



Remote Learning at Colton Hills

– A Guide for Parents and Carers



Parents and carers want their children to try their hardest and be happy and successful while they are learning at home. However, as a parent or carer, sometimes it can be hard to know the best way to support children to get the most from their remote learning.

This leaflet is a basic guide for parents and carers so that you know the best advice you can give your children and support them in the most productive way possible.

A Reminder of Our Expectations for Remote Learning

- Lessons will be set on TEAMS every day and students are expected to attend them all
- Pupils should follow their timetable using their online calendar
- All lessons will follow the existing scheme of work
- There will be a mixture in the style of delivery
- Registers will be taken for every lesson and absences will be followed up
- Teachers will provide feedback weekly

Our remote learning plan has been made with our pupils and their families in mind. We believe that this strategy will work best for the children at our school.

Expectations of Parents and Carers

- Make sure that they are up and dressed ready for the start of their school day, preferably sitting in a quiet place with their laptop, pens and paper
- Ensure that your child has access to a quiet space or can utilise a set of headphones whilst they are working virtually
- Check in on your child as regularly as you can
- Look to see if they are answering questions and if they are involved
- If you can listen to the lesson for a few minutes then ask your child

What else do I need to know?

- All students have a blue folder containing a Knowledge and Assessment Organiser for every subject. This is a document that contains all the essential knowledge that students need for a particular topic. These are useful documents for students to use for their remote learning that doesn't require them to look at a screen.

- One of the most striking features of the first lockdown nationally was that students' reading comprehension and fluency really suffered. Regularly practising key reading skills will significantly develop your child's reading ability and improve their chances of success at GCSE across a range of subjects. **Encouraging your son or daughter to continue with their reading is one of the best things that you can do.**

I reading

What if I have any concerns?

- If you have a problem with your child's schoolwork contact the teacher through Teams via your child's account
- Beyond that, you can contact the Success Leader for your child's year group.

Year 7	Mr Matthews
Year 8	Miss Jones
Year 9	Miss Webb
Year 10	Miss Pound
Year 11	Miss Nutting
Year 12 and 13	Mr Ryan

- If you have any concerns about your child's well-being you can use or contact the following:
 - Kooth.com (an anonymous online well-being self-service tool where qualified counsellors can be accessed through a chat function)
 - Your family doctor
 - Contact your child's House Team via your child's Teams account or by calling 01902 558420

Currie House	Mr Esty and Miss Johnson
Kahlo House	Miss Willets and Mrs Payne
Tull House	Mrs Ireland and Miss Williams
Turing House	Miss Heeley and Mr McKerdy

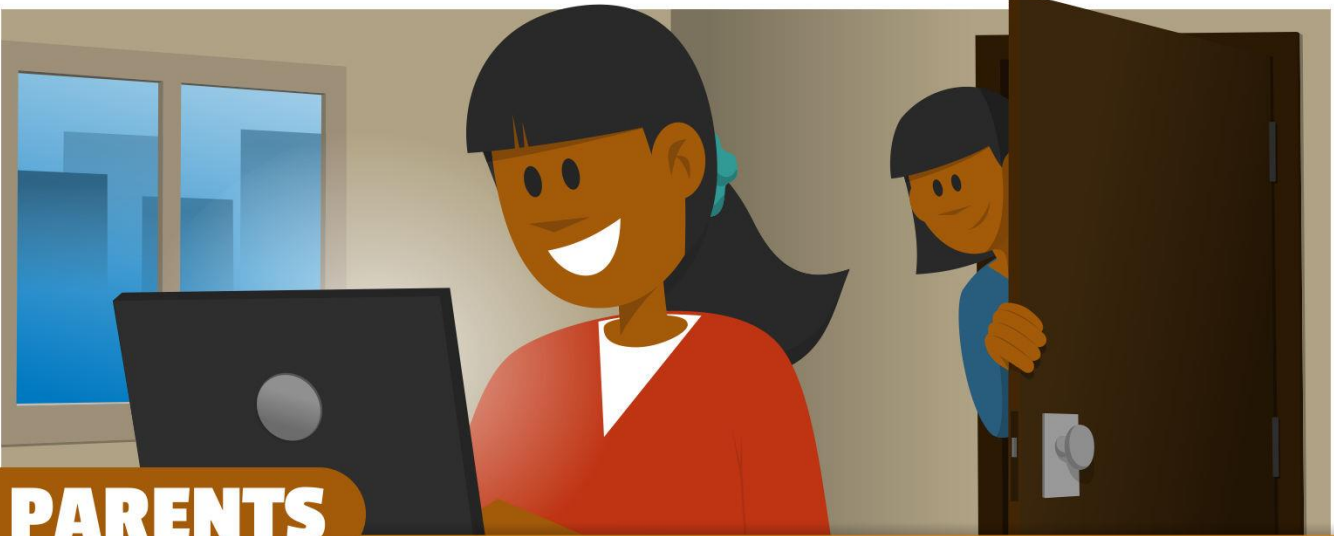
- If you have any safeguarding concerns contact Mr Hazell or Miss Bird on 01902 558420

10 WAYS TO MOTIVATE YOUR HOME STUDENT

by @inner_drive | www.innerdrive.co.uk



- 01** **Have high standards** – don't settle for mediocrity. Children take their cues from the adults in the room, so set the bar high.
- 02** **Create a sense of purpose** – knowing why they are doing something helps.
- 03** **Focus on individual development** – if they can see how they have improved, it will fuel their motivation.
- 04** **Set deadlines** – research suggests students work more efficiently if they have a deadline to meet.
- 05** **Set achievable targets** – success breeds motivation which breeds success.
- 06** **Know what next** – having something tangible to do next avoids ambiguity.
- 07** **Work alongside them** – we work harder if we are sat next to someone else who is putting in 100%.
- 08** **Learning for learning's sake** – exams are just one day and their results would have been just a letter. But learning lasts a lifetime.
- 09** **Use wise feedback** – feedback that focuses on their behaviour, not just the outcome, is more motivating.
- 10** **Tell them you are proud of them** – it is one of the most powerful things a child can hear from their parents.



PARENTS

7 WAYS TO MAINTAIN STUDENT LEARNING

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- 1 Quizzes** – getting students to answer questions is one of the best ways to learn.
- 2 Little and often** – this is far more effective than cramming it all in one go.
- 3 Mindmaps** – if making a mindmap, be sure to combine both pictures and words as this accelerates learning.
- 4 Get them to teach the material to someone else** – this helps the brain categorise, organise and focus.
- 5 Ensure they eat breakfast** – this aids concentration over the course of the day.
- 6 Ensure they get plenty of sleep** – sleep improves mood, memory, concentration and learning.
- 7 Get them to 'explain why'** – getting them to tell you why something is the case, known as 'elaborative interrogation', is an effective memory booster.



PARENTS

10 WAYS TO LOOK AFTER YOUR OWN MENTAL HEALTH

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- 1 Be kind to yourself** We are in uncharted territory. It's ok to sometimes get things wrong.
- 2 Be physically active** Maintaining good exercise habits is key.
- 3 Connect** Stay in touch with friends and loved ones.
- 4 Read** This can be a good way to shut off from the news every now and again.
- 5 Practice the 'Principle of Charity'** Assume the best intentions in others' behaviours.
- 6 Know that everything is temporary** As the famous phrase states, "this too shall pass".
- 7 Be flexible** If you are too rigid, it can increase stress and frustrations.
- 8 Maintain a daily routine** This will aid consistency and calmness in your house.
- 9 Eat well** It is easy in these circumstances to slip into not eating a balanced diet.
- 10 Get plenty of sleep** Ensure that you are getting plenty of sleep. It will make you feel better.