

Learning from Home Tips

HARRIS ACADEMY

Planning how to work at home

- The most important thing is to try and encourage a bit of learning each day. This *shouldn't* be an additional stress. An idea would be to do 35/45 minutes work at one time followed by a break. This could be done a minimum of two to three times a day.
- Learning can be little and often with lots of breaks and rewards built in to the day. **Your young child's mental health and wellbeing is important during this time.** Setting a timetable that works around your family life and is negotiated with your child can help with maintaining routine. However, if the timetable doesn't go to plan remember there can always be flexibility and negotiation. **It's what works best for you.**



Planning how to work at home

- Routines are important so try to keep a good sleep routine by going to bed and getting up at similar times each day.
- All of these things will help when it is time to return to school.



We're all in this together

- You absolutely shouldn't rush through all of the work in one go, again **little and often is best**, remember the quality of your work is important.
- Planning ahead with a timetable can help you manage the completion of tasks. A plan can be made either a week in advance, a day in advance or on the day. Again **what works for you and your family**, this may change some weeks as you might be able to plan ahead and other weeks you might not.

We're all in this together

- If you have a deadline, and don't think you'll manage to meet it, **get in touch** with your teacher or your Guidance teacher and they will help.
- Your teachers want you to do the best you can and if you are struggling or not sure of task you can contact them directly via Glow.
- If you can (following all current safety guidelines), discuss your work with a friend or family member before you submit it – it deepens your understanding of the learning and it could be part of your day.

Examples of possible daily activities

With the unpredictable nature of the current situation it is important that we do create a routine so that we can create a new normal for our young people. As part of a daily plan you can include different activities that can help the whole family with learning and health and wellbeing. Some suggestions are noted below:

- Daily walk can help recharge the batteries/good for thinking and mental health and wellbeing
- Watching a documentary/comedy/favourite film can help with new learning or just having a laugh/relaxation
- Building meals into the daily plan can help with structure and help young people to see where there is break coming but remember flexibility
- Helping to cook can help with life skills and numeracy

Examples of possible daily activities

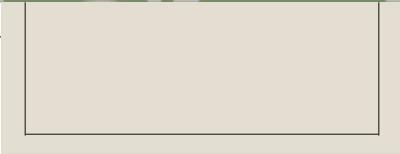
- Working together on the daily/weekly plan means everyone has shared understanding and buy in
- Communicating with friends and family is important for everyone's wellbeing - Young people can help with their expertise in IT skills.
- Playing family games can help develop teamwork and a range of other skills depending on the game.

We are here to help. Guidance & pupil support

- Remember we are on hand if you need us:
 - forres.guidance@dundeecity.gov.uk
 - kinloch.guidance@dundeecity.gov.uk
 - cawdor.guidance@dundeecity.gov.uk
 - birnam.guidance@dundeecity.gov.uk
 - harrispupilsupport@dundeecity.gov.uk



- Just to let you know that we meet every week, using technology, and are trying to keep learning happening.
- We are all trying to find our new norm but that is not going to stop us helping and supporting you and your families



WE HOPE TO SEE YOU ALL SOON

Teachers and support staff of Harris Academy

Be sensible, keep trying your best, if you need help ask us and
most important of all... stay safe
#TogetherWeAreHarris



SEE YOU
SOON