

## INFORMATION FOR PARENTS/CARERS ON LEARNING AT HOME

Dear Parent/Carer,

With the temporary closure of schools and the 'lock-down' arrangements currently in place, the most important imperative for us all is to keep our children and young people safe.

As you will know, there is a great deal of guidance and advice being made available about home learning and, as the period of 'lock-down' continues, we hope it might be helpful if we set out for you some guiding principles and signposting to useful resources in a single place.

Whilst recognising that our children learn in different ways and at different rates, there are many activities and resources that will help support your child's learning in the current circumstances. We also recognise that there will be different challenges for different age groups. Most importantly, teachers in your child's school will have prepared materials, either in packs or on-line resources. Approaches will vary from school to school, based on the needs of the children concerned.

### Guiding Principles

- We cannot expect all aspects of children's education to continue in the way we have been used to in the current circumstances; (e.g. marking etc)
- You are not expected to take the place of your child's teacher – your role is to support your child's learning as best you can;
- Try to maintain a routine around breaks, meal times, use of screen time, for example;
- Reading to or with your child (or encouraging them to read) is so important at any stage of a child's education;
- Not all learning needs to be 'formal'. Children learn informally from a range of everyday activities (such as cooking, games etc.);
- Time for exercise (when possible) is important for our children's physical and mental health;
- Make time for fun activities and things your child enjoys doing;
- Remember you are not alone in this – you can get advice from your child's school, other parents (through social media groups, for example) and from a range of websites, including the Department for Education (DfE).

### Helpful information for learning

- **DfE: Supporting your children's education during coronavirus (COVID-19)**  
<https://www.gov.uk/guidance/remote-education-during-coronavirus-covid-19>
- **BBC Bitesize – available on TV and online** (<https://www.bbc.co.uk/bitesize>)

### Advice on keeping your child safe online

- <https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online>

Some children will find the change of routine and staying at home difficult and advice on how to support your child's mental health and well-being during the coronavirus outbreak is available on the DfE website.

- <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing/guidance-for-parents-and-carers-on-supporting-children-and-young-peoples-mental-health-and-wellbeing-during-the-coronavirus-covid-19-outbreak>

### Resources for helping children deal with bereavement



Child Bereavement UK  
Supporting lives...

- Child Bereavement UK [www.childbereavementuk.org](http://www.childbereavementuk.org) 0800 028 8840