

## DSJ Helpful Tips for Home Learning

Here's a list of hopefully helpful tips on homeworking (and some real family examples) suggested from the staff at DSJ!

- *When available - join in with Joe Wicks to get your children going.*
- *Children and Parents: try not to put too much pressure on yourselves - just try your best.*
- *Set the children targets and take breaks. ( e.g. do these 10 questions then go outside) for 10 mins or have a drink etc)*
- *Prioritise - core subjects first.*
- *If there is a bit of the learning the children can't do or access - try to do it but if all else fails - leave it.*
- *Make sure you spend quality family time together.*
- *It is ok to sit the children in front of a good book, the TV, Playstation, Ipad sometimes if you need a break. or they need a break!*
- *Keep your children safe online (See our e-safety page under "Our School" on our website)*
- *Have a routine*
- *Keep Active*
- *Eat a balanced diet*
- *Talk to your parents / carers (and parents to your children) to ascertain any worries or concerns.*
- *Create a journal or feelings diary, sometimes it helps to write things down.*
- *Parents try and manage what the children see / hear in the media*
- *Get lots of fresh air*
- *Connect with friends and family (ZOOM?)*

This is a BBC link suggesting other possibilities:

<https://www.bbc.co.uk/programmes/articles/1h3dD5rh3y7z9kG745tXFRx/five-tips-for-homeschooling>

Also – just as a reminder:

If you have any Safeguarding concerns over the period of closure then please contact the school via the following e-mail:

Marcelle.russell@dsj.school