

# Wallsend Jubilee Primary School

## Remote Education

We have put together some information to help you with learning at home. It can help you to understand what we expect and some little tips on how to keep your body and mind healthy.

If you need some more help, please ask your grown up to send us an email or a message on Tapestry.

### Learning at home

When we can't come to school, we want to make sure that you can keep learning, even at home so we have put some plans into place.

Before you begin learning, we will make sure you are able to get everything you need to do this. If you are worried that you won't have everything you need, ask your grown up to tell your class teacher as soon as possible.



Our learning at school is always very practical, so your learning at home will be just like this. We don't expect you to be sitting at a table for lots of time, but learning through lots of practical activities and real life experiences. It is important however, that you still have a routine and keep on learning, even when you need to stay at home.

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

- Log in to Tapestry each morning to see your teachers
- Complete the daily tasks
- Send in any work you have completed on Tapestry – we love to see what you are doing
- Try to have fun while you are learning.

### Top Tips for Home Learning

- Take regular breaks from schoolwork
- 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.
- 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/carers to contact us if you are finding things hard

## How to stay well

It is important to make sure you keep your body and mind healthy.

If you think you are missing any important equipment or a suitable space to work, 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, tell your grown ups and make sure you let your class teacher know as soon as possible, ideally before the start of the school day.

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 and family
- Stay active – try getting to do some exercise in the house or garden every day
- 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 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
- 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

Try not to spend too much time on line. Most of our learning is practical which should help. However, here are some tips to help you stay safe

- Having tech-free mealtimes
- Not keeping a phone or tablet in your bedroom
- Before contacting any friends using a device, make sure you have asked your parents/carers 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
- Telling your grown up if you are worried about anything you have seen online

## **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.

We will stay in touch with you whilst you are learning from home, this will be through your parent's phone number, email and Tapestry. If there's something that's worrying you, or you want to talk to someone you know at school, you can discuss this on the phone call.

We look forward to seeing what you are up to. We hope we can make your home learning enjoyable!