

## Advice & Ideas for Parents with Students at Home



It is important that while school is closed to certain year groups, students are not socialising outside of school. To minimise the spread of the Corona virus, we need to teach students to keep social distance. They will find this hard. Even if students might not get the virus or might not get it seriously, we need to help the wider population by stopping its spread.

We strongly advise that students do not:

- Meet up for social reasons
- Go to places where there could be lots of other people

## What should students do – school time

We advise that you try to keep students in normal routines in terms of the school day:

- 1) Get up and dressed ready to start work at 8.35.
- 2) Start the day with 20 minutes of reading/spellings
- 3) Check Show My Homework or school emails for specific work from teachers.
- 4) Work for a minimum of 5 hours on the work on the word recommended by their teachers or other work from the Student Gateway, Hegarty Maths, GCSE Pod, or other recommended websites,

focusing on the subjects they would normally have that day.

- 5) If students get stuck, they can email their teachers.
- 6) We will reward students for the time spent working on Hegarty Maths, Show My Homework, GCSE Pod.
- 7) Keep students to sensible bed times with phones and TVs off.

## What students could do – free time

We know it is hard, but if possible, try to limit the time spent on social media, on-line games, YouTube. We all moan about them being addicted to their phones, so here are some tips we have shared among ourselves you may find helpful.

Psychologists say that if we get bored and might remain bored for an extended period of time, we tend to become more creative. So resources that might be useful:

- Playing cards, dice
- Board games (even better if done as a family)
- Jigsaws
- Books/On-line books
- Paper and pencils/crayons/paints
- Crafting materials
- Mindfulness colouring in

Try to avoid over-watching the news. Decide on when students will get a daily update.

**Social connection** would be better by phone calls than by social media as things can get whipped up on social media. Teenagers' brains do need to connect with other teenagers, that is part of development, but we need to manage how it happens so it is not negative.

**Exercise** will remain important for the body and the mind. At the moment, we have been told we can exercise outside but this should not be in big groups and with social distance from any we are outside with. See the link on the work sheets for links to internal exercises. Some students who are becoming anxious will also find yoga useful. There are plenty of on-line videos.

**Paper:** Students can make up games/quizzes, write creatively, write to our local carehomes, have garden paper plane competitions, make word searches or cross words. They could also teach themselves origami using on-line guides.

**Oral games:** They could also do alphabet games and use them as a way of extending general knowledge of anything from capital cities to types of animals or fruit and veg. They could make up jokes.

[https://en.wikipedia.org/wiki/Conversation\\_games](https://en.wikipedia.org/wiki/Conversation_games)  
<https://www.highlights.com/parents/games/7-family-games-play-anywhere>

**Household help:** This is also a good opportunity to get students cooking and learning basic kitchen skills. They can help with cleaning the house. They are also old enough to be doing some gardening (and perhaps find out about the plants in the garden.)

**Family Tree Research:** To stay connected to other members of the family, this is a good opportunity to research the family tree and see how far you can get.

**Knitting:** If you have some old knitting needles and wool, now is a good time for them to have a go at learning.

**Making money:** In this spare time, they could sort through all their belongings and work out what they could sell on EBay, Facebook or at car boot sales when we are back to normal.

**Reading:** We cannot stress how important reading is to help students' learning. Time reading together, students reading to younger students, parents reading to students are all positive experiences. You could extend this with making up stories to tell.

Above all stay safe.