

Limpsfield Junior School



Dear Parents and Carers,

Your children have been at home for a couple of days now and I hope that things are beginning to settle down. Clearly we are all unsure as to how long we will need to keep our school closed so it is important that you consider how you are going to manage your days. Below are some tips and advice that I hope that you find helpful. If I was to give you all one piece of advice it would be to create a structure to your child's day and stick with it. My own daughter is already complaining about why she has to get up at 8.00am and be ready to start work at 9.00am but if I let her, she would stay in bed all morning if she could. It may become a battle for a while but as any good teacher will tell you, structure is your number one friend.

How to support home learning

Follow this guidance to create a positive learning environment at home

Be realistic about what you can do

- › **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household
 - › **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too
 - › **Share the load if there are 2 parents at home**. Split the day into 2-3 hour slots and take turns so you can do your own work
 - › **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing
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Keep to a timetable wherever possible

- › **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- › **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- › **Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible
- › If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household

- › **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
 - › **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
 - › **Distinguish between weekdays and weekends**, to separate school life and home life
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Make time for exercise and breaks throughout the day

- › **Start each morning with a PE lesson**, 9am with Joe Wicks is good
 - › If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)
 - › Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended
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Other activities to keep children engaged throughout the day

- › Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video from Go Noodle or Just Dance to get the heart-rate going
 - › Get your children to **write postcards** to their grandparents or to pen pals
 - › Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children)
 - › **Give them chores** to do so they feel more responsible about the daily routine at home
 - › Ask them to **help you cook and bake** which they can then write about
 - › Accept that **they'll probably watch more TV/spend time on their phone** but make sure that you manage this and set screen time limits
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Examples of home-learning timetables

- › In the year 6 area on our website there is an example of a timetable
 - › [Five Minute Mum](#) has a timetable including lots of activities for younger children
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If you need to contact the school

There are a number of ways that you can contact the school depending on what your enquiry is.

- › Use the enquiries@limpsfield.sheffield.sch.uk email address for general enquiries about school or about pupils work- emails to this address are managed by the school office team

- Use the welfare@limpsfield.sheffield.sch.uk email address if you feel that you need some specific support- emails to this address can only be accessed by the safeguarding team (Mr Moss, Mr Allen and Mrs Slack)