



# Whitby Heath Primary School

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*'Excellence in a Caring Community'*  
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## How to support home learning

Dear Parents and Carers,

Thank you for your support over recent weeks. Now that we have returned from our Easter break, we wanted to share some guidance to help create a positive learning environment at home for the upcoming term. Through each class page, we will continue to set children new work each day. Please see your timetable and learning grid for the weekly overview. **As part of our on-going developments to our home learning, each class has now been allocated a class email address to share and showcase pupils work.**

### Be realistic about what you can do

- > **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips below to help you make this work for your household
- > **Experiment** during this first week back, then **take stock**. What's working and what isn't? Ask your children, involve them too
- > **Share the load if there are 2 parents at home**. Split the day into 2-3 hour slots and take turns so you can do your own work
- > **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing

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### Keep to a timetable wherever possible

- > **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day - avoid staying in pyjamas!
- > **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- > **Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible



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- › If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household
- › **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
- › **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
- › **Distinguish between weekdays and weekends**, to separate school life and home life

### Make time for exercise and breaks throughout the day

- › **Start each morning with a PE lesson**, we suggest with Joe Wicks at 9am where possible. We encourage to log on and use your Amaven account too
- › If you have a **garden**, **use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)
- › Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended

### Other activities to keep children engaged throughout the day

- › Where you have more freedom in the timetable, **make time for other activities**. Add some creative time or watch a dance video from [Go Noodle](#) to get the heart-rate going
- › **Art**: The Paint Republic offers free live paint classes at 11am through Facebook 'The Paint Republic'
- › **Reading**: <https://stories.audible.com/start-listen> all children's audiobooks are available for free while schools are closed.
- › <https://2simple.com/purple-mash/> free during the school closure period. Each week, a selection of daily activities is produced on different subjects, including comprehension and grammar.
- › <https://theday.co.uk/subscriptions/the-day-home> a daily newsletter for parents and carers at home with children, helping to enrich learning with real-world knowledge and skills.
- › **Maths** <https://whiterosemaths.com/homelearning/> presentations and downloadable workbooks, which are easy to use for parents. New material is being released each week.
- › **BBC Bitesize** has 150 new lessons every week to keep children on track with your learning. You'll find daily lessons for homeschooling in Maths and English for every year group, as well as regular lessons in Science, History, Geography and more!

Finally please keep a look out for 'my happy mind' coming to your child's class page next Monday.

**myHappyMind** is an online resource developed to help children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves! The myHappyMind App for Parents is also available on both Google Play and on the Apple store.

Take care,

The Whitby Heath Team

If you need to contact the school, please continue to use the [admin@whitby.cheshire.sch.uk](mailto:admin@whitby.cheshire.sch.uk) as your main point of contact.

