



Aintree Davenhill Primary School

Remote Learning

Staying Safe When Learning at Home

We have put together some guidance to help you with learning at home during a school closure. This guidance 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

This is a confusing time for everyone; however, 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 at the end of the day. You will have three virtual learning sessions each day so your teacher can explain your work to you.

9:00-9:15 Morning Exercise

9:15-9:30 Morning Maths (maths calculations)

9:30-10:30 English (phonics, spelling, reading and writing)

10:30-10:45 Break

10:45-11:45 Maths

11:45-12:00 Super Bonds/Times Tables

12:00-1:00 Lunch

1:00-2:15 Wider Curriculum Subjects

2:15-2:30 Break

2:30-3:00 Reading



We understand that there will be more distractions at home than in your classroom, so we don't expect you to work all day without a break! It is important that you maintain a routine and ensure you are still learning, even during these circumstances.

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

- Attend as many virtual learning sessions as possible with your class teacher every day (if you are well and your teacher is too).
- Spend at least one hour on your English, Maths and Wider Curriculum subject work we set you.
- Tell your parents if you need help with a task.
- Send the work you have completed via ClassDojo. You must show your teacher the work you complete either via ClassDojo or your parent can bring your completed work into school each week.

It is also important that you:

- Take regular breaks from schoolwork
- Try to follow the 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 break time 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 via ClassDojo if you are struggling with your schoolwork

How to Stay Physically Well

To ensure you protect your health whilst you are learning at home, you should always follow the advice from the government. That means listening to social distancing advice (e.g. not meeting friends or leaving the house unnecessarily) and taking the following actions:

- ✓ Washing your hands with soap and water often for at least 20 seconds (the time it takes to sing happy birthday twice!)
- ✓ Using hand sanitiser gel if soap and water are not available
- ✓ Washing your hands as soon as you get home (if you've been out)
- ✓ Covering your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ Putting used tissues in the bin immediately and wash your hands afterwards
- ✓ Telling your parents if you feel poorly, even if your symptoms are mild
- ✓ Resting and drinking lots of water if you feel poorly



You should not:

- ✗ Touch your eyes, nose or mouth if your hands are not clean

How to Stay Mentally Well

Whilst it is important to make sure you look after your physical health, it is just as important that you look after your mental wellbeing too. You must ensure you 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
- Stay active – try getting out for a walk every day with your family or doing PE with Joe Wicks (<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>)
- Eat normally – make sure you have three healthy meals a day at regular times
- Try practising breathing techniques – the charity Mind has lots of helpful information <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 a language or learn how to bake!
- Make sure you get some rest
- Keep your room tidy to make sure you feel relaxed
- Don't 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 journal or diary
- 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 <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. <https://www.childline.org.uk/toolbox/>



Staying Safe Online

As you are now 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 you take part in a virtual learning session with your class teacher and other members of your class, we expect your behaviour to be the same standard as it is in school. By allowing you to take part in the session, your parents have agreed that you will follow the procedures in the Parental Agreement for Remote Learning. They will discuss this with you before any virtual learning sessions.

Now you are 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 so your family can see what you are doing
- 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 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/>

If You Are Worried...

During this time, 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 parents mostly through ClassDojo.

If you are worrying about something relating to a classmate, this is also a very relevant concern. You should always tell your parents and they will let your class teacher know. Your class teacher will do everything they can to help.