



**CENTRAL PARK**  
**PRIMARY SCHOOL**  
EAST HAM

Learning Now for Future Success

# Remote Learning Information Pack

## A guide to support parents

Remote Learning, also known as Home Learning, is a new plan that all schools are expected to have in place for September 2020. It is hoped that by creating clear plans and systems learning will continue, regardless of the different and challenging circumstances that we might face.

At Central Park Primary we are proud of our home learning plan and this booklet aims to provide an insight to the different pathways that we have for our children in each different isolation or lockdown scenario.

This information pack aims to explain the different processes in place to support children in the event that children cannot complete their learning in school. Aims of remote learning:

- To ensure consistency in the approach to remote learning for pupils who are not in school
- To ensure that all learners have exceptional learning in school and at home
- To remove all barriers that children have to learning, whilst working at home
- To provide an effective system that meets the school vision and is in place within 24 hours of an absence phone call

**Our curriculum vision will be in place for all of our home learning:**

**Central Park's Curriculum vision:** Our curriculum provides our children with inspirational opportunities that are relevant and generate a lifelong love of learning. We all understand that learning is a change to the long term memory. We teach essential knowledge, life skills and provide opportunities to enable our children to be successful now and in the future. It is culturally relevant, engaging and full of celebration and pride. Our aims are to ensure that our students experience a wide breadth of study and have, by the end of each key stage, long term memory of an ambitious body of procedural and semantic knowledge.

**Staff will expect pupils learning remotely to:**

- Complete work to deadline set by teachers
- Seek help if they need it, from teachers or teaching assistants
- Alert teachers if they are not able to complete work

**Staff will expect parents with children learning remotely to:**

- make the school aware if their child is sick or otherwise cannot complete work
- seek help from school if they need
- be respectful when making any complaints or concerns known to staff

**Parent Training and Support:**

There will be training over the next few weeks to support parents (via videos on the website and newsletters) in the following areas:

Google Classroom

Google Meets

A focus on how to support reading at home – Reading is fundamental and we have to ensure that this is a priority

Behaviour support at home

Strategies to support home learning and provide great support working together

We will continue to listen and improve our training to meet the needs of our community.

We will also be providing a coaching service to help you when your child is working at home via email and telephone.

**Our learning at Central Park is exceptional therefore we need to plan to make sure that even if we are asked to stay at home this continues. Below are some questions that will help us to understand the home learning process that is in place if/when we need it!**

**Q and A:**

**What can you expect from our home learning lessons?**

- High quality lessons that support learning in school and meet the school vision
- Personally prepared resources for your children and their varying needs
- Carefully organised lessons that match the school curriculum covering all subjects
- A focus on reading as a key skill vital for all learning
- Consideration given to everyone's different circumstances
- Supportive programme whereby staff are available in a range of ways to help and guide you including a Google Meet interactive session once a day (only available when it is a full year group closure)
- Staff on hand to support questions and support learning
- Quality feedback from staff so that children are motivated and supported in their work

**What are we doing at school to prepare children for home learning that might happen again?**

- We ensure that children are clear about the progress for home learning
- We are teaching children key skills so that they can be independent successful learners at home
- We are doing lots of teaching about the current situation (age appropriately) so that children feel supported to ask questions or share concerns and worries
- We are teaching them key skills to be able to log in and understand how to best use technology that will be available at home
- We are teaching lots of strategies to support children to be emotionally strong at a challenging time, for example – mindfulness and emotional self regulation skills

**How can you help prepare your child for home learning?**

- All children in the school are aware that home learning might happen again. We have to reassure children so that they are not worried and they understand that no learning will be lost
- Ensure that you keep up to date with all information from the school (the website is the easiest place to stay up to date)
- Keep talking to your child so that if they have any concerns they can talk to you
- If you have devices at home make sure that you have logins for:

Make sure that you have your login information and use the following websites:

TT rockstars  
Bug club  
Google classroom  
My maths (ks2)

**How do I know that I have all the information?**

If your child does start a lockdown, and they have to work from home, we will make sure that you have all information clearly explained. We have a very detailed tracking system in school so that we know exactly what our individual children need for their home learning experience. You will receive a letter and clear instructions on how you will need to support your child whilst working from home. Some children will be working online, and some children will be working with packs of learning. All children will have different experiences -----we will make sure that you have everything you need, just for you!

**How will we ensure that your children have exceptional learning at home?**

- Keep listening to parent needs and requests – We welcome feedback!
- Evaluations at the end of every home learning period will be completed so we can continue to improve our process
- Constant school staff evaluation and adaptation to processes by all staff and stakeholders

***Plans for home learning will change as they continue to improve ... These are new times for all of us but the changes that we make will always be for the better!***

**How will we ensure that our children are safe whilst working at home?**

- We will be keeping a register every day in the same way that we do when children are in school. You must contact the school if your child is sick otherwise we will expect to be in contact with your child and that parents will be supporting children to learn at home and complete work that is being set.
- We are working hard with children so that they are very clear about which members of staff are in our safeguarding team and where to go if they need help.
- The website and our home learning pack has a full list of websites and contact numbers if children and families need help outside of school
- All our teachers are trained to meet the expectations set out in 'Keeping Children Safe In Education, DfE 2020'
- All teachers delivering home learning packs have been reminded of the policies that are in place when meeting families outside of school, including new policy amendments for COVID 19.
- Teachers have received full training how to keep themselves safe and monitor child safety when working and teaching from home.

If you have questions about our home learning system, please do leave a message at the main office for one of the members of staff below and we will be in touch:

Rachel Speed, Head of Quality Education  
Atiyya Musa – EYFS Senior Leader  
Julia Scott – KS1 Senior Leader  
Paul Strange – LKS2 Senior Leader  
Aabida Patel – UKS2 Senior Leader

## ***Here are Ten tips for supporting your child with home learning:***

### **1. Don't try to replicate school**

Homeschooling isn't the same as mainstream schooling, so don't worry too much. **You can't always do what teachers do in a classroom at the kitchen table, and vice versa.**

Work within your resources and abilities, and prepare to be flexible.

### **2. Find a good place to work**

Make sure your child has somewhere comfortable to work.

### **3. Eat well**

Make sure your child eats well. A balanced diet is vital for your child's health and can help them feel well during challenging periods. High-sugar and high-caffeine foods and drinks, such as energy drinks, cola and sweets can increase anxious behaviour.

### **4. Help your child get enough sleep**

Good sleep improves thinking and concentration. Most children need ten hours of sleep a night. Allow time for your child to wind down between studying and going to bed. If they are using laptops or phones, there is often a "night-shift" setting that will reduce the blue light emitted from the screen (blue light is linked to keeping us awake, as it can "trick" our brain into thinking it's daytime).

### **5. Establish a timetable that suits you**

If you're home-schooling, there are no rules about when you do it. You don't have to have a set timetable, or stick to school hours, days or terms, so you're in charge of setting a schedule that works for you and your child. A timetable can be useful and, for some, necessary but it must work for you and your family. Have a look at the timetables on our website and see if any of them work for you. Try not to be swayed by what other parents are doing – you know your child best!

### **6. Set the ground rules early on**

**It's important to set some ground rules early on**, otherwise it's going to be difficult to get back into a groove further down the line. Start doing at least some work from the word go, even if your child is largely dictating the pace, and your authority will be easier to maintain.

### **7. Get outside**

Spend as much time outside as you can. Not just for your sanity, but for general good health - for you and your child. If you have a garden, take your learning out there. Go for nature walks or bike rides (try early evenings if you're working office hours). Exercise releases endorphins (hormones) that can help boost energy levels. Any exercise counts, so find try to find one your child enjoys. You can also take advantage of learning opportunities on our website – See the home learning section.

### **8 Have confidence in yourself**

Teachers do a wonderful job and they're experienced. But that doesn't mean you don't have a lot to offer, too. Moreover, **you know your children better than anyone else.** Chances are you already know what motivates them and what excites them. Use this to your advantage and tailor your approach accordingly.

### **9. Speak to teachers**

Teachers will be on google classroom and available at school so you can share your concerns and get support there.

### **10. Relax**

These are strange times indeed, and while life is beginning to feel more normal, our children's education has changed in many ways. None of us are experts, so don't worry about your child missing out or falling behind if you're muddling through, full of questions and doubts. If it all gets too much, curl up on the settee and read a book together. Tomorrow is always a new day, and whether you've chosen to home educate or been forced into it, the most important thing is that you and your child are happy.

**We are very clear about the government expectations and we are confident that our home learning plan meets them.**

**The expectations from government are listed below:**

In developing these contingency plans, we expect schools to:

- use a curriculum sequence that allows access to high-quality online and offline resources and teaching videos and that is linked to the school's curriculum expectations
- give access to high quality remote education resources
- select the online tools that will be consistently used across the school in order to allow interaction, assessment and feedback and make sure staff are trained in their use
- provide printed resources, such as textbooks and workbooks, for pupils who do not have suitable online access
- recognise that younger pupils and some pupils with SEND may not be able to access remote education without adult support and so schools should work with families to deliver a broad and ambitious curriculum

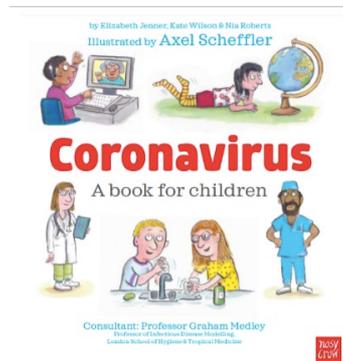
When teaching pupils remotely, we expect schools to:

- set assignments so that pupils have meaningful and ambitious work each day in a number of different subjects
- teach a planned and well-sequenced curriculum so that knowledge and skills are built incrementally, with a good level of clarity about what is intended to be taught and practised in each subject
- provide frequent, clear explanations of new content, delivered by a teacher in the school or through high-quality curriculum resources or videos
- gauge how well pupils are progressing through the curriculum, using questions and other suitable tasks and set a clear expectation on how regularly teachers will check work
- enable teachers to adjust the pace or difficulty of what is being taught in response to questions or assessments, including, where necessary, revising material or simplifying explanations to ensure pupils' understanding
- plan a programme that is of equivalent length to the core teaching pupils would receive in school, ideally including daily contact with teachers

*If you feel that your children do not receive the expectations listed here please contact the school and ask to speak to Rachel Speed, Head of Quality Education.*

If you need to support your children to talk through and explain COVID 19 – this is a great link to this book that is nationally recommended as a support for parents.

[https://www.carringtonjs.co.uk/web/home\\_learning\\_overview/456720](https://www.carringtonjs.co.uk/web/home_learning_overview/456720)



## Relaxing and looking after yourself -

Now that you are working at home again, we can still be active with our learning, physical and maintain emotional wealth. Your teachers have set you some work to help you keep learning. But remember it is really important to look after your wellbeing too.



## Connect

Write a letter to someone which you can post or email. It's always interesting to find out what people have been up to.

When we are together it feels better. Find time to connect with someone at home. Find out what they like doing or their favourite TV programme.

With permission from an adult, contact somebody who lives somewhere else and have a chat with them. This could be a relative like and aunt or an uncle or a grandparent.

## Relax

Do something quiet that relaxes you. This could be some quiet drawing, reading for pleasure or writing for fun. Try listening to some music that you enjoy or do a craft or something else creative if that's what you enjoy.

Be aware of the world around you: Look out of the window, what do you see? Draw or write about how that makes you feel. You might see some animals, or some new flowers or trees. Can you see any unusual cloud shapes?

Relaxing can include watching TV or playing games. Remember to balance your day out and limit your time in front of a screen to stay healthy.

## Energise

It's important to keep active. Try to spend at least half an hour a day doing something active. If you have a garden you can use it but there are plenty of things you can do inside to stay active. Try some of these:

Dancing- If you love dancing why not practice your favourite routine or create a new one. Check out the movement videos on GoNoodle below.

Stretches and balances- Are you a gymnast or yoga enthusiast? Use the links below to try out some new stretches. Check out the 'Empower' section on GoNoodle below.

Skills- Do you have a sport you love? Can you choose a new skill and perfect it?

### **Trying something new**

Life is more fun when we try new things. How about you try a new activity today. Why not try to make a new structure out of Lego or learn a new dance or song. Perhaps you could try learning to juggle, make a tower out of playing cards or make a domino trail.

Whatever you choose, have something tricky to work towards. Do you think you can master something completely new by the time you get back to school?

### **Notice your feelings**

Acknowledge the emotions in a jar in you have one? It's normal to feel worried if you're not sure what is going to happen but it's important to be positive too. You can always talk to an adult or write down your feelings in a notebook. Why not keep a record of one good or funny thing that happens every day? You'll soon have an amazing list to look back at. Some of the videos in the 'Flow' section of GoNoodle can help you to think about your feelings.

## **Planning your day!**

**You will receive some example timetables in your home learning pack or they will be available on the school website. (You do not have to follow a timetable but they may help you whilst working at home!)**

It's really important to keep things in a routine if it's possible!

*Did you know:*

Most people work better in the morning.

Most people work better after some exercise or fresh air.

Having a routine and repeating subjects every day helps your brain to learn better. (and stops you from forgetting things)

Some of you will have different times you do your home learning depending upon when your adults can help you. The ideas below might help you to organise your time.

You will have daily tasks in English, Maths and a variety of non core subjects across your time at home. You will also have continuous tasks like learning your times tables and daily reading.

Your teacher will be able to see your work on Google Classroom, Seesaw or call you to hear you are progressing and they will make comments on your work to help you to improve.

When you're working from home make sure you stick to a normal daily routine and bedtime. This will help your brain to get the rest it needs and be ready for work in the morning.

Most classes have Maths and English first, followed by a break and focused reading and spelling before lunch. Science and non core lessons are normally after lunch. It might help you to stick to this routine at home too.

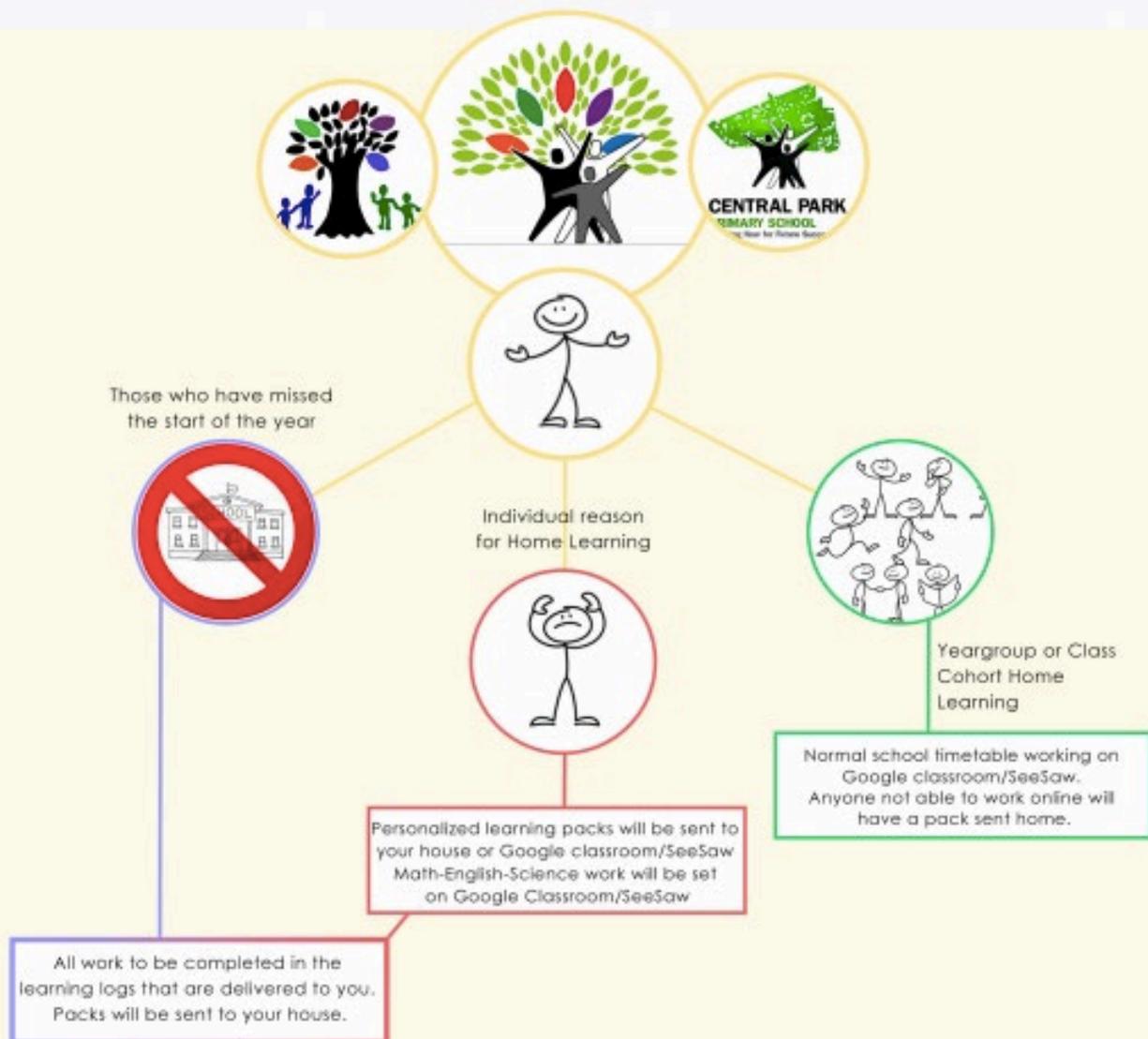
We will make sure you are safe and happy

You will have:

- Time to talk to friends
- Daily routines
- Regular contact from school
- Structure to your day
- Fantastic learning just for you!

This year you may have to work from home but we will ensure that you always have amazing learning!

# CPD FEDERATION HOME LEARNING PROCESS



ALL CHILDREN WILL ALWAYS BE IN CONTACT WITH SCHOOL STAFF.  
HOME LEARNING WILL SUPPORT GREAT LEARNING, AMAZING LEARNING AND A SAFE AND POSITIVE ENVIRONMENT.

# 10 TOP TIPS

## REMOTE LEARNING FOR PARENTS

Remote learning can be a great way to continue learning outside the classroom, particularly in difficult circumstances. For parents and carers, the idea of remote learning 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. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote learning experience.

### 1) Take an active interest in your child's learning

As a parent or carer, remote learning will be a new concept for your child and there are bound to be a few teething problems to start with. 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.



### 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 away from devices

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will inevitably 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 a 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.



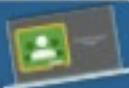
### 6) Implement safety controls and privacy restrictions on apps and software

Dependant on how your school implements remote learning, 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.



### 7) Ensure your child only uses official school communication channels

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



### 8) Familiarise yourself with relevant school policies

Schools should have a policy on remote learning and direction that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



### 9) Maintain feedback with teachers

Engage in communication with teachers where possible and try to feed-back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



### 10) Monitor your child's wellbeing and mental health

Remote learning 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 you can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends everyday might take its toll.

