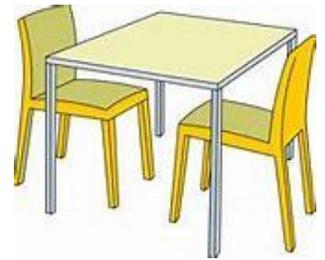




10 Tips for Remote Studying: For Parents & Carers.

1. Create a 'work space' so that students can fully focus.

This could be the kitchen / dining table, making room in a home study office, a particular room in the house, a make shift desk to create a flat surface. A designated 'work space' will help students concentrate.



2. Have a 'study box / storage' with essential equipment for learning in.

Create a box with essential items in such as stationery items (their school pencil case!), their exercise books, spare paper, notebooks, pencil crayons etc. Students will then know where to find everything they need.

3. Prioritise any devices at home (laptops, tablets, computers) for the use of remote learning.

Try and ensure that any devices that can be used to access the SMC Study remote learning platform are given to students during normal school hours so they complete their work. Refer to your child's timetable to see the order of the day.



Weekly calendar							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM							
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
Noon							
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM							
8:00 PM							
9:00 PM							
10:00 PM							

4. Stick to a routine

Have a conversation with your child about the routine for each day. Where possible, we recommend this follows the same timings as their usual school day. This means that they should start studying for their first lesson of the day by 9.15am. There are lots of calendar outlines available online to help you plan.

5. Limit distraction & digital quarantine

Try and help limit distractions by providing a quiet work space as recommended above. This should also ensure a 'digital quarantine', such as not allowing the television to be on whilst studying, and not using electronic devices for anything other than their school work when they are completing their studies.



6. Monitor the use of social media

Whilst social media when used properly can be an important way to keep in contact with other students, encourage your child to limit their time on social media outlets such as Facebook, Instagram and Snapchat. Encourage FaceTime or video calls to their friends at certain times of the day so they can see and keep in touch with their friends.

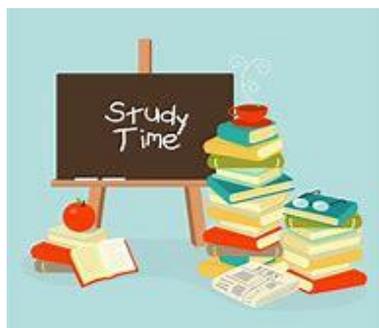


7. Maintain breaks

It will be important to maintain breaks throughout the day so your child can stay focused. At school, students have a break time at 10.15am – 10.30am. Movement times at 11.30am – 11.35am and 2.30pm – 2.35pm. Lunch is 12.35pm – 1.30pm. During these times perhaps allow your child to have snacks, move around the house or get some fresh air and make the most of the garden if you have one.

8. Keep in touch with other parents

It's good to talk! Keep in touch with other parents to see how their children are progressing with the work set.



9. Don't let your child view this as a 'school holiday'

We strongly advise that you help students to view this time as a 'different way of learning'. This is not a school holiday. Please help your child to understand they are being educated from home, and that this is not a break from school.

10. Schedule time for fun & exercise.

In these challenging times it is so important there is time for fun! Plan a fun activity for your child / family to look forward to each day – their favourite television programme, calling their friends, a family activity such as a quiz or a boardgame. It is also important to stay active! Encourage home workouts and going for walks (ensuring you stick to the social distancing rules). Check on the SMC Study remote learning platform for some 'Health and Well Being' resources to help everyone stay fit and healthy whilst at home.

