

Staying safe when learning at home

We have put together some guidance to help you to support your child with learning at home. It can help you to understand our expectations, provide you with information about how to ensure they stay physically and mentally well, and give you some useful tips for helping your child to stay safe online.

If you need further support, please contact your child's class teacher on their email address. This will be their name followed by @uplands-inf.leicester.sch.uk

e.g. misssthakrar@uplands-inf.leicester.sch.uk

If you need support with a particular lesson or home learning activity, you can also use the comments on Seesaw to talk to your child's class teacher.

Alternatively, you can speak to a member of staff at school, as long as you are not self-isolating or contact us on office@uplands-inf.leicester.sch.uk or 01162 625280.

We will communicate with you via **Weduc**, **email**, **phone** and **Seesaw**. Please ensure you have access to all of these platforms and seek support from school if you need it.

Learning at home

Even if your child cannot attend school, we want to make sure that they can keep learning. We have made a **suggested timetable** as a guide for how much work we expect your child to do, how long they should spend on each task, and how they should submit their work every day. We understand that there will be more distractions at home than in the classroom but it is important that you maintain a routine and ensure your child still has opportunities to learn.

We know that each family's circumstances are unique and your child may have shared access to a device or you may support your child with home learning outside of normal school hours. Most of our online lessons are recorded to allow your child to access them flexibly.

Please speak to your child's class teacher if you require further support with access to a device or have any questions about home learning.

Whilst your child is learning from home, we expect them to attend a **daily register on Zoom** and complete:

- A **daily** maths lesson
- A **daily** phonics lesson
- Seesaw challenges set by their teacher
- At least **30 minutes reading per day**, preferably with an adult (Oxford Owl and other books you have at home as well as magazines, leaflets etc.)
- A **weekly** live individual Zoom reading session (an adult must be present with your child) or a **daily singing session for Nursery children**
- Send in the work they have completed **at the end of each day** via Seesaw
- Respond to teacher comments on Seesaw

Wellbeing

It is important to maintain your child's physical and mental health whilst they are learning at home.

- If possible, your child should sit at a table or desk to complete their home learning away from where they sleep.
- Give them regular breaks (no more than an hour of work without a break).
- Keep physically active – see below for some ideas or go for a walk (if they are not self-isolating)

If your child is unwell, please make sure you inform the school office.

- Maintain their routine – make sure they wake up and go to bed at the same time each day.
- Ensure they talk regularly with friends and family on the phone or by video calling.
- Eat normally – make sure they have meals at regular times.
- Read more often, including being read to by an adult.

Resources to support physical and mental wellbeing

- Try practising breathing techniques – the charity Mind has lots of helpful information here: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>
- Childline has a website called 'Toolbox', where you can find games, videos and methods to help your child with their worries. There is even a 'Calm zone' for helping them to let go of their worries. All of this can be found here: <https://www.childline.org.uk/toolbox/>
- The NSPCC have produced some really useful documents for parents including talking to your child about returning to school, support for tantrums and also online safety information. <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>
- CAMHS is a website that has resources for both adults and children to support wellbeing. There are downloadable guides, links to other websites that support wellbeing, videos and apps and also a specific area to support with understanding Covid-19. <https://www.camhs-resources.co.uk/>
- This website has lots of fun dance videos that children can join in with as well as mindfulness and wellbeing activities www.gonoodle.com
- An engaging and fun way for children to build their strength and learn some yoga moves <https://www.youtube.com/user/CosmicKidsYoga>
- Daily PE sessions with Joe Wicks <https://www.youtube.com/playlist?list=PLyCLOpd4VxBsXs1WmPceKtsQyFbXTf9FO>

Staying safe online

If your child is learning at home, they will likely be spending more time online. Whilst there are many positive aspects of using the internet, such as keeping in contact with those you can't see and staying entertained, it is important to use it sensibly and maintain your normal internet rules.

- Have tech-free mealtimes.
- Adhere to age restrictions on app and websites.
- Try not to keep a phone or tablet in their bedroom.
- If they are talking to anyone on the phone or by video, make sure an adult is present.
- Ensure you have the right settings applied to the apps and websites they use, so they don't see anything inappropriate and are limited to who can contact them.
- Ensure they know they can tell you if they see something they don't like or that upsets them.
- Watch videos before your child so you can ensure they are appropriate and don't allow them to autoplay the next video on apps such as Youtube.

Resources to support online safety

The Department for Education recommends these websites to help you to protect your child:

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and careers from the NSPCC
- [Parent info](#) - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) - advice for parents and carers