



Remote Education Bulletin 2

Helpful Tips...

1. Set (and keep) a schedule...

The closer this is to a 'school timetable,' the easier it will likely be on everyone. Follow a routine as if going to school (getting dressed, brushing teeth, etc.) Breaks are really important, especially for pupils with learning and attention needs, so make sure to build those in and break tasks into smaller pieces.



2. Make sure you have any materials... necessary to complete all assignments

Whether its pencil and paper, a stable WiFi connection, log-in information for all accounts or other subjects related materials.



3. Provide an environment conducive to learning...

This isn't always easy. If it's too isolated, it's difficult to have regular check ins. If its at the kitchen table, depending on the child or their environment, it may be too much of a distraction. This is even more challenging when everyone is home and the house is full.



4. Don't teach—help them understand...

As a parent or carer, remote education will be a new concept for your child and there are bound to be a few teething problems along the way.



Take an active interest in their learning and help support them whenever they need a helping hand. Also, encourage a growth mind-set, which means reminding pupils that it's not about being good or bad at something, but working toward getting better at it.

5. Make sure all work is completed...

Any work that remains incomplete is incomplete for a good reason. It will have a time-bound, actionable next-step (e.g. email the teacher asking for clarification on a particular issue, inform the teacher about the amount of work completed in the given hour time slot) teachers need to know what each pupil can do).



6. Check messages and communicate with school...

Check daily for messages from teachers and support staff and make sure to reply to any that require a response. It's important that all communication with teachers and school staff—is directed through approved school channels, using the school email system.



7. Keep in mind that it's about the child, not the work...



8. Learn to identify the barriers...

When pupils say, 'I don't get it,' the first step is to identify exactly what 'it' is—and this isn't always easy.

Most pupils don't know what they don't know. That's why you (and an internet full of resources) are there to help them.



9. Use school resources...

Stay in touch with the school. Engage in communication with teachers where possible and try to feed back progress and development, as well as any helpful suggestions around the learning process.

**KEEP
IN TOUCH**



10. Monitor your child's communication and online activity...

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school.

Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



Tips for pupils

One step at a time...

When you're on top of your studies you will feel more relaxed. Sometimes you might feel like you have so much to do that you don't know where to start. This becomes a vicious cycle because then you're too frightened to begin and so the mountain becomes a daunting climb.

So take small steps

Decide what you want to realistically achieve today. Take the normal breaks within the school day.

At the end of the day reflect upon what you've achieved. If you need help from your tutor or teacher because you're grappling with a difficult concept, then get help as soon as you can. Don't allow any difficulties to become road blocks.

Manage your time

Follow your timetable and stick to it as far as you can.

Remember that work can often take longer than you think it will, so be kind to yourself when you're planning. Set yourself up to succeed.

Choose the best place to study

Where are there fewest distractions? Where are you less likely to daydream and procrastinate? Some people study better when there is a buzz around them and others prefer quiet. Be honest about which one is you.

Explore Moodzone!

<https://www.nhs.uk/conditions/stress-anxiety-depression/moodzone-mental-wellbeing-audio-guides/>

The NHS provides free mental well-being podcasts to help young people who are feeling low or anxious. Each podcast gives simple advice to boost your mood.



Useful websites:

British Dyslexia Association:

<https://www.bdadyslexia.org.uk/advice/children/how-can-i-support-my-child>

Dyslexic and reluctant readers:

<https://www.barringtonstoke.co.uk/dyslexic-reluctant-readers/>

National Autistic Society:

<https://www.autism.org.uk/advice-and-guidance/resources/tips-for-autistic-people-and-families>

Mental Health Support:

<https://youngminds.org.uk/>