ONLINE LEARNING TOP TIPS FOR PARENTS

1. Establish routines and expectations

It is important to develop good habits from the start. Keep routines similar as if they are going to school. Help students get up, get dressed and ready to learn at a reasonable time. Keep normal bedtime routines, including normal rules for digital devices. Adjust schedules to meet everyone's needs but don't default to staying up late and sleeping in

2. Choose a good place to learn

Your family's regular learning space for occasional homework might not work for extended periods. Set up a physical location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection.

3. Stay in touch

Teachers will mainly be communicating regularly through our online platforms. We will also endeavour to make phone calls to all students through the lockdown period. Make sure everyone knows how to find the help they need to be successful. Use the school website and stay in contact with school when needed. We have a dedicated teams onsite to deal with technical problems or pastoral issues.

4. Help students 'own' their learning

No one expects parents to be full-time teachers or to know the content of every subject. Provide support and encouragement, and expect your child to do their part. Struggling is allowed and encouraged! Don't help too much. Becoming independent takes lots of practice. At Hawkley your child usually engages with other students and any number of adults hundreds of times each day. Many of these social interactions will continue from a distance, but they will be different. You cannot replace them all, and that's OK.

5. 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 grounding conversations matter. Make sure you are checking in with your child to process instructions they received from their teachers, it will help them organise themselves and set priorities. Not all students thrive in distance learning; some struggle with too much independence or lack of structure. These check-in routines can help avoid later challenges and disappointments. They help students develop self-management and executive functioning that are essential skills for life. Parents are good life coaches.

6. Establish times for quiet and reflection

For families with children of different ages, and parents who may also be unexpectedly working from home more often, it's good to build in some time for peace and quiet. Siblings may need to work in different rooms to avoid distraction. Many families will need to negotiate access to devices, priorities for wi-fi and schedules throughout the day. Noise-cancelling headphones are an idea. Giving time for your child to read independently should also be encouraged.

7. Encourage physical activity and exercise

Living and working at home, we will all need some room to let off steam. Moving (independently and together as a family) is vital to health, wellbeing, and readiness for learning. Although your child will not have a normal PE lesson they will have PE activities set on line that they can use.

8. Monitor time on-screen and online

Distance learning does not mean staring at computer screens seven and half hours every day. We have shortened lessons so that students can break from the screen for at least 15 mins before another session starts. It is important that students move away from the screen. You will need to work together to find ways to prevent 'down time' from becoming just more 'screen time'.

9. Connect safely with friends, and be kind

The initial excitement of school being closed will fade quickly when students start missing their friends, classmates, and believe it or not their teachers. Help your children maintain contact with friends through social media and other online technologies. But monitor your child's social media use. Remind your child to be polite, respectful and appropriate in their communications, and to follow school guidelines in their interactions with others.