

You asked us we listened!



A response to our recent survey of families' views on remote education

We are delighted that so many families responded to our survey about their experience of supporting their child's learning in lockdown. We are busy using your feedback to continue to improve your child's learning experience. We've also put together some ideas below which we hope you will find useful as you support your child's learning at home. If you have any further questions, please get in touch.

We asked if your child has developed a positive routine whilst studying at home.

If they haven't, here's some ideas on how to help your child have a better routine.

- **Use the school timetable**

Encourage your child to log on to Google Meet at the start of each lesson then complete the learning during the lesson.

- **Plan breaks**

Concentrating for long periods of time is difficult so plan short breaks in the day when they can do something else.

- **Talk about learning**

Ask your child how they learn best, what learning they are proud of, what they need to improve and how you can help.

- **Manage space and resources**

This can be hard to juggle. But try to agree as a family when everyone can use devices and have space and quiet to work.

- **Remove distractions**

Help your child to put their phone or other distractions away from them when they're learning so they can concentrate fully on what they are doing.

- **Give praise**

Notice your child doing the right thing. Even if it's what they should be doing, they *are* doing it and that's good! Tell them you've noticed and you're proud of them.

- **Be kind to yourself**

This won't all work all the time. Everyone is finding this hard and there is no perfect way to do this. Be realistic about what can be done and try not to put too much pressure on yourself.



Seizing opportunity

Instilling ambition

Realising potential

We asked if your children were able to complete the learning tasks set.

If it's not quite right, here's some ideas of what you can do

If you believe your child needs more learning activities . . .

Ask them to show you their learning tasks. Look at the instructions and their work;

- Have they completed all of the tasks?
- Have they done their best?
- Did they try the stretch activities? (in yellow boxes)

If you still believe they are not being challenged enough please contact their subject teacher by emailing help@northolthigh.org.uk.



If you believe your child has too much school work . . .

Lessons are planned to provide learning opportunities for all students. If your child cannot complete all of the tasks;

- Make sure they use the support in the lesson instructions (these are in yellow boxes);
- Help them to prioritise and do what is most important;
- Reassure them that they do not have to complete the stretch tasks;

If you are concerned, please contact their subject teacher or year leader.

If you believe the amount of learning is about right . . .

Fantastic! Encourage your child to do other things when they have completed their learning to help them switch off and to keep them fit, healthy and happy.

We asked if your child was reading for 20 minutes a day.

If they're not, here's some ideas of how you can help.

- Firstly, help your child to find something to read that they are interested in and that is the right level for them. Talk to them about what they've read, ask them to explain the story and why they enjoyed it.
- Visit the [Northolt High School Reading Site](#) where your child can read fiction and non-fiction books online, listen to audio books and even complete Accelerated Reader book quizzes.
- If you want to get your child off screens, why not request to borrow a book through our fantastic [Book-a-book](#) scheme where your child can request a book by name or answer a few questions and have a book recommended for them by our amazing Head Librarian, Ms Buck. The book will then be posted home to your child for them to borrow.



We asked what else might be helpful

If you asked for new ideas and other support, here are some top tips and great links

Ask them what's going well: Our students are used to thinking about what they have done well and what they need to improve as well as how they are going to make improvements. Make it a routine to ask them each day: 'what are you proud of today?' and then celebrate their successes. You could also ask 'what could you have done better?', 'how will you do better next time?' to help them plan ahead for success the following day.



Ask them to teach you: The best way to learn is to teach someone else. Ask them to teach you something they have learned today. If they can teach you, you can be sure they know what they are doing!

Encourage your children to work together: Older students can help younger ones with learning they have done before. Younger ones can help their older siblings by testing them on new facts or asking them prompt questions such as *What? Where? Who? Why? How?*

Talk about other things: Encourage your children to talk about their interests and passions and to think of ways to link this with their learning.

Ask for help: We don't expect you to be experts on every subject. Teachers are here for you and your child so please get in touch if you need to.

Help your child to feel better: Reassure your child that their teachers are still here for them. They can contact teachers directly through Google Classroom or email to ask questions or for help. If they are not sure what to do in the lesson they must let their teacher know.

Think about the future. We don't know when this will end but it won't last forever and there is lots to look forward to. Help your child to think positively about their future in school and beyond.

Talk to them about COVID: Many young people are anxious and this can get in the way of them engaging with learning. Again, there's lots of great advice online including the [Children's Guide to Coronavirus](#) from The Children's Commissioner which is great for younger children or this advice from Save the Children on [how to talk to your child about COVID](#).

Look after yourself! Everything going on right now is hard to deal with. Everyone is juggling a lot and having to do new things. It's tough. As parents and carers you need to look after yourself too. There's some great advice from Mind about [Coronavirus and your wellbeing](#)

Other great links . . .

. . . you may find useful

We have lots of links to useful information on our website both for students and families. Just click on the '[Quick Links](#)' section on the top right on the front page, go to our [Coronavirus Arrangements](#) page or look for [Supporting your child's mental health](#) under the Parent Information tab. Below are links to trusted organisations whose tips and advice you may find helpful.

Note: Everything on this sheet highlighted in [blue](#) is a link to click on

NSPCC

Tips on [online safety](#) from the NSPCC [here](#)

YOUNGMINDS

Strategies to deal with [challenging behaviour](#) from Young Minds [here](#)

Barnardos

Family activities including [dealing with conflict](#) at home from Barnardos [here](#)

Save the Children

[How to talk to your child](#) about coronavirus from Save the Children [here](#)



Top tips on [supporting young people](#) from the NHS's *Every Mind Matters* [here](#)



Looking after [parents' and carers' wellbeing](#) from Mind [here](#)



Supporting young people who are [anxious about exams](#) from Family Lives [here](#)

Finally, if there is anything we can help with, please get in touch