

# Top Tips for Remote Learning for students



## Keep to routines

It's very tempting to have a lie in or go to sleep late but this will throw out your usual routines and wake up ready for school at 8.30am. Get up, have breakfast and get dressed ready for a day of learning. Whether you are able to attend live lessons (where they are on) or not, try to complete the work set using your timetable to structure your day.

## The right environment

Try to find somewhere quiet to work where you are comfortable and free from distractions. If your phone is a distraction, then turn it off during your learning time and reward yourself, by using it, during your free time.



## Take regular breaks

Looking at a screen all day is not healthy and can create eye-strain so ensure that you take frequent short breaks and follow the school day of having a break and lunch break in your day. Taking a break from a screen, does not mean you should watch TV or go on your phone. Perhaps take a walk or do some other exercise or read a book or bake/cook or draw something or simply have a chat with someone else in your house.

## Organisation

It's very easy to become overwhelmed with managing your workload when you are at home. Following the school day will help with this. Set up a folder on your computer for each subject or have separate folders at home if you are working on paper. Make sure you date your work and immediately file work away once the lesson is finished.



## Communication

Remember that your teachers are here to support and help you so do keep in touch with them. If you are struggling with workload or motivation or organisation or wellbeing, do email your Student Support Officers, Form Tutor or Teacher.

## Rewards

Make sure that you have some rewards for completing work. It might be an instant reward or something to work towards – perhaps if you meet all your deadlines and attend all lessons in a week, you can buy a new game for your X-Box.



# Top Tips for Parents

## Motivation and Organisation

Encourage and support your child to keep motivated and organised. It may be helpful to talk through with your child how to access Teams, what lessons they have and what work they have to complete at the start/end of each day. This will help your child to work independently and keep them on track.

Encourage your child to keep to a routine similar to that of a normal school day including appropriate bed time routines. If you are able to, perhaps you can ensure that they are up at the right time, had breakfast, changed out of bed clothes and are ready for the day. Encourage them to complete lessons as per their timetable taking breaks at the usual times.

Where possible, create the right learning environment away from distractions and noise. Young people are easily distracted with their phones, TVs, gaming and social media. Put some clear guidance into place which limits their access to this and, is perhaps, a reward when they complete schoolwork. They should have somewhere quiet to work and, preferably, a desk to work at.

Where possible, ensure that they have the right equipment for their lessons. This might include a calculator, pen, paper and a device on which to access their lessons and work.

Encourage them to take short breaks away from technology including the TV, gaming and phones. There are many other things that they can do to give their eyes a break from the screen such as drawing, reading, cooking, walking or talking to you!