

ADVICE AND GUIDANCE FOR PARENTS- PRODUCED AFTER PARENTAL QUERIES

IDEAS FOR SUPPORTING YOUR CHILD (CHILDREN) WITH WORK AT HOME

When working at home we are surrounded by distractions. It can be very easy to slip into nonproductive habits. The advice below may be helpful in supporting your child/children at home during this difficult time. We have put together some suggestions after a myriad of parental queries.

- ✓ To support your child, establish an area where they can work. This area should be somewhere they can sit comfortably, use any equipment needed and not be distracted. Dining rooms/Kitchen tables or their own desks are the best places. Lying on beds is not.
- ✓ Place phones, if not needed for work, in a different place. Switch the TV off. That way work time and social time are clearly defined and distractions are lower.
- ✓ Have a daily/weekly schedule – this can be quite relaxed and does not have to follow the usual school day – you know your child best. However a schedule is important in ensuring good habits and practices are reinforced.
- ✓ Have a wake up time, and a reasonable bed time.
- ✓ Students should work for 45 mins to 1 hour with a 10/15 break in between – 3 to 4 hours in total
- ✓ Define a lunch time as well to stop unhealthy snacking throughout the day.
- ✓ Students should work on 3 or 4 different subjects a day – this will keep them engaged/refreshed but also allow for lengthier pieces of work to be completed.
- ✓ Some pieces of work might be timed – its important to stick to these times as it might be exam questions or tasks – working to time limit is a skill which needs practice.
- ✓ If possible, around your own working commitments, have a short time in the day where you can work on something together, this could be:
 - Reading a chapter of a book together. Your child may have an OSCA library book or there are also lot of free books available online – please see our resources page on our website
 - You can quiz them on what they have learned or completed that day or complete an online quiz/learning game together
 - Listen to a podcast or watch a suitable program on BBC Teach, BBC News, Netflix, You tube etc and discuss it afterwards
 - Be an audience for a presentation/speech/performance
 - Completing an activity together – cleaning, cooking, playing in the garden, house chores etc are also important learning/activities if children are going to be independent, healthy and self-reliant, and these might be lovely activities to do together.

If a student is unsure of what work to complete, or is stuck, they can e mail their teacher directly or please e mail the general OSCA email and this query will be passed onto the teacher or curriculum leader, who will respond as soon as they can.

The e-mail address for OSCA is: **OSCA_INFO@ORMISTONSANDWELL.ORG UK**

Teacher email addresses are all listed on our website along with instructions on how to access our R drive and student e-mail. Please see: Students - Resources