



HALEWOOD
ACADEMY

Getting to Grips with Online: Remote Learning Edition

This week's session focuses on all you need to know about learning online: from accessing the content correctly to supporting your child's wellbeing.

Heather Hale
Second in Charge of English
Halewood Academy

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Top Tips for Remote Learning

Although we are coming to the end of the lockdown restrictions, it's important that we keep on top of ensuring remote education is productive and supportive for your children.

There are a few things you can do to help...



Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept.

1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



Top Tips for Remote Learning

It's better to take shorter breaks more often at their workstation than longer breaks and less often. Research has also found that the most productive people work for 50 minutes and then take breaks for up to 20 minutes.

A major concern that has been highlighted during Lockdown 3 is that often students will spend countless hours on their devices, including endless pieces of work after the school day ends. This just isn't healthy.

Give your child a schedule that they need to stick to, as Teachers we won't hold it against them if they couldn't complete every piece of work absolutely perfectly... we are in the midst of a pandemic after all.



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE



Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.

4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks: however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



The Three Cs of 'Live' Lessons

CONDUCT



It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite and remember their manners. Position your computer or webcam in an open environment where you can monitor their activity, preferably not in a bedroom. Try to keep the background neutral with good quality lighting and sound.

COMMUNICATION



If your child is part of an online lesson, they may need support in setting up the relevant software and communication platforms in order to take part. Your school will usually provide the relevant details on how to do this however it's worth ensuring that you have some awareness of the privacy and security settings so that you know that all communication is secure. It's important to raise any concerns that you have with the school if you are unable to accommodate an online lesson for any reason.



CONTENT



Try to take an interest in your child's live lesson if you can and stay close so that you can aid them if necessary. Try to find out who is hosting the lesson, what the lesson is about and what tasks they will be set. If they are required to conduct internet searches, ensure parental controls are in place. If you're using Zoom, make sure that screen sharing is only shared with the host. This will avoid 'Zoombombing' whereby uninvited guests use the screen-sharing feature to broadcast porn or other inappropriate content.



Let's Talk About Wellbeing and Mental Health

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start to with, missing out on seeing their friends every day might take its toll.

There are four main areas that you can help your child focus on to improve their self-care:



But What Do We Tell Them?

Getting the kids to listen can be tough at times, so why not share these eight easy steps to looking after themselves whilst learning online:

asdfghijkl;
k v j i a d
i l k d f



KEEP CONNECTED

Maintaining friendships and relationships with loved ones is important for your mental wellbeing.



TALK ABOUT YOUR WORRIES

It's normal to feel a bit worried, scared or helpless about the current situation.



LOOK AFTER YOUR BODY

Try to eat healthy, well-balanced meals, drink enough water and exercise regularly.



DO NOT STAY GLUED TO THE NEWS

Try to limit the time you spend watching, reading or listening to coverage of the outbreak, including on social media, and think about turning off breaking-news alerts on your phone.



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CARRY ON DOING THINGS YOU ENJOY

Make an effort to focus on your favourite hobby if it is something you can still do at home. If not, picking something new to learn at home might help.



MAKE TIME TO RELAX

Relaxing after a day of remote learning can help with difficult emotions and worries, and improve our mental wellbeing.



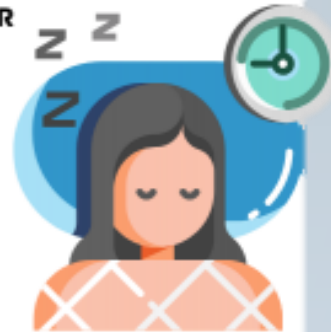
THINK ABOUT YOUR DAILY ROUTINE

Life is changing for a while and you are likely to see some disruption to your normal routine. Think about how you can adapt and create positive new routines and set yourself goals.



LOOK AFTER YOUR SLEEP

Good-quality sleep makes a big difference to how we feel, so it's important to get enough. Try to maintain your regular sleeping pattern and stick to good sleep practices.





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Thank you for taking the time to participate in this session. Should you have any further queries regarding how to support your children with Remote Learning please do not hesitate to get in touch.

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