

Home Learning Questions and Answers.

Should my child be learning at home?

Yes but remember learning does not have to be sitting for long periods of time completing tasks. Of course, there is an element of this and teachers have put up a lot of information on the home learning website but many of the ideas are creative for example if you have a spelling session, you could create a spelling page in all different fonts and colours or you could play Scrabble or Boggle if you have it.

Should I keep to a timetable?

It's now more important than ever to keep to a familiar timetable as children work best when they follow a routine. This gives them security which reduces their anxiety. It also enables the family to take control in uncertain times. The advice is to keep similar timings that the children are already used to which will be less distressing for them. Involve all of the children in planning activities for each day, maybe this can be arranged at a family meeting.

Blank timetables for home learning (Attach)

How should my child keep their work?

If your child's teacher has given a book then complete it in that. If not any exercise book is OK or keep their work in a folder.

How often should my child be reading?

Every day for at least 20 minutes. If nothing else read, read and read. You can hear your child read, read with your child or to your child. If your child is not yet a reader, then perhaps you read the book and get them to read the odd word that they know and increase their word reading as the days go on.

What about exercise?

It's really important for children to have physical exercise like a home/garden obstacle course or Joe Wick's daily exercise routines:

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

An hour of exercise a day is recommended for children but this could also include outside play such as hide and seek or activities such as gardening,

What if my child doesn't sit and concentrate?

If your child has a concentration difficulty then break activities up into shorter bursts of 10 - 15 minutes and a reward for completion. It sometimes helps to have a finished tray for them to put work into as the physical act of putting it in shows it is the end of the activity.

Should I help my child with their work?

It is likely that your child may need you to sit with them to help start them off. Often once they have got the idea they can usually continue on their own but may need lots of smiles, praise and encouragement. Try not to criticise their efforts; if you feel something needs extra guidance then give it or show them how to do it.

What if my child becomes upset or refuses to do an activity?

Try not to get cross or frustrated. If your child becomes upset or defiant be flexible and do something else and come back to it another time. These are difficult times for us all and tempers may fray so if this is the case just switch to something else calming or give your child some playtime. Don't beat yourself up if work isn't completed that day, cuddles and laughter are always the best tonic for most tricky situations.

How much time should my child be using IT as an educator?

IT is very useful and does have a place in education. There are lots of educational activities that can be accessed for free and the school may have given you passwords to access some of the recommended ones used in school. However, IT can never replace quality time with parents or the kind of activities that just need quiet and time to think. Therefore, try to mix up learning so that both IT activities and non-IT activities are available. Try to keep IT activities to no more than an hour.

What sorts of things can we do in the afternoons?

There are a range of fun things to do such as arts and crafts, lego building, model making, playing board games etc.

What if I am not sure what my child should do in an activity the teacher has set?

Please contact either Becky Jeffery or Nikki Pilfold and they will either answer your questions or get someone else such as the teacher to support you. You may not get an

answer straight away but we will be able to come back to you as quickly as we are able in which case move onto something else and come back to it.

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What about bedtime?

Bedtime should be exactly as it was before; this is the time they will need the most security and the comfort of their usual routine will help.