

# Learning From Home

Guidance for  
Parents & Carers  
of Children in  
EYFS, KS1 & KS2



# Introduction to learning from home

Learning from home for an extended period is a new experience for children and supporting children to learn from home is a new experience for parents. We will keep in touch with you to support and guide you and will provide the best resources we can.

Routines that are set from the start are routines that stick. The activities that your child undertakes can change daily but try where possible to stick to the timings of the day. It is important your child continues to do some school work or educational activities every day from Monday to Friday during term time. However, simply trying to follow a full school timetable at home is likely to be very difficult; children are unlikely to work effectively and it may become very frustrating. It is important to try and be kind to yourself and to introduce variety but within a set structure.

This guide contains tips and ideas, which includes some examples of how you may structure the day. Remember there is more than one way of structuring your child's time so find things that work for you and share them with us. Also remember that there are opportunities to do valuable things that you may not normally have time to do in the same way in school. For example, you may want to put aside an hour a day for quiet reading or watching a documentary. Some children and parents may want to add baking for the family or gardening into the timetable. Try to encourage using a variety of learning resources; such as reading books, using models, craft, physical learning experiences and online apps.

We will do our best to keep feeding ideas, activities and resources to you over the next few weeks. We hope you find this guidance useful.

# Tips to encourage your child to continue learning at home

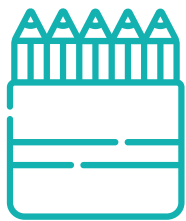
How to make learning fun:



Work with your child when planning the day and perhaps let them take the lead. Allow them to have some choice over the order of their preferred activities.



Mix it up by creating some simple hands-on activities that appeal to your child's interests.



Use colour and create games based around learning.



Incorporate technology. This is a great way to make learning fun. Smart phones and tablets offer a variety of learning apps.



Try to plan and limit screen time by perhaps offering this after completion of a more academic task.

# Set up a daily routine

Where possible, try to mirror similar timings of your child's current school day.



Break the day up into learning activities, playtime, quiet time and review time.



Add in review time and make it fun. When reviewing activities talk about what your child enjoyed and what they found difficult. Consider if difficult tasks could be revisited.



If your child has previously had a personal responsibility for a job/task in their classroom, try to incorporate something similar at home. Examples could include: watering the plants, feeding the pets or washing the pots.



Give your child a Brain Break. It can be very hard to concentrate for long periods of time, especially when being at home. Setting a classroom space and having planned breaks will support children to learn effectively.



# Planning the day

You may wish to create a daily timetable of activities, or even better, let your child create their own. Below is an example:

## Morning

Wake up  
and have  
breakfast.

Spend one  
hour on  
maths and  
English.

Short break  
& physical  
activity.

Complete a  
creative or  
practical  
project.

## Lunch Time

Have lunch.  
Help clean up.

Play outdoors  
(based on guidelines.)

Talk to  
friends on  
the phone.

## Afternoon

Quiet  
reading time.  
Complete a  
puzzle or  
drawing.

Learning  
Platform  
subject  
activity.

Review,  
Reflection &  
Reward Time.

Plan  
tomorrow's  
activities.

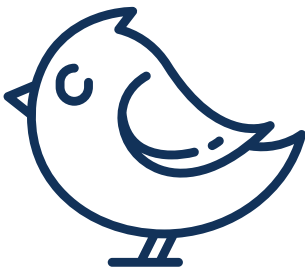
Please refer to the Primary Learning Platform for all EYFS, KS1 & KS2 activities. The Learning Platform also has weekly fun challenges you and your child can complete.

<https://school-work.co.uk>

# Outdoor learning

Not all learning has to be indoors. Time outside is great (where possible) - what's more fun than a garden field trip?

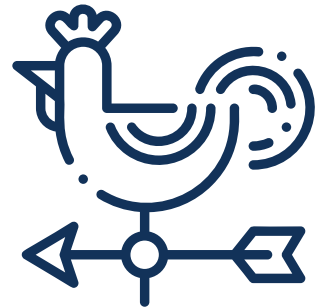
Outside activities are a great way for children to connect learning with the outdoor world. It's also good for everyone's health and well-being. Here are some examples:



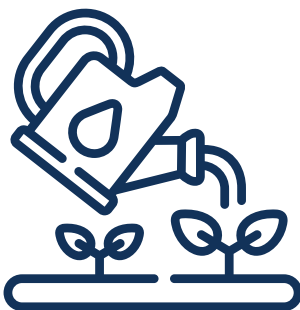
Make a bird feeder



Identify and record birds, insects and other wildlife in the garden



Make an outdoor ornament like a wind charm or weather vane



Look after existing plants



Grow your own plants or food



Draw or photograph your surroundings

# Online safety

Your child will likely be spending more time online. It is important they remain vigilant and stay safe when accessing websites and apps on mobile devices.

There are a number of websites run by charities and organisations offering practical advice for parents and carers in keeping their children safe online.

- ▶ <https://www.childrenscommissioner.gov.uk/our-work/digital/5-a-day/>  
**Digital 5 a day** - Easy to follow, practical steps for children and parents to achieve a healthy and balanced digital diet.
- ▶ <https://www.net-aware.org.uk/>  
**Net Aware** - Your guide to social networks, apps and games.
- ▶ <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>  
**NSPCC Online Safety** - Advice on setting up parental controls, online games and video apps.
- ▶ <https://parentinfo.org/>  
**Parent Info** - A collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents from leading experts and organisations.

# Advice for parents

Learning from home does not mean that all parents and carers have to be teachers. School will provide you with access to work that supports and complements your child's on-going education.

Please continue to access the online platform using the school's website. In addition to the school's subscribed resources, please find below the following free online learning resources that parents and carers may find useful.

**Routines** - as previously mentioned routines are very important and having a schedule for the week will help to support and structure your child's day. Learning will be both meaningful and fun. Varying the length of activities will ensure children remain focused and on task. Activity length should be appropriate for the age/stage of your child and include breaks to ensure a healthy balance.

## Health and Well-being

Your child's mental health is as important as making sure they have routine and structure to their day. There are lots of websites offering help and support for free to ensure your family stay happy and healthy. Please use these facilities to support a positive mood in your home.

- ▶ <https://www.headspace.com/covid-19>

**Headspace - We're here for you.** There are a lot of unknowns in the world right now. But one thing is certain — Headspace is here for you. To help support you through this time of crisis, we're offering some meditations you can listen to anytime.

- ▶ <https://www.nhs.uk/oneyou/every-mind-matters>

**Every Mind Matters.** Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and well-being.

- ▶ [https://hayf.squarespace.com/covid\\_19](https://hayf.squarespace.com/covid_19)

**How Are you Feeling?** Using existing trusted sources and organisations, we have gathered together a selection of the best resources, information sites and news services to help you.

- ▶ <https://youngminds.org.uk/blog/>

**YoungMinds.** If the current news on coronavirus (COVID-19) is making you feel anxious, concerned or stressed, here are some things you can do.

# Useful websites

A range of specific learning activities provided for children in each class can be found on our Online Learning Platform:

**<https://school-work.co.uk>**

To access the resources on the Learning Platform you will need to enter the password supplied by the school.

In addition to the school's resources, please find below the following free online learning resources that you may find useful:

Phonics Play

Oxford Owl

KS1 BBC Bitesize

KS2 BBC Bitesize

White Rose Maths

Twinkl Parents Hub

P.E. With Joe

Hit The Button



[theeducationalliance.org.uk](http://theeducationalliance.org.uk)  
East Dale Road, Melton, East Riding of Yorkshire, HU14 3HS



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