



WOODSIDE HIGH SCHOOL

REMOTE LEARNING PARENTAL GUIDE

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. Older children should be able to manage their own time but do check that they are coping.

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.

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. Below is our school timetable but you may want to work out what works best for your household.

Time	Period	How to support your child
08.40 - 08.50	Tutor time	Encourage them to check Google classroom for their work set.
08.50 - 09.50	Lesson 1	
09.50 - 10.50	Lesson 2	
10.50 - 11.10	Break	Provide your child with a snack and water, encourage them to exercise
11.10 - 12.10	Lesson 3	
12.10 - 13.10	Lesson 4	
13.10 - 14.00	Lunch	Ensure your child eats something nutritious, drinks plenty of water and gets some exercise
14.00 - 15.00	Lesson 5	
15.00 - 15.20	Tutor time	Go through your child's achievements and praise their hard work.

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. Try and avoid working into the evenings.

Ask your child to **Stick their timetable up on the wall** so everyone knows what they should be doing when.

Distinguish between weekdays and weekends, to separate school life and home life

Make time for exercise and breaks throughout the day

Start each morning with a short exercise. There are videos on youtube for this.

If you have a **garden, use it regularly.** If you don't, try to get out **once a day** as permitted by the government.

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. This also could be something they can look back on.

Other activities to keep your child(ren) engaged

Reading - If they have finished reading all the books at home there are a range of free online books. Try manybooks.net. Or they can listen to audio books at [audible stories](http://audible.com).

Writing - at this time you may be isolated from close friends and family, get your child to write a letter.

Drawing - all you need is a pencil and paper.

Chores - get them to help around the home.

Accept that they will probably spend more time watching TV/playing computer games and spending time on their phone - that's ok but you may want to set/agree some screen time limits.

For advice on keeping children safe online see the e-safety section on the school website.