

20th March 2020

Dear Parent

Learning at Home

These are challenging times. We completely understand some of the difficulties that can arise when trying to educate your children at home. As from Monday, the vast majority of students will be at home and so here are a few tips that might help you.

We have been busy setting work on the VLE (students need their normal network login details) or on EduLink and the expectation is that staff continue to review and update this provision. If you need a password reset, please email yle.support@gildredgehouse.org.uk and we will be able to help. We may be able to assist with minor software issues but will be unable to offer any further IT support such as hardware issues.

We are very aware that keeping students motivated to learn at home will be tricky for many of you. Some families will be very aware of how to do this but, just in case you begin to struggle, here are a few tips:

- Set out a structure for the day with chunks of time for study, breaks, meals together, exercise and TV.
- Start your new structure straight away as it will be harder to instil this once other habits creep in.
- Try to change activities each hour, the young brain cannot handle too many long events.
- Build in time for your children to talk to their friends on social media at certain times of the day; you won't need any help to convince them of this one!
- Try to avoid endless TV box sets or gaming, they are addictive so limit them to one a day and at a set time, probably best in the evening.
- Talk to your children about how you need time to fit in your own work.
- Encourage reading, perhaps create a reading challenge.
- Family board games are great for family cohesion.
- Sharing and agreeing routines between families, through social media, can also be really beneficial and also helps you to share good ideas with each other.

Head of Year/ Class Teacher contact

Remote pastoral work is not easy but your child's Head of Year in Secondary or Class Teacher in Primary may want to contact you occasionally to see how things are going. We will use the parent phone numbers on our system and we may ask to speak to your child; for some, we believe a conversation with a Head of Year or a Class Teacher may be reassuring. Please don't be offended if we are unable to find the time to contact you.

We are very aware of the need to support students with their mental health and also ensure that any safeguarding meetings, referrals and discussions with the relevant services still happen wherever possible and in line with the current health guidance.

If you need to contact the Head of Year in Secondary or the Class Teacher in Primary, then please do so via email or EduLink.

Mental Health and Student self-care

All students have had lessons on mental health and self-care in our PSHE lessons. You know your children best so please make adjustments to their working day as you see fit. The work on the VLE and EduLink is a guide to what can be done; it is not a prescriptive list. Please do not feel that it all has to be completed but use it to support your daily routine.

Best wishes



Mr Stuart Reeves
Head Teacher