



# St. John's CE Primary School

'The JOY of the Lord is Your Strength' (Nehemiah 8:10)

## \*\*HOME LEARNING TOP TIPS\*\*



### Tip 1 – Daily Routine!

Yes, it is ok to have those lazy days in your PJ's watching films all day but then we all need to motivate our brains and move our bodies. Get up, get dressed, have breakfast and then you will be ready to face the day ahead. Involve your child in planning your day. Let your child design their own timetable for the day - try to include a mix of school based learning and family time. But ... if they try to timetable XBOX time all day it might be time to step in!

### Tip 2 – Our Timetables



Each class have a suggested timetable on Class Dojo and the Home Learning page of our website. You are not expected to follow every lesson every day. The activities and timings are for guidance only if you would like to structure your days. Dip in and out, do a morning or an afternoon session or if you are feeling brave – follow a whole day! Have a go at some of the activities on your topic mats when you are feeling creative! There is no expectation for you to submit any work but we would love you to upload anything you are proud of on Class Dojo.

### Tip 3 – Variety is Key!



It is really important to stay in virtual contact with each other as long as interactions are friendly and supportive – but avoid an unhealthy overreliance on screen time. Too much screen time can have negative effects on physical and mental health and it can disrupt sleep patterns as well. Variety is key: exercise, reading a book, learning a new skill are all suitable ways of avoiding the monotony of a TV and computer screens.



### Tip 4 – Be Kind to Yourself!

These are very strange times and we are all finding the best way to make it work for us. What works for one family won't work for another, equally, what works on one day might not work the next. Don't put too much pressure on yourself. Don't feel disheartened if home learning doesn't seem to be going well – put it all away and do something together that makes you smile. Be kind to yourselves, pace yourselves and be assured you are doing a fantastic job under the circumstances.



### Tip 5 – Have Fun!

What we want you to do is to actually enjoy this time with your family. Find things to do that make you smile: play games, dance, sing into a hairbrush, read together, watch a film or find a new hobby. When all of this is over, your child's mental health and well-being will be more important than their academic skills. How they felt during this time will stay with them long after the memory of what they did each day. Do what they need to make sure they feel safe, happy and calm.

### Tip 6 – Keep in Touch!



We are missing every single one of you and we are all thinking about you every day. Please keep in touch - send us an email or say hi on Class Dojo. If you need any advice or support please don't hesitate to contact us.

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**Class Dojo:** <https://www.classdojo.com/>