

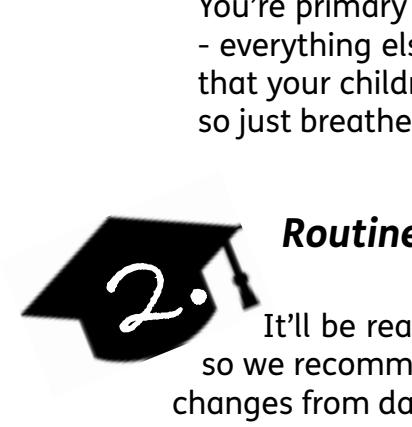
Home Schooling

Well, here we go again, a third Lockdown, which for some of us means we now have to split ourselves into multiple roles again - housekeeper/babysitter/referee, trying to work a job from home and now a teacher! If you find yourself in this tricky position, don't worry, the LRC have created this document full of useful links and tips in the hope of helping you out! And at least we've got the experience of the first Lockdown to refer to - what worked best for you and your family? If you've any tips or advice to share, please get in touch and we'll add it onto here...

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1.

Most important tip we can give you:



Have realistic expectations! This simple step will take off soooooo much pressure. You are only one person and these are exceptional circumstances so it really doesn't matter if you don't get around to being an amazing substitute teacher every day for your children. Your primary concern should be if you and your kids are fed, clothed, warm and happy - everything else is a bonus! All you can do is your best and failing that, just remember that your children are incredibly resilient and are probably learning more than you think, so just breathe!

Routine

2.

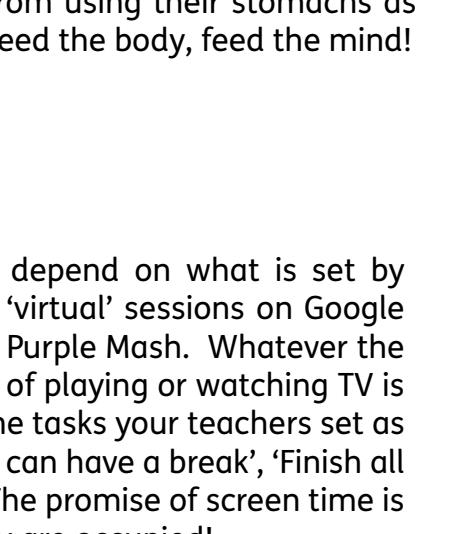
It'll be really easy to slip into holiday mode when stuck at home all day everyday, so we recommend creating a routine for the day, even if it becomes a flexible plan that changes from day to day to fit requirements.

- Get dressed - save PJ days for the weekend as a treat.
- Start early - The early bird catches the worm... get them sat down doing their school work before they get distracted by other activities.
- Break up the day - create a few specific break times like they'd get at school to give them chance to blow off steam and refocus on their work. Nobody can be switched on 24/7.

Space

3.

If you can, create a dedicated space for your kiddies to work, a kitchen table, a special desk in your office or if they are older (and you're feeling brave) their bedroom. Ideally it should be a space free from distractions (no TV, younger siblings) and that can be cleared away easily at the end of the 'school' day. It's also handy to have them close by if you are set up to work from home, so it's not so much of a disruption to you if they need your help.



If you are working from home, make it clear to your children when they **can** interrupt you. Maybe set up a [traffic light system sign](#) to use when you're in a meeting.

Also, if your kids are anything like mine, (bottomless pits that constantly need feeding), have a selection of healthy snacks to hand to keep them from using their stomachs as distractions between meals - carrot sticks, fruit, drinks etc. Feed the body, feed the mind!

Rewards aka bribery

4.

Of course, the format your child's school work will depend on what is set by their teacher - whether they'll be required to attend live 'virtual' sessions on Google classroom/ Zoom etc or complete tasks on a website such as Purple Mash. Whatever the format, getting them to sit down and do school work instead of playing or watching TV is always a challenge, particularly when they're younger. Use the tasks your teachers set as incentives for your little ones. E.g. 'Complete 2 tasks and you can have a break', 'Finish all your school work for the day and you can play on the Xbox'. The promise of screen time is a great motivator and will give you some 'me time' whilst they are occupied!

Make use of FREE resources

5.

Hopefully your child's school will be providing ample work and resources for them to access whilst learning from home. Just in case, here are a few more:

