

Support at home

We understand that we are not face to face in the classroom at the moment, however KS4 students should check work on class charts and access live lessons with their teacher when timetabled to do so. KS3 students should check work on class charts and check in on Teams with their teacher and use the chat function to

Here are some strategies that you can use at home to support your child if they feel stressed, anxious or are just not coping at any point during lockdown. Some of these may not work and that is okay.

- 1) Keep your child in a routine. It is important to get them up and get them ready each morning as they would for school. Structure and routine are good and mentally it gets us ready for the day ahead.
- 2) If your child is feeling stressed with school work online, then you can give them a break. It is okay to take a break from learning and return back to the work when they are feeling more focused.
- 3) Break up the work into smaller chunks and if you can use a visual cue such as the home learning daily checklist which is included within this support pack.
- 4) If they need it, use a timer to give them a clear start and finish time for each activity or lessons. You can use online times, such as the one here – <https://www.online-stopwatch.com/> or you can buy one or access the timer function which may be available on your mobile telephone.
- 5) Make sure they get some downtime, and they get some time to relax.
- 6) If your child gets angry, then give them some space and allow them to go somewhere that they feel safe, possibly their bedroom and let them do something that they will like, something that will calm them down.
- 7) If your child needs an overlay in school, then they can download the Colorveil programme to support them whilst they are doing their online learning and it is free – <https://www.aurelitec.com/colorveil/windows>
- 8) Do not struggle alone and please ask for help.

Home Learning Daily Checklist

Date: _____

1 09:00 - 09:50	<u>Subject:</u> <u>Teacher:</u>	<u>Accessed work on class charts?</u> <u>Joined the 'teams' meeting?</u> <u>Work completed?</u> <u>Has work been submitted/emailed to teacher?</u>
2 09:50 - 10:40	<u>Subject:</u> <u>Teacher:</u>	<u>Accessed work on class charts?</u> <u>Joined the 'teams' meeting?</u> <u>Work completed?</u> <u>Has work been submitted/emailed to teacher?</u>
3 10:40 - 11:30	<u>Subject:</u> <u>Teacher:</u>	<u>Accessed work on class charts?</u> <u>Joined the 'teams' meeting?</u> <u>Work completed?</u> <u>Has work been submitted/emailed to teacher?</u>
4 11:30 - 12:45	<u>Subject:</u> <u>Teacher:</u>	<u>Accessed work on class charts?</u> <u>Joined the 'teams' meeting?</u> <u>Work completed?</u> <u>Has work been submitted/emailed to teacher?</u>
5 12:45 - 13:40	<u>Subject:</u> <u>Teacher:</u>	<u>Accessed work on class charts?</u> <u>Joined the 'teams' meeting?</u> <u>Work completed?</u> <u>Has work been submitted/emailed to teacher?</u>
6 13:40 - 14:30	<u>Subject:</u> <u>Teacher:</u>	<u>Accessed work on class charts?</u> <u>Joined the 'teams' meeting?</u> <u>Work completed?</u> <u>Has work been submitted/emailed to teacher?</u>

KS3 students to take lunch from 12:15 to 12:45

KS4 students to take lunch from 13:00 to 13:30

Tools to support students accessing work

There are tools available to help you work around any challenges that you may face when accessing remote learning.

Issue	Solution
<p>I am struggling to read all of the words on a worksheet in Word.</p>	<p>Use 'Immersive Reader' in Word.</p> <ul style="list-style-type: none"> • Click on 'view' on the tool bar. • Click 'Immersive Reader' then 'Read Aloud'. • On the right-hand side it gives you options to start and stop and even change the speed. If you click on a word and press play it will start from that word. • You can also highlight a line or a word that you would like to be read.
<p>I am struggling to read the work; I usually use a coloured overlay.</p>	<p>In Word:</p> <ul style="list-style-type: none"> • Click on 'Design' on the tool bar. • Click on 'page colour' and you can change the background of the page. <p>In PowerPoint</p> <ul style="list-style-type: none"> • Click on 'Design' on the tool bar. • Click on 'format background' and you can change the background of the slide. <p>Download the free Colorveil programme to support you https://www.aurelitec.com/colorveil/windows</p>
<p>I am struggling to type up my work.</p>	<p>In Word:</p> <ul style="list-style-type: none"> • Click on the 'home' tab. • Click 'dictate'. • Click where you would like to start typing and speak. Check to make sure it has picked up what you have said correctly.