

How to stay well

It is important to make sure you look after your physical and mental health.

You should make sure you have a sensible place set up to learn from. If possible, you should sit at a table or desk, ensuring your back is supported, rather than laying on your bed or the sofa. If you think you are missing any important equipment or a suitable space to work, make sure you speak to your class teacher before you start learning from home.

If you ever feel unwell or unable to complete the work set, you should tell your parents and make sure you let your class teacher know as soon as possible, ideally before the start of the school day.

You must ensure you also look after your wellbeing while you are at home. To make sure you are staying mentally well, try some of these ideas:

- Get into a routine – you could make sure you wake up and go to bed at the same time each day
- Set yourself some achievable tasks – you could try a new recipe you've been wanting to try for ages!
- Talk regularly with your friends or extended family – you should always talk with your grown ups about how to set this up
- Stay active – try getting out for a walk every day with your family
- Eat normally – make sure you have three meals a day at regular times
- Try practising breathing techniques – the charity Mind has lots of helpful information here: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>
- Use the time to develop a new skill – you could start painting, learn a language or learn how to bake!
- Make sure you get some rest
- Keep your room tidy to make sure you feel relaxed

Marsh Green Primary School



Remote Learning Staying Safe at Home



What to do if you're worried



There may be times when you're feeling worried or concerned about something. You should always tell someone if you feel this way – even if it doesn't seem like an important thing. There are lots of different people you can talk to whilst you're at home, including:

- Parents, carers or someone else in your family.
- Teachers or members of school staff.
- Doctors, nurses or online counsellors.
- Anyone you trust.

If you are finding it difficult to speak to anyone, you can start the conversation with something small, like telling someone what you had for lunch, or what you learnt that day.

Some people find it helpful to write things down in a letter. Childline have a really handy letter builder you can find here: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/getting-help/asking-adult-help/#Writesomeonealetter>.

We will stay in touch with you whilst you are learning from home, this will be via your **parent's phone number, through Dojo, Twitter and Microsoft Teams on Office 365.**

If there's something that's worrying you, or you want to talk to a specific member of staff who you feel more comfortable with, you can discuss this on the phone call or through your school email on Office 365– remember, every worry is relevant, whether it is big or small.

If you are worrying about something relating to a classmate, this is also a very relevant concern. You should always tell a member of staff in this case and we will do what we can to help. We will always let you know if we need to share what you tell us with anyone. Remember, you can get in

your touch with class



Staying safe when learning at home

We have put together some guidance to help you with learning at home. It can help you to understand our expectations whilst you are learning from home, provide you with information about how to stay physically and mentally well, and give you some useful tips for staying safe online.

If you need some more help, please ask your parents/carers to contact us for you by **email** or contact your class teacher through **Dojo, Office 365 and Twitter.**

Learning at home

Even if you cannot attend school, we want to make sure that you can keep learning when at home. We have made a work plan for you so that you know how much work we expect you to do, how long you should spend on each task, and how to submit your work **to your class teacher.**

Before you begin learning from home, we will make sure you are able to access all of the resources and the equipment you need to do this. If you are worried that you will be unable to access remote learning, speak to your class teacher as soon as possible.

We understand that there will be more distractions at home than in your classroom, so we don't expect you to work a full six hours with no break! It is important that you maintain a

routine and ensure you are still learning, even during these circumstances.

It is also important that you:

- Take regular breaks from schoolwork (e.g. every hour, take a ten-minute break).
- Make yourself a plan for your school day and stick to it if you can – don't worry if you stray off path!
- Set some small goals for the day.
- Keep a school routine – you could start and finish at a certain time every day.
- Make it as much like a school day as possible –