



An All-through Co-operative School
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Tuesday 2nd February 2021

Dear Parent/Carers,

Re: Maintaining good routines to support children's Remote Learning

I am sure like me, being a father of 3, you are all finding elements of this national lockdown challenging. Supporting our children with their online learning, ensuring that they are getting enough physical activity and ensuring boredom doesn't set in are certainly three of those many challenges.

One really important strategy that will help support both you and your children is to maintain term time routines. Going to bed early, waking up early, doing their learning in short chunks (40 minutes of learning followed by a 20 minute break for KS2 and 20 minutes of learning followed by a 10 minute break), participating in physical activities such as the PE sessions that the teachers are posting, having a lunch break of at least 45 minutes to rest and refresh their brains, finishing learning at 3:00pm - 3:30pm and going for a walk or playing in the park before dinner will help children maintain good routines.

Maintaining good routines will help children with managing Remote Learning and will help in keeping a positive attitude and good mental wellbeing. Children are spending far more time looking at screens than we would all ideally like them too. Blue light emitted from digital devices can have a detrimental effect including affecting sleep patterns. It is thus very important that, once children finish their learning for the day, they do some physical activity and don't spend too much time on further digital devices such as games consoles and watching TV.

So, to maintain good term time routines, ensure your children:

- are ready to learn at 9.00am,
- drink plenty of water,
- get enough physical activity,
- go to bed early and get plenty of sleep,
- don't spend too much time on further digital devices after learning is finished,
- don't watch too much television after finishing their learning and
- have plenty of short breaks during the working day.

All the best,

Mr Atkinson

Head of Lower School



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