



# St George's Parent Guide to Home Learning



How to support your child during  
lockdown

## Top Tips for online learning:

-  **Establish routines and expectations: ensure that start times, breaks and lunch are at clear times and the same time each day. Maintaining this routine can help maintain a positive work ethic.**
-  **Ensure children get up and dressed before starting their work for the day.**
-  **Identify a clear physical space for your child to work: this will make it easier to focus on learning, without other distractions. Talk your child through online expectations for learning.**
-  **Talk to your child about the plan for the day, and the lessons ahead. Spending extended time working at home is unfamiliar territory. Talking about how things are going can help pre-empt any problems and establish an understanding between all members of the household.**
-  **Set times to be on and offline: there will be more screen time than normal whilst working at home. Children may have to share devices with family members, and setting time limits in advance can help manage this successfully. Equally, spending time offline is important to maintain a sense of balance in the day.**

 **Remember to exercise: your child will feel better emotionally and physically when they exercise, so do make time for this. Joe Wicks does a workout each morning at 9am and you can access this on YouTube. Movement is good for wellbeing and releases positive hormones in the brain.**

 **Talk to your child about things on your mind: it will be a big adjustment working from home every day and it is normal to feel anxious or worried about what is happening when the national and international situation changes daily. Be conscious of how much of the news you together and talk about what you are watching – limit this to once a day to avoid unnecessary worry or anxiety.**

 **Encourage your child to read a book or share a book together. This is a great tool to use to enhance their learning and relax at home.**

 **Keep e-safety in your mind: as your child/children will spend more time online, there is an increased need to monitor their activity. Ensure that you use parental controls where they are available and supervise them as much as possible during the times they are using the computer.**

 **Spend time with your child/children. Although the children will have access to school online learning, please use this time to also teach your children key life skills such as cooking, cleaning, baking, drawing/painting, learn a new skill, DIY, budgeting, gardening/plant care etc.**

There are a whole host of activities and ideas online that you can do with your children at home. Some IT and wider personal development ideas can be found here:

<https://parentzone.org.uk/article/10-ways-safely-entertain-your-kids-home>



# Frequently Asked Questions

## What should my child/ren be doing every school day?

Every teacher will do a morning welcome on Microsoft Teams for the children at 9:15am to begin the day and go through the timetable for learning. The class timetable will also be available on the DB Primary homepage for your child's class and will outline the daily lessons for the week ahead. There will be activities set for each day for your child to complete on DB Primary.

## Where can I find the work my child should be doing?

Your child should log in to DB Primary every morning to see their learning activities for the day. If you do not have access to the internet at home, please contact the school office and we will be able to support you further.

## My child can't login to DB Primary. What should I do?

All children have a username and password for DB Primary. If you are unsure of your child's DB Primary log in details or they do not seem to be working, please contact the school office and we will provide you with more information and support.

### How should my child complete the learning activity?

All work should be completed on DB Primary and submitted online. Instructions will be given by individual teachers about which form this should take. Children can submit work directly to teachers on DB Primary.

### My child does not understand how to complete the work. How can they get help?

DB Primary has an email feature that enables the children to contact the teacher who has set the work. Teachers will endeavour to respond to questions as soon as they can. If your child can carry on with another aspect of their learning this will give the teacher time to respond to their question.

### How do I get in contact with someone if I have a question?

If you need to contact one of your child's teachers, please call or email the school office and they will send a message to the teachers to contact you when they are available.



## St George's Online Offer

Below is a summary of our current online learning offer  
Spring 2021

- A daily morning welcome for each class at 9:15am
- 3 hours of work per day uploaded onto DB Primary- English, Maths and 1 other subject.
- A class timetable available from Monday morning on the DB Primary home page.
- A daily live lesson  
9:30 - 10am Year 6 and Reception  
10 – 10:30am Year 5  
10:30 – 11am Year 4 and Year 1  
11 – 11:30am Year 3  
1:30 -12pm Year 2
- A weekly Spanish lesson
- A whole school assembly
- Children who are availing of remote learning are also invited to a small group session with their class teacher weekly, providing focussed and targeted learning and feedback.
- Children who have an EHCP also receive a 1:1 session with their teacher and LSA, and a 1:1 hour with their LSA.



