

Headteacher: **Mr P. Quirk**

Brierley Avenue, Failsworth, Manchester, M35 9HA
Tel: 0161 688 3900



Co-op Academy
Failsworth

March 2020

Dear Parents / Carers

How to support home learning

We really do appreciate this is not an easy time for anyone. We have written some guidance on how you can support home learning until the Academy re-opens.

We hope this guidance allows you to create a positive learning environment at home.

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 the Academy. 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.
- **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too.
- **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 may 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.

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. Or simply follow your children's normal Academy timetable.
- **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 and when. You can then tick activities off throughout the day. Do not worry if all the work uploaded to ClassCharts is not completed by the end of the day.
- **Distinguish between weekdays and weekends**, to separate school life and home life.
- **Consider times when you contact teachers**, try and contact teaching staff during normal school hours if you have queries or questions, this helps us to look after the wellbeing of all our colleagues at the Academy as well as that of students and parents. It may take them a little time to get back to you.

Make time for exercise and breaks throughout the day

- **Maybe start each morning with a [PE lesson](#)** at 9am with Joe Wicks.
- 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.

Other activities to keep children engaged throughout the day

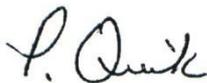
- Where you have more freedom in the timetable, **make time for other activities**.
- Get your children to **write postcards** to their grandparents or other family members.
- If appropriate ask **grandparents to listen to your children read** on FaceTime.
- Ask them to **help you cook** and bake.
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits.

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

I hope some of these ideas help and are read in the positive way they are intended at this unprecedented and difficult time.

Yours sincerely



Phill Quirk
Headteacher