

Remote Learning Guide for Parents and Pupils

If your child is working from home, here is a quick guide to help you support them in continuing their learning journey. Please click on the link below which will outline some key points about what to expect.

<https://www.loom.com/share/f3614d00a65f4c35850a0d92fc7ccbe7>

Pupils Expectations

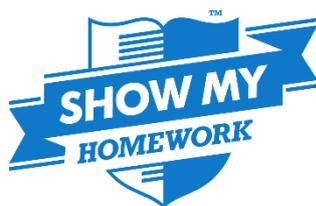
- To continue to follow your normal school timetable from home
- Fully engage in the work you are being set and try your best to complete it even if it may seem hard on your own
- Submit your work back to your teacher however they instruct you to.
- Be patient if your teacher is having technical difficulties. Try to do the work independently and to the best of your ability
- In a live lesson, behave as you would do in the classroom. Make sure also you are dressed appropriately and that your camera is on and you have an appropriate background
- If for some reason some of your lessons aren't on for the day, complete any outstanding homework or visit one of the "*other useful websites*" listed below. In particular, **National Oak Academy** has hundreds of free video lessons, just find the one that best fits what you are doing

School Expectations

- We will provide lessons which best match the learning sequence and learning objectives of what you would be doing in school
- Teachers will support pupils at home the best we can by responding to any questions they may have on SMHK or live on Teams. This may not always be possible straight away so please be patient with this. If there is a pressing concern, then please ring or email the school directly.



Websites and Apps



1. **Show My Homework** is the first point of contact. On here teachers will post that days lesson and if needed will direct you from here to another website or online resource

Who to contact if I don't have mu log in details?

jez@btrcc.lancs.sch.uk



2. **Microsoft Teams (Office 365)** – where possible teachers will provide pupils with the opportunity to join the lesson within school or meet them for a live drop in session. To access this please take a look at this **short video tutorial**

<https://www.loom.com/share/2074933361354832b8df45b5b982ff15>

Who to contact if I don't know my log in details?

jez@btrcc.lancs.sch.uk



3. **GCSEpod (Year 10 and 11)** – For year 10 and 11 we are delighted to provide GCSE pod which is an online resource containing thousands of videos and quizzes linked directly to exam content. Year 10 and 11 pupils have already activated their account and set usernames and passwords for this resources. For ways to support your child with GCSE pod please follow this link <https://www.gcsepod.com/parent-resources/>

Who to contact if I don't know my log in details

Your class teacher through SMHK or msnowden@btrcc.lancs.sch.uk

Other useful websites

If for some reason some of your lessons aren't on then use one of these websites to find a lesson that best fits



- **National Oak academy** – thousands of free recorded lessons and resources. On here there is also a section for parents with webinars and resources to help you support you children at home.

<https://www.thenational.academy/>



- **BBC Bitesize**

<https://www.bbc.co.uk/bitesize>



- **Star line** – a YouTube channel designed to support pupils and parents with online learning

<https://www.starline.org.uk/>

Parents – supporting your child

We understand that supporting your child at home with their remote learning can be a very demanding job. Please see the next section of this guide for ten practical tips to support them with their learning at home.

REMOTE LEARNING TIPS FOR PARENTS

The guidance below can help us all make the best of new and sometimes unfamiliar distance learning environments. It can help you be ready for some of the more practical aspects of learning from home.

1. Establish routines and expectations

It is important to develop good habits from the start. Create a flexible routine and talk about how it's working overtime. Chunk your days into predictable segments. Help students get up, get dressed and ready to learn at a reasonable time. Everybody make your bed! Keep normal bedtime routines, including normal rules for digital devices. Adjust schedules to meet everyone's needs but don't default to staying up late and sleeping in (However, a 'duvet day' now and then can be a treat).

2. Choose a good place to learn

Your family's regular learning space for occasional homework might not work for extended periods. Set up a physical location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Make sure an adult monitors online learning. Keep doors open, and practice good digital safety. Our teachers, counsellors and safeguarding teams will do the same.

3. Stay in touch

Teachers will mainly be communicating regularly through our online platforms and virtual learning environments. Make sure everyone knows how to find the help they need to be successful. Stay in contact with classroom and support teachers, school leaders and counsellors but understand it may take a day or two for us to respond. If you have concerns, let someone know.

4. Help students 'own' their learning

No one expects parents to be full-time teachers or to be educational and content matter experts. Provide support and encouragement, and expect your children to do their part. Struggling is allowed and encouraged! Don't help too much. Becoming independent takes lots of practice.

5. Begin and end the day by checking-in

In the morning, you might ask:

- What classes/subject do you have today?
- Do you have any assessments?
- How will you spend your time?
- What resources do you need?
- What can I do to help?

At the end of the day you might ask:

- How far did you get in your learning tasks today?
- What did you discover? What was hard?
- What could we do to make tomorrow better?

These brief grounding conversations matter. Checking in students to process instructions they received from their teachers, and it helps them organise themselves and set priorities – older students too. Not all students thrive in remote learning; some struggle with too much independence or lack of structure. These check-in routines can help avoid later challenges and disappointments. They help students develop self-management and executive functioning that are essential skills for life. Parents are good life coaches.

6. Establish times for quiet and reflection

For families with children of different ages, and parents who may also be unexpectedly working from home more often, it's good to build in some time for peace and quiet. Siblings may need to work in different rooms to avoid distraction. Many families will need to negotiate access to devices, priorities for wi-fi bandwidth and schedules throughout the day. Noise-cancelling headphones are an idea. And one day a week is already planned for independent, low-stress learning. Reading is fundamental.

7. Encourage physical activity and exercise

Living and working at home, we will all need some room to let off steam. Moving (independently and together as a family) is vital to health, wellbeing, and readiness for learning. It's a great opportunity to practice exercising 'alone together' with digital workouts and online instructors. Set new fitness goals and plan hands-on, life-ready activities that keep hands busy, feet moving, and minds engaged. You may want to think about how your children can pitch in more around the house with chores or other responsibilities. Now's a good time to think about increasing personal responsibility and pitching in.

8. Manage stress and make the most of an unusual situation

We are going through a time of major upheaval to our normal routines and ways of life, and there's a great deal of anxiety in the world right now. Emotions may be running high, and children may be worried or fearful. Parents may be stressed as well and children are often keenly aware of trouble. Children benefit when they get age-appropriate factual information and ongoing reassurance from trusted adults. Please don't hesitate to contact your child's teacher, school leader or support team if you need assistance or advice. In these circumstances, it's often possible to reframe challenges as opportunities: for spending time together, discovering new ideas and interests, investing energy and attention in activities that often get pushed aside by everyday tasks and responsibilities. Experts advise that it's a good idea to slow down, find beauty, enjoy unexpected benefits, and express gratitude by helping others.

9. Monitor time on-screen and online

Distance learning does not mean staring at computer screens seven and half hours every day. Teachers will aim to build in variety, but it will require some trial and error before everyone finds balance between online and close-space offline learning experiences. Work together to find ways to prevent 'down time' from becoming just more 'screen time'.

10. Connect safely with friends, and be kind

The initial excitement of school being closed will fade quickly when students start missing their friends, classmates, and teachers. Help your children maintain contact with friends through social media and other online technologies. But monitor your child's social media use. Remind your child to be polite, respectful and appropriate in their communications, and to follow school guidelines in their interactions with others. Report unkindness and other problems so that everyone maintains healthy relationships and positive interactions.

WHILE NO ONE IS SURE YET HOW LONG DISTANCE-ONLY LEARNING WILL CONTINUE, WE KNOW THAT IT WON'T LAST FOREVER. CHILDREN AND YOUNG PEOPLE TAKE CUES FROM ADULT BEHAVIOUR AND ATTITUDES, SO IT IS IMPORTANT TO COMMUNICATE CALM, CONFIDENCE AND OPTIMISM THAT WE WILL PULL THROUGH THE CRISIS TOGETHER. MANAGING OUR OWN EMOTIONS WILL HELP OUR CHILDREN STAY FOCUSED ON LEARNING AND LOOKING FORWARD TO ANOTHER SCHOOL YEAR.

ACS INTERNATIONAL SCHOOLS