

Routine is essential - Tips for Parents and Pupils

Establish routines and expectations: Start times, breaks and lunch at school are at clear times. Maintaining this routine can help maintain a positive work ethic. Avoid spending the day in your pyjamas!

Health check: Manage and monitor your symptoms – if you start to feel unwell then make sure to let someone know and make note of when your symptoms started. Your wellbeing is the priority. If you're too unwell to study, then let your class teacher know.

Identify a clear physical space in which to work: This will make it easier to focus on your learning, without other distractions.

Talk about the plan for the day, and the lessons ahead: Talking about how things are going can help pre-empt any problems.

Set times to be on and offline: There will be more screen time than normal whilst working at home and setting time limits in advance can help manage this successfully. Equally, spending time offline is important to maintain a sense of balance in the day.

Remember to exercise: Your wellbeing is enhanced by physical activity, so do make time for this. This can really help if you are feeling bored and tired, which is completely normal whilst you are working from home.

Talk about things on your mind: It will be a big adjustment working from home every day, and having done it before does not necessarily make it easier. Practice mindfulness and talk about how things are going. You have been provided with a well-being journal. Do devote enough time for this.

Read a book: Escape, relax, unwind and look after yourself. Remember, readers of today become leaders of tomorrow!

Look after yourself: Remember to eat regularly, drink fluids, and get plenty of rest.

Remote Safeguarding - Tips for Parents and Pupils

Parent/Carer:

In this current climate, where your child will be using electronic devices more often, we urge you to be extra cautious and ensure your child is staying safe online.

1. Keep the computer in a family area.
2. Use child lock or filter settings on your web browser to help prevent unsuitable site access by your child.
3. Regularly supervise the sites your child is visiting.
4. Remind your child to switch the monitor off or close the laptop, then tell someone if something unsuitable appears on the screen.
5. Agree with older children what sites they are allowed to access.
6. Remind your child/children to keep all personal details private and be aware of stranger danger.
7. Encourage your child to talk to you about online safety.

Pupils:

There are some important things to remember when you are using the internet:

1. Keep your passwords to yourself and do not share it with anyone online.
2. Keep your home address, telephone number or email address off the internet.
3. Learn to report someone who is not behaving correctly.
4. Don't retaliate or reply to anyone who is a stranger.
5. Always respect others – think carefully about what you are typing.
6. Tell someone you trust at home if you see something that worries or upsets you
7. Remember what you have learnt at school about keeping safe online – use that at home.

Remote Care & Well-being - Tips for Parents and Pupils

Pupil care and well-being is at the heart of all that we do at Read Academy. The coronavirus outbreak has affected everyone's daily lives. Regardless of age, this may be a difficult time for children, young people and adults alike.

Remember, support is always available to you from us at Read Academy

How we will be supporting your child:

We will be continuing to provide the highest quality pastoral and wellbeing support to our pupils and families; including:

- 3- 4 well-being sessions within the period of isolation. This will include a session with your child's class peers in order to stay socially connected.
- Teachers being available to provide support to your child.
- The safeguarding and pastoral team being available on a daily basis.
- Where appropriate, one-to-one and small group well-being sessions (in the case of 5 or more pupils in self-isolation).
- Provide a well-being journal for your child to complete.
- The continued opportunity for our parent community to speak with the headteacher, deputy headteacher and/or class teachers as required.
- Provide positive feedback to your child during and after reviewing the home learning progression.

Here are some key points to consider about how you can best support your child during the period of self-isolation.

The 5 steps to well-being

Connect - Support safe ways for your children to connect with their friends. They can do so online or via phone or video calls. Building these connections will support and enrich your child every day.

Be active – Step outside into the garden with your child (if possible). Exercising makes you feel good, discover a physical activity that you and your child can enjoy and one that suits your child's level of fitness.

Take notice – Encourage your child to catch sight of the beautiful, remark on the unusual, notice the changing seasons and savour the moments. Be aware of the world around you and what you are feeling.

Keep learning – Try something new. Set a challenge your child will enjoy achieving. Learning new things will make you feel confident.

Give – Do something nice for someone. Thank someone, smile, share kind words and create connections with the people around you.

Looking After Your Own Mental Health:

As well as thinking about the children or young people in your care, it is important to take care of your own mental health and wellbeing. Children and young people react, in part, to what they see from the adults around them. When parents and caregivers deal with a situation calmly and confidently, they can provide the best support for their children.