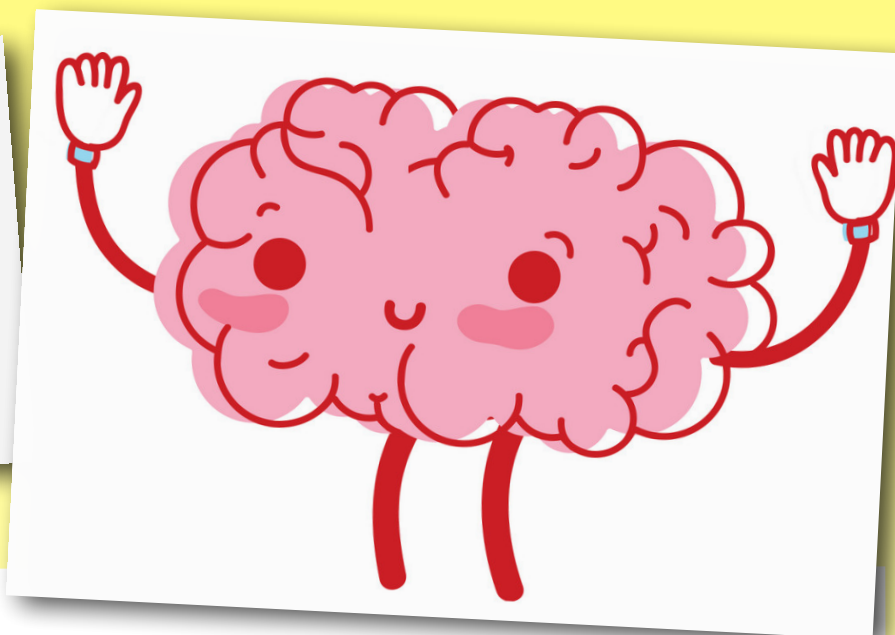
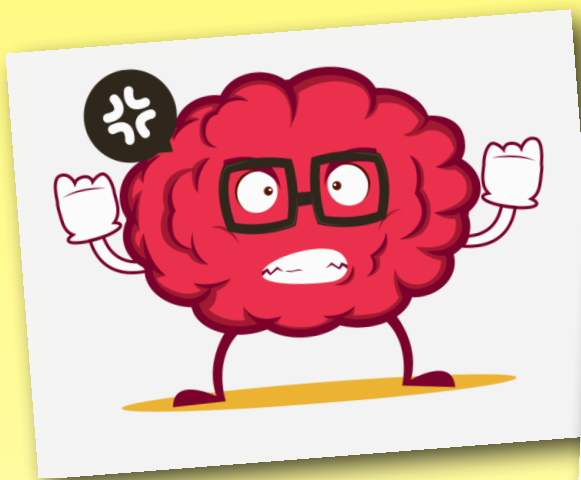


**save
lives**

WHAT CAN I DO?

- make sure the day has variety
- If your child needs to complete a 'work' task with you prepare them – explain how long it may take, when they will start and what you want them to learn. Be relaxed with it, try not to be too hard on them otherwise they will get distressed or fed up.
- If your child is enjoying learning keep going – but as they say, "leave 'em wanting more!" It will depend on how long your child can concentrate for. Younger children tend to be able to concentrate for less time on the task at hand!
- Make the learning fun. If you find that difficult use the ideas on the websites the teachers have sent you.
- We plan for children's learning every day; make time to plan what you are going to do too!
- Give them a rest! Kids don't have to be doing something for you every single minute of the school day! (This is called cognitive overload!)
- Sometimes it's best to allow children to absorb what they are doing; perhaps practice it over and over again; talk about it; visualize it (this is an important part of learning something new – imagine yourself doing it!). That's how we all learn. We teach them and then practice the skills over and over until it becomes easy.





- Ok, so what happens when (or if!) your child starts getting frustrated and cross? Take time out, try different strategies to encourage and help them, but also make sure there are clear rules – “10 minutes of this, then something else…”
- It can help to plan a bit of work then get a reward for it – it doesn’t have to be anything you’ve bought or sweets, this could be a high-5, a hug, a big wet-kiss, a play in the garden or a go on the xbox if you are brave enough to battle them coming off! You’ll find that once they enjoy the ‘work’ tasks you won’t have a problem.
- Children are learning all the time. Simple. A variety of tasks is the key – gardening, baking, reading, sewing, music, dancing, watching tv with them – find out what on earth the new favourite TV show is all about, using websites, painting, drawing, junk modelling, board games, playing cards, playing their toys with them, the list is endless. We will try and post as many ideas as we can onto Twitter and I’m sure someone will post these onto Facebook for you also.

Team Eastern

Each and every one of us understands that things are tough at the minute. But... we are all here to help where we can. All our school staff are proud of our school and our community and if you reach out, we may be able to help. Let us know what you need.

Try and keep your child's learning going as best you can, help them develop reading, writing and maths skills. These are the basics. Simple!

(oh, and one last thing... read your kids a story at bedtime... read a book with no pictures, read a book with a different voice... engage that imagination!)

Stay Safe Eastern