

# Positive and productive days through school closure!

We know that supporting your daughter or son through the period of school closure may seem a little daunting so hope that the guidance below will prove helpful.

Teachers and support staff have worked tirelessly to produce a good range of resources for students to work through each day, these are on google classrooms, through showmyhomework and on the subject pages of the website <https://brunepark.gfmat.org/curriculum/>. Teachers who remain well will be contactable through google classrooms too.

## At a glance:

- Access google classrooms
- Access showmyhomework
- Go to the subject page of the website
- Use the advice and guidance below



## Help your son or daughter organise their day

The best way to manage a period of school closure is to keep a sense of routine. This helps a young person maintain motivation, keep up energy levels and stay positive.

Structure and routine is the answer and setting this up from the start is a great investment, ideally planning and agreeing this together with your child at the start of the period of closure.

Use the activities and resources provided by school *within* a structured timetable. Have a look through the mass of online resources and decide on those that best suit you and your child/children, use this 'guide' so each day is varied and productive.

We hope the template below is helpful!\*

## Include exercise

Try to formalise some kind of exercise for each day and do your best to stick to this.

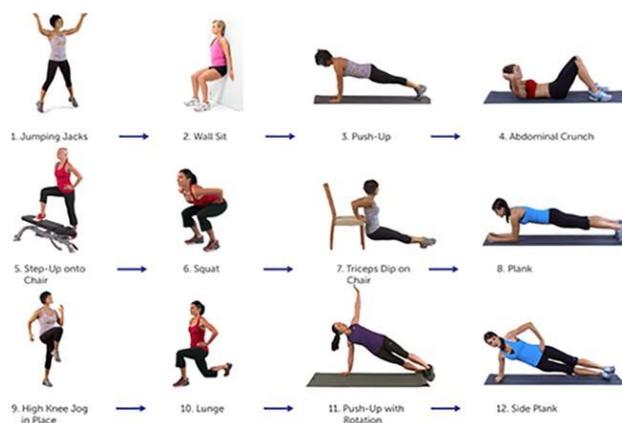
There are lots of great 'workout' youtube sessions online, going for a jog or brisk walk should still be possible throughout school closures.

Why don't you set yourself some 'build up' challenges?

- A two minute plank
- 100 sit ups
- 100 keepy uppys etc
- Who can do the longest wall sit in your house?
- How about a core workout? Only three minutes a day!



<https://youtu.be/4gdL-l6rhFg>



## Include creative time

Try to formalise some kind of 'creative' time each day - it may be that you plan a one hour slot each day and then try to do a different 'creative' activity each day. Again set yourself some challenges:

- Learn a skill like to knit or sew, or to play a musical instrument?
- Learn a new dance routine - teach everyone a tiktok dance?
- Make a family meal each day - experiment with making a meat meal one day, a veggie one another - try a vegan one. See if you can make a family meal for under £5 or a family meal only using ingredients you have in the house.
- Here is an easy and tasty pizza recipe that everyone can try:

<https://www.allrecipes.com/recipe/258013/easy-tortilla-pizza/>

- Bake and decorate a cake, and if you need any inspiration check out these very easy baking recipes!

<https://www.olivemagazine.com/guides/best-ever/best-ever-quick-and-easy-baking-recipes-ready-in-under-an-hour/>

- Try to make or do one or more of these: animation, calligraphy, graffiti art, illustration, mosaic, photographic collage, a video diary or montage, coding.
- Make a cup and string phone and see how far away you can stand from each other!
- Read those books or magazines that you haven't had time to read yet!



## Include going outside!

If you have an outdoor space at home try to use this at least a couple of times a day.

- Is it relaxing?
- Is there an area where you can create a garden?
- If there is a garden already can you learn some new skills in gardening or planting?

Have a look at some of the wildlife that might be in your garden - you might be surprised!

If you don't have an outside space at home, where is your nearest?

Can you reclaim a bit of 'wild' space near you to look after?



## Include social time

This of course depends on how things develop with covid-19, while it is still possible, it is important that your child has some social time. At this stage social distancing is strongly recommended so meeting in an outside space is a good idea.

If it does reach the point where face-to-face social time isn't the best option, why not try some of these:

- Call, video chat or facetime friends and relatives to stay connected - have a good catch up and check up on people!
- If you have Netflix try Netflix party - watch films with your friends!  
<https://www.netflixparty.com/>

## Expert advice

There are so many different sites offering support to parents and carers, and to young people in how to have a positive learning experience through a school closure.

We are in unprecedented times across the country so everyone is learning together.

Teachers have not provided online learning to this extent ever before, and we recognise that young people are still developing their skills of independent planning and study, self organisation etc. We recognise that many parents and carers have not co-planned timetables for a day of study and activity with their children before.

Seek advice online, keep talking to each other and finding ways forward. See challenges as shared challenges to overcome together!

<https://www.weforum.org/agenda/2020/03/working-parents-school-closures-coronavirus/>

<https://www.thejakartapost.com/life/2020/03/19/tips-from-parents-on-helping-children-study-at-home-during-covid-19-outbreak.html>

## Dedicate a learning space

Sometimes it is better that the 'study area' is not hidden away in a bedroom or that a couple of 'study areas' are set up in the home. Discuss this with your daughter or son.

Agree a set up in a social area, such as a desk or bit of table where your child can keep their laptop, textbooks and notes - they'll find it much easier to focus and the rest of the family can continue life as normal.

## Agree, set and stick to good habits around phone and screen use

There are so many positives to young people having phones and access to a lap top and/or screens. Youngsters have access to social time, peers, information and learning resources at the click of a button and there are so many positives with this. There are also helpful links for support should your son or daughter feel they need it.

Through a period of school closure it is important that phone use, and screen time is thought about and moderated at points.



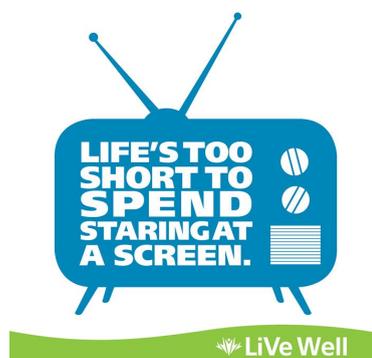
Agree phone or screen time 'free' slots



Keep talking with your son or daughter about what they are seeing on social media (this is a great way to mitigate any risk that social media can fuel feelings of isolation or anxiety)



Try as far as possible to have a 'no phones during sleep time' policy at home (this is advised practice at all times not 'just' during a school closure).



## Structuring your day

\* Use this timetable as a template to build your own

Time	ideas
Before 9:00am	Get up and eat breakfast
9:00 – 9.30	Exercise
9:30 – 10.00	Learning time Subject 1
10.00 - 10.30	Learning time Subject 2
10.30 - 11.00	Outside time
11:00 – 12:00	Creative time
12:00 – 1.00	Lunch Outside and social (if possible)
1:00 – 1:30	Exercise / challenge
1:30 – 4:00	Learning time Subject 3
4:00 – 5:00	Creative time
5:00 – 6:30	Dinner

