

# A Child-Friendly Remote Learning Handout

## Staying safe when Learning at Home

We have put together some guidance to help you with learning at home. It can help you to understand our expectations whilst you are learning from home, provide you with information about how to stay physically and mentally well, and give you some useful tips for staying safe online.

If you need some more help, please ask your parents to contact us for you on [office@stjosephsrcinfant.bucks.sch.uk](mailto:office@stjosephsrcinfant.bucks.sch.uk)

## Learning at home

Even if you cannot attend school, we want to make sure that you can keep learning, even at home. We have made a work plan for you so that you know how much work we expect you to do and how long you should spend on each task.

**Your work will be set through the school website.**

**It will be uploaded every Monday for your parents to access.**

We understand that there will be more distractions at home than in your classroom.

It is important that you maintain a routine and ensure you are still learning, even during these circumstances.



Whilst you are learning from home, we expect you to:

- Spend at around about **20-40 minutes** on each task we set you.
- Try and complete **three** tasks in a day but **don't panic if you can't get all the work done.**
- Tell your parents if you need help with a task.
- If you have been asked to send in your work follow your teacher's instructions about how to do that.

**It is also important that you:**

- Take regular breaks from schoolwork (e.g. every hour, take a ten-minute break).
- Set some small goals for each day.

## How to stay well

It is important to make sure you look after your physical and mental health.

To avoid any unnecessary aches and pains, you should make sure you have a sensible place set up to learn from.

If possible, you should sit at a table or desk, rather than laying on your bed or the sofa.

You must ensure you also look after your wellbeing while you are at home. To make sure you are staying mentally well, try some of these ideas:



- Get into a routine – you could make sure you wake up and go to bed at the same time each day
- Talk regularly with your friends or extended family – you should always talk with your parents about how to set this up
- Stay active – try getting out for a walk every day with your family
- Eat normally – make sure you have three meals a day at regular times
- Try practising breathing techniques – the charity Mind has lots of helpful information here: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>
- Use the time to develop a new skill – you could start painting, learn a language or learn how to bake!
- Make sure you get some rest
- Keep your room tidy to make sure you feel relaxed
- Don't do your schoolwork in the evenings or weekends – you need to balance your home life and school life
- Try not to watch the news too often
- Keep a journal or diary
- Read more often
- Talk to someone if you have any worries or concerns – you can also find a whole list of places that can help if you don't want to speak to your family here: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>
- Childline has a website called 'Toolbox', where you can find games, videos and methods to help you with your worries. There is even a 'Calm zone' for helping you let go of your worries. All of this can be found here: <https://www.childline.org.uk/toolbox/>



## Staying safe online

If you are spending all day at home, you will likely be spending more time online. Whilst there are many positive aspects of using the internet, such as keeping in contact with those you can't see and staying entertained, you must also remember to use it sensibly.

While you are spending more time at home, you should consider the ways you can stay safe and maintain a healthy relationship with the internet by doing the following:

- Having tech-free mealtimes
- Not keeping your phone or tablet in your bedroom
- If you are contacting anyone by phone or video, make sure you do it in a family space with a grown up with you
- Making sure you have the right settings applied to the apps and websites you use, so you don't see anything you don't want to and can limit who can contact to you
- Making sure you know how to report anything on the apps you use – most of the popular apps have a reporting function. If you need help with this, please ask your parents
- If you need to report something that you've seen online, ensuring you use Child Exploitation and Online Protection command (CEOP) (<https://www.ceop.police.uk/safety-centre/>) and the UK Safer Internet Centre (<https://www.saferinternet.org.uk/our-helplines>)
- Telling your parents if you are worried about anything you have seen online
- If you want to discuss any worries with someone else, contacting Childline (<https://www.childline.org.uk/>), Kooth (<https://kooth.com/>), or any of the contacts listed here: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>



## What to do if you're worried

There may be times when you're feeling worried or concerned about something. You should always tell someone if you feel this way – even if it doesn't seem like an important thing. There are lots of different people you can talk to whilst you're at home, including:

- Parents, carers or someone else in your family.
- Teachers or members of school staff.
- Doctors, nurses or online counsellors.
- Anyone you trust.

Some people find it helpful to write things down in a letter.

Childline have a really handy letter builder you can find here: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/getting-help/asking-adult-help/#Writesomeonealetter>.

We will stay in touch with you whilst you are learning from home, this will be via email or by phoning home. If you experience any technical issues while learning at home, you should let your class teacher know as soon as possible so that we can get these sorted for you.