



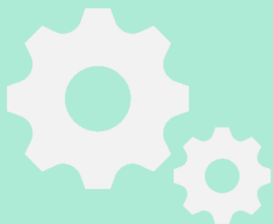
MANAGING HOME-LEARNING EXPECTATIONS



Coleham
Primary
School

Routine

Everyone, including children, like structure.



School provides a structure where our children find reassurance and certainty. The loss of this routine can leave children and parents feel unsettled. During the lockdown period, think carefully about developing a structure that includes times when you'll be entirely focussed on your children: hear them read or help with their work. Also think about when you'd expect them to be more independent.

Stick to bedtimes and get-up times; get washed and dressed ready for the day and have a rough plan of the whole day ahead.

Seesaw will have a minimum of 2 tasks a day and no more than 5, so try to find a regular slot.

Support

Coleham School can provide you with support.



It's important to remember that home-learning will NEVER replace the subtle and nuanced nature of the school environment. Everything we do has the aim to minimise any negative effects this uncertain period may bring. Work set for children will neither be minimal, nor excessive, and don't worry about completing EVERYTHING! We want all children to engage with most tasks set, but understand that there can be more important things happening - we don't want you to obsess over completing school work. Remember: we are always here to support your family in any way we can through email or phone. Teachers, Pastoral Care, Mr Larkham and Ms Jones will be available. Be sure to check the website and twitter, too!

Relax

Go with the flow!

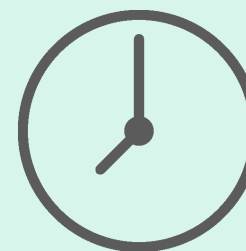


Relax into whatever routines and structures begin to work for you and your family circumstances. See this whole period as an ADVENTURE where anything can be used as a learning experience to shape and grow your child's understanding of the world around them. After all - that's what primary school is all about!

Rejoice in the freedom to bake a cake, play board games, explore the garden, discuss the news and the world we find ourselves in; encourage them to be more independent and simply enjoy each other's company. Each of these activities consolidates life skills and has value. We may never get an opportunity like this again and when we look back in a few years' time, we might even remember it happily.

Downtime

Children need a break... so will YOU!



Home-learning is tough for children - and parents! It's tough for teachers, too. Build in breaks and downtime during the day and don't feel guilty about letting your children relax. Some of them will already feel anxious from listening to the news and having normal routines hijacked.

Mental well-being is crucial, and if that means having a day off - do it! Relaxation and mindfulness is how children will best find the headspace to process and understand their world.

Talk to your child: talk about their worries, their interests, their questions, YOUR worries and interests, too. Kick a ball about, watch a film with them... or even just let them be!

Acceptance

Accept your limitations - JUST DO YOUR BEST!



Working from home is hard for everyone. Plenty of mums, dads and carers are having to work at home whilst living on top of each other and trying to relax, juggling all of this like a circus performer. There is no roadmap, no plan, no experience of how to do this properly. We're all trying to find our way.

Teaching is hard. Most of you are not teachers, and those of us that are will find teaching one's OWN children is an entirely different kettle of fish!

Accept that home-learning won't ever replicate school and understand that doing your best is enough, whatever that looks like.

Find time to have fun and make sure you are looking after each other!



www.colehamprimary.co.uk



[@colehamprimary](https://twitter.com/colehamprimary)



admin@colehamprimary.co.uk