

Blackshaw Moor CofE First School



Remote Education Guidance for Children

Staying safe when learning at home

We have put together some guidance to help you with learning at home. It can help you to understand our expectations whilst you are learning from home, provide you with information about how to stay physically and mentally well, and give you some useful tips for staying safe online.

If you need some more help, please ask your parents to contact us for you.

Learning at home

Even if you cannot attend school, we want to make sure that you can keep learning, even at home. We have made a work plan for you so that you know how much work we expect you to do, how long you should spend on each task, and how to submit your work back to us.

Our Plan

Busy Bees

You will be sent activities to do through Seesaw daily and also through email once a week. We will send a video of phonics lessons for you to watch and do the activities and also English, maths and topic work. We will also send some challenge ideas and other activities to help you learn. We expect you to do between 2 and 3 hours a day and that you will do your very best with the work. We want you to share what you have done through Seesaw or by sending pictures through email. We will let you know how well you are doing and how proud we are of you.



Clever Cats

You will be sent activities to do through Seesaw daily and also through email once a week. You will be sent a link to a video of phonics lessons for you to watch and also English, maths and topic work. You will also be sent some RE work, PE tasks and music ideas. We expect you to do 3 hours a day minimum and that you will do your very best with the work. We want you to share what you have done through Seesaw or by sending pictures through email. We will let you know how well you are doing and how proud we are of you.

Wise Owls

You will be sent activities to do through Seesaw daily and also through email once a week. You will be sent English, maths and topic work. You will also be sent some RE work, PE tasks and music ideas. You will also be asked to attend live lessons and we expect you to join these and behave as you would at school showing respect for others in the lesson. We expect you to do 4 hours a day minimum and that you will do your very best with the work. We want you to share what you have done through Seesaw or by sending pictures through email. We will let you know how well you are doing and how proud we are of you.

Before you begin learning from home, we will make sure you are able to access all of the resources and the equipment you need to do this.

Whilst you are learning from home, we expect you to:

- Spend time on each task we set you so it is completed to your best standard
- Complete all the tasks we send for a day
- Tell your parents if you need help with a task
- Send in any work you have completed at the end of each day

It is also important that you:

- Take regular breaks from schoolwork (e.g. every hour, take a ten-minute break).
- Make yourself a plan for your school day and stick to it if you can – don't worry if you stray off path!
- Set some small goals for the day.
- Keep a school routine – you could start and finish at a certain time every day.
- Avoid doing schoolwork in your bedroom.
- Make it as much like a school day as possible – you could take your lunch and breaktime at the same times as you would at school.
- Avoid background distractions, e.g. the TV – this will make you more productive!
- Ask your parents to contact us on your behalf through Seesaw or by email if you are struggling with your schoolwork.

How to stay well

It is important to make sure you look after your physical and mental health.

To avoid any unnecessary aches and pains, you should make sure you have a sensible place set up to learn from. If possible, you should sit at a table or desk, ensuring your back is supported, rather than laying on your bed or the sofa. If you think you are missing any important equipment, make sure you speak to your class teacher before you start learning from home.



If you ever feel unwell or unable to complete the work set, you should tell your parents and ask them to let your teacher know so that she knows why you haven't done any work that day.

You must ensure you also look after your wellbeing while you are at home. To make sure you are staying mentally well, try some of these ideas:

- Get into a routine – you could make sure you wake up and go to bed at the same time each day
- Set yourself some achievable tasks – you could try a new recipe you've been wanting to try for ages!

- Talk regularly with your friends or extended family – you should always talk with your parents about how to set this up
- Stay active – try getting out for a walk every day with your family
- Eat normally – make sure you have three meals a day at regular times
- Try practising breathing techniques – the charity Mind has lots of helpful information here: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>
- Use the time to develop a new skill – you could start painting, learn to skip, or learn how to bake!
- Make sure you get some rest
- Keep your room tidy to make sure you feel relaxed
- Try not to do your schoolwork in the evenings or weekends – you need to balance your home life and school life
- Try not to watch the news too often
- Keep a diary of what you do, see, hear or think through the day
- Read more often
- Talk to someone if you have any worries or concerns – you can also find a whole list of places that can help if you don't want to speak to your family here: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>
- Childline has a website called 'Toolbox', where you can find games, videos and methods to help you with your worries. There is even a 'Calm zone' for helping you let go of your worries. All of this can be found here: <https://www.childline.org.uk/toolbox/>



Staying safe online

If you are spending all day at home, you will likely be spending more time online. Whilst there are many positive aspects of using the internet, such as keeping in contact with those you can't see and staying entertained, you must also remember to use it sensibly.

When on the internet, do not click on any links that have not been sent to you by your teacher and do not click on any adverts that may pop up if watching video clips. If you see or hear anything you do not like or think is wrong, switch off and tell an adult. Do not give out any details like your name or age on any websites or links that your teacher has not sent you and check with an adult first before you give your name or age on links or websites you have been given.

While you are spending more time at home, you should consider the ways you can stay safe and maintain a healthy relationship with the internet by doing the following:

- Having tech-free mealtimes
- Not keeping your phone or tablet in your bedroom
- Before contacting any friends using a device, ensuring you have asked your parents and that they have made sure the right settings have been applied to your account to keep you safe
- If you are contacting anyone by phone or video, make sure you do it in a family space



- Making sure you have the right settings applied to the apps and websites you use, so you don't see anything you don't want to and can limit who can contact to you
- Making sure you know how to report anything on the apps you use – most of the popular apps have a reporting function. If you need help with this, please ask your parents
- If you need to report something that you've seen online, ensuring you use Child Exploitation and Online Protection command (CEOP) (<https://www.ceop.police.uk/safety-centre/>) and the UK Safer Internet Centre (<https://www.saferinternet.org.uk/our-helplines>)
- Telling your parents if you are worried about anything you have seen online
- If you want to discuss any worries with someone else, contacting Childline (<https://www.childline.org.uk/>), Kooth (<https://kooth.com/>), or any of the contacts listed here: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>



What to do if you're worried

There may be times when you're feeling worried or concerned about something. You should always tell someone if you feel this way – even if it doesn't seem like an important thing. There are lots of different people you can talk to whilst you're at home, including:

- Parents, carers or someone else in your family.
- Teachers or members of school staff.
- Doctors, nurses or online counsellors.
- Anyone you trust.

If you are finding it difficult to speak to anyone, you can start the conversation with something small, like telling someone what you had for lunch, or what you learnt that day.

Some people find it helpful to write things down in a letter. Childline have a really handy letter builder you can find here: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/getting-help/asking-adult-help/#Writesomeonealetter>.

We will stay in touch with you whilst you are learning from home, this will be via your parent's phone number. If there's something that's worrying you, you can ask if you can talk to your teacher or teaching assistant when they phone.

If you are worrying about something relating to a classmate, this is also a very relevant concern. You should always tell a teacher in this case and we will do what we can to help. We will always let you know if we need to share what you tell us with anyone.

Remember, you can get in touch with any of the organisations listed in the 'How to stay well' section of this handout.

If you experience any technical issues while learning at home, you should let your class teacher know as soon as possible so that we can get these sorted for you.