

## Supporting Learning at Home – COVID 19

We recognise that this is a challenging time for children and families. Our normal structure and routines have been disrupted as we are advised to self-isolate or socially distance ourselves from our friends and family including for most – not coming to school. There is an overwhelming amount of information available so here are a few simple tips and advice to support your child/children learning at home.

1. Stick to a routine - In a time of uncertainty and change, a routine will really support your child/children.
2. Consider making a timetable - If possible, involve your children in generating a timetable that fits with your family. It will help them to manage their own time better and also give them ownership.
3. Prioritise your child's greatest needs alongside their interests and passions. This is a good opportunity for a "passion project". It could be cooking, gardening, dance, sewing ... the list is endless.
4. Be guided by the class teacher – the class blog will provide weekly updates, guidance and ideas.
5. Make the timetable visible - maybe stick the timetable on the wall. Many of us are motivated by ticking off learning as it has been completed throughout each day.
6. Remember to include plenty of brain breaks and opportunities to exercise. Don't forget that learning happens outdoors too – make the most of the sunshine!
7. It is important that the timetable can be a bit flexible. If a task/activity is going well or they want more time, let it extend where possible.
8. Set up a designated working space and time. Be clear about when school time begins and ends to separate work time and home time. It can be helpful for children to put work in a basket or tidy away after each session to help them make the separation in their minds. Make a distinction between the days of the week and the weekends.
9. Show an interest – perhaps your child/children can show off their learning "virtually" to a grandparent or other family member. Above all prioritise your health and wellbeing and have fun. Again the school website has a wealth of information to support this.

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Further information to support children with SEND with the information pack created by [Cardiff and Vale University Health Board](#).

Attachment:

[Supporting Children with LD & ASD with COVID Isolation.pdf](#)

Further guidance:

<https://www.gov.uk/guidance/help-primary-school-children-continue-their-education-during-coronavirus-covid-19>

<https://www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19>