



How Parents Can Help Crofton Students with Remote Learning

We have had lots of positive feedback from parents and students regarding their remote learning, and we are very proud of our students for the way they have embraced the challenges of the 'new normal'. However, we do know, with a constantly shifting national picture and everything that it entails, it does not mean home learning is straightforward all of the time. It is normal to feel slightly overwhelmed trying to manage your children's routines, motivation and mood, whilst balancing your own professional and home responsibilities.

We are here to help. Please find below some ways to keep students motivated and able to keep learning:

1. Help them get organised.

- Find out what they can do independently and what they might need help with.
- Establish routines: try to keep wake-up, break time, bedtimes and learning timetables as consistent as possible.
- Establish good habits from the start.
- Begin and end the day by checking-in:

In the morning, you might ask:

- What classes/subject do you have today?
- Do you have any assessments?
- How will you spend your time?
- What resources do you need?
- What can I do to help?

At the end of the day you might ask:

- How far did you get in your learning tasks today?
- What did you discover? What was hard?
- What could we do to make tomorrow better?

These brief conversations matter, helping students to process instructions they received from their teachers; organise themselves and set priorities – older students too. These check-in routines can help avoid later challenges and disappointments. They help students develop self-management – an essential skill for life.

2. Set a place to learn.

Your family's regular learning space for occasional homework might not work for extended periods:

- Set up a learning place with good access to wi-fi
- Practise good digital safety
- Make sure paper and pens etc are easily available

3. Communication: keep in touch with teachers

- They are there to help you and your child if you have any questions.

4. Make the most of school resources

- See emails and the school website for advice on Teams etc

5. Make time for exercise and/or your child's interests

- Time spent having fun and doing things they enjoy can help ease pressures of the school day – and getting outside every day for fresh air and a walk will reap benefits.
- Schedule time to let off steam. Moving is vital to health, wellbeing, and readiness for learning.

6. Encourage independence.

Crofton School has worked hard to ensure students are able to access the high-quality resources and teaching they would in the classroom. If your child is experiencing any difficulty with a particular topic, ask them what steps they would take to help themselves in the classroom. For example, many classrooms have a 4Bs, or similar poster:



Students can still adopt this approach in a live lesson:

1. Look at the screen; ask the teacher to go back a slide or display a resource again. Just pop a request in the chat.
2. If they have their exercise books or are using a note pad, prompt them to go back and check these notes.
3. Ask a question in the chat – other students often respond with ideas and support.
4. Ask the teacher in the chat or raise a hand.

It's really important to encourage your child to be as independent as possible because it can help them build resilience and learn from mistakes. Struggling is allowed – it leads to learning. If you need help, please stay in touch with your child's teachers; becoming independent takes practise.

7. Keep children 'social'.

All children are used to social interaction at school. Whether it be walking to and from school with friends; working together in the classroom; chatting at lunch or break, or attending clubs; children will be missing this. At Crofton, your child usually engages with others, students and adults, hundreds of times each day. Social interactions will continue from a distance in live lessons, but they will be different. You cannot replace them all, and that's okay.

You can encourage them to:

- Stay connected to family and loved ones to help with feelings of isolation.
- Think about how they can stay in touch and connected with friends – by using Zoom, WhatsApp, Facetime etc. This often helps students feel more balanced.

8. Monitor time on-screen and online: practise good eye health

Increased time on screen can cause eye discomfort and vision problems as well as headaches. This is because you tend to blink three times less than normal and eyes can become dry and irritated.

You can:

- **FOLLOW THE 20-20-20 RULE**

Give your eyes the chance to focus both near and far away. Set a timer for 20 minutes. When the timer goes off, look into the distance at least 20 feet away for at least 20 seconds. If you're in the middle of a lesson, ask your students to do the same. Twenty minutes, 20 feet, 20 seconds.



- **POSITION YOUR MONITOR FARTHER AWAY**

Adjust your monitor to about an arm's length away from your eyes. Keep the top of the screen at or just below eye level.

- **PROTECT YOUR EYES AGAINST SCREEN GLARE**

Place your laptop or desktop in a place relatively clear of sunlight, and away of light sources immediately above your screen. Adjust your monitor's brightness and contrast settings and try keeping it at half-brightness. If the above is not enough, use an anti-glare matte screen filter or glasses.



- **GET OUTSIDE**

In between lessons, at break or lunch get some fresh air. It will allow your eyes to interact with a distant visual space, which is a less stressful visual demand than a near point task.

9. Look after yourself too. Don't put too much pressure on yourself.

Supporting children at home with their learning, as well as teenage hormones and the current situation, alongside other responsibilities is incredibly challenging; be kind to yourself and make space for your alone/exercise time.

Useful websites and organisations:

youngminds.org.uk

gov.uk/coronavirus-remote-learning