

Many of you have shared 'tips' and strategies that are working for you over this period of home-schooling, so we thought we'd share yours and ours with you! Hopefully there might be a few here that could work for you and your children.

TIPS FOR SURVIVING HOME-SCHOOLING (in no particular order)

- Routines work well, so if you think it will work for you, set up a 'school' routine. This does not have to be all morning, or all day.
- Visual timetable - include times, if helpful
- Regular breaks give children time to relax, have a snack and release some energy, before returning back to their work.
- Quiet 'time-out' can give you a much needed break for a sit down and a cuppa! Try introducing a period of time in the day e.g. after lunch, where your child/children all go to their rooms, or a certain place in the house for a period of time (20mins, half an hour, an hour, this depends on your children). During this 'time out' they entertain themselves. This could be by reading, listening to a story, playing something on an iPad, building, playing quietly on their own...anything! So long as you get a break and a bit of peace and quiet.
- Got a zoom meeting? Try using traffic light colour codes on the door that your child is aware of, so they know if you can be interrupted or not!
- Have a rule that each person in your family is only allowed to have one 'hissy fit-tantrum' a day and they must be gently reminded of this should they begin to have any more!!
- Go with the flow - if things are going well - continue, if not take a break or simply leave things for another day.
- Choice of 2 - e.g. writing now or after snack?
- Work that requires recording is probably best completed in the mornings.
- Remember to include creative and physical activities each day and get plenty of fresh air to boost Vitamin D levels.

- If children show an interest in a particular area go with it – the activities we have sent are suggestions. We want children to show a love of learning.
- Remind your children that we are keeping in touch every week and checking up on what they are doing! We can speak to children if you need any back up.
- Don't worry about having a morning, afternoon or even a whole day free from school work.
- Above all just do the activities that you can manage. Anything is better than nothing and remember that *you are all doing an amazing job.*
- This is a very unusual situation and the most important factor is that you and your children are safe and happy.
- *A final reminder that we are available to help in any way. Please don't be afraid to ask.*

