








Remote Learning – Parish Top Tips:

Routine	Support	Don't Worry	Downtime	Acceptance
Children and young people like structure!	Parish provides as much support as possible.	These are unprecedented times, so go with the flow!	Children and adults both need a break!	Just do your best 😊
				
<p>Schools provide a structure, to provide reassurance and reduce uncertainty.</p> <p>During this period of remote learning, follow the usual structure of our school day. Stick to get up times and bedtimes and try to keep a structure to your day.</p> <p>Use the timetable provided in your child's Home Learning Book to stick to set times for lessons and follow the school timetable as closely as possible.</p>	<p>No amount of resources will replicate the school day and classroom environment.</p> <p>We encourage you to complete all the activities set on SeeSaw each day. Check in with your child's class teacher on MS Teams for additional support and guidance.</p> <p>If further support is required, do not hesitate to contact your child's teacher.</p> <p>Remember, to keep up to date with reading. This will help your child in all areas of their learning.</p>	<p>See this whole period of life as an adventure in which any activity can be used as a moment to grow young minds.</p> <p>Look after yourself and your family. Bake a cake, play board games, let children be children and show them how to do them well!</p> <p>Each of these activities consolidates a life skill and has value.</p>	<p>Remote learning is tough for both parents and children. Build in breaks and downtime during the day.</p> <p>Some children will already feel anxious from listening to the news and having routines disturbed.</p> <p>Mental well-being is crucial, and relaxation is part of how children can process what is going on.</p> <p>Talk to your children about their learning, their worries, their interests, their questions.</p>	<p>Remember that children aren't the only ones working. Many parents are been asked to teach their child, while working themselves. We understand this is difficult, so just do your best as your always do.</p> <p>There is no map for this journey that we're on, so just do what you can</p> <p>Take care of yourself and your family. The Parish family is in this together 😊</p> <p>#parishpride</p>

