

A PARENT'S GUIDE TO REMOTE LEARNING



COURAGE DIGNITY AMBITION COMPASSION RESPECT

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1. ESTABLISH ROUTINES AND EXPECTATIONS

It is important to develop good habits from the start and students will feel more motivated if they have a plan to follow each day. Create a flexible routine and talk about how it's working over time. Divide your days into predictable segments with regular breaks to help stay focused.

Help students get up and be ready to learn at a reasonable time. Keep normal bedtime routines, including normal rules for digital devices. Adjust schedules to meet everyone's needs but don't default to staying up late and sleeping in.

2. CHOOSE A GOOD PLACE TO LEARN

Your family's regular learning space for occasional homework might not work for extended periods. If possible, set up a physical location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Fresh air and a comfortable room temperature will help students to stay comfortable.

Make sure an adult monitors online learning. Keep doors open, and practice good digital safety.



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3. STAY IN TOUCH

Teachers will be communicating regularly through our online platforms and virtual learning environments. Make sure everyone knows how to find the help they need to be successful. Stay in contact with classroom teachers, Form Tutors and Heads of Year but understand it may take a day or two for us to respond. If you have concerns, let someone know.

4. HELP STUDENTS 'OWN' THEIR LEARNING

No one expects parents to be full-time teachers or to be educational and content matter experts. Provide support and encouragement, and expect your children to do their part. Struggling is allowed and encouraged! Don't help too much - becoming independent takes lots of practice.

At The Adeyfield Academy, your child usually engages with other students and any number of adults throughout each day. Many of these social interactions will continue from a distance, but they will be different. You cannot replace them all, and that's okay.



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5. BEGIN AND END THE DAY BY CHECKING-IN

In the morning, you might ask:

- What classes/subject do you have today?
- Do you have any assessments?
- How will you spend your time?
- What resources do you need?
- What can I do to help?

At the end of the day you might ask:

- How far did you get in your learning tasks today?
- What did you discover? What was hard?
- What could we do to make tomorrow better?

These brief grounding conversations matter. Checking in on students to process instructions they received from their teachers helps them organise themselves and set priorities – older students too. Not all students thrive in remote learning; some struggle with too much independence or lack of structure.

These check-in routines can help avoid later challenges and disappointments. They help students develop self-management and executive functioning that are essential skills for life.



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6. ESTABLISH TIMES FOR QUIET AND REFLECTION

For families with children of different ages, and parents who may also be unexpectedly working from home more often, it's good to build in some time for peace and quiet. Siblings may need to work in different rooms to avoid distraction. Many families will need to negotiate access to devices, priorities for Wi-Fi bandwidth and schedules throughout the day. Noise-cancelling headphones are an idea.

7. ENCOURAGE PHYSICAL ACTIVITY AND EXERCISE

Whilst living and working at home, we will all need some room to let off steam. Moving (independently and together as a family) is vital to health, wellbeing, and readiness for learning. It's a great opportunity to practice exercising 'alone together' with digital workouts and online instructors. Set new fitness goals and plan hands-on, life-ready activities that keep hands busy, feet moving, and minds engaged. You may want to think about how your children can pitch in more around the house with chores or other responsibilities. Now is a good time to think about increasing personal responsibility and pitching in.



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8. MANAGE STRESS AND MAKE THE MOST OF AN UNUSUAL SITUATION

We are going through a time of major upheaval to our normal routines and ways of life, and there's a great deal of anxiety in the world right now. Emotions may be running high, and children may be worried or fearful. Parents may be stressed as well and children are often keenly aware of trouble. Children benefit when they get age-appropriate factual information and ongoing reassurance from trusted adults.

We have put in place layers of support for The Adeyfield Academy students, so please don't hesitate to contact your child's Form Tutor or Head of Year if you need assistance or advice. In these circumstances, it's often possible to reframe challenges as opportunities: for spending time together, discovering new ideas and interests, investing energy and attention in activities that often get pushed aside by everyday tasks and responsibilities.

Experts advise that it's a good idea to slow down, find beauty, enjoy unexpected benefits, and express gratitude by helping others.



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9. MONITOR TIME ON-SCREEN AND ONLINE

Remote learning does not mean staring at computer screens seven and half hours every day. Teachers will aim to build in variety, but it will require some trial and error before everyone finds balance between online and close-space offline learning experiences. Work together to find ways to prevent 'down time' from becoming just more 'screen time'.

10. CONNECT SAFELY WITH FRIENDS, AND BE KIND

The initial excitement of school being closed will fade quickly when students start missing their friends, classmates, and teachers. Help your children maintain contact with friends through social media and other online technologies. But monitor your child's social media use. Remind your child to be polite, respectful and appropriate in their communications, and to follow school guidelines in their interactions with others. Report unkindness and other problems so that everyone maintains healthy relationships and positive interactions.



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Children and young people take cues from adult behaviour and attitudes, so it is important to communicate calm, confidence and optimism as we navigate the pandemic together.

Managing our own emotions will help our children stay focused on 'Learning Without Limits' and looking forward to their future.

Source: ACS International Schools



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