

TIPS FOR SUPPORTING LEARNING AT HOME

Parent & Caregiver Guide

WORKSPACE



Support your teenager to create a dedicated workspace for learning in a central location. Remind them to keep it neat and tidy and free of distractions.

Encourage your teenager to be organised and begin each day checking Daymap and downloading resources for every lesson.

BUILDING YOUR ROUTINES

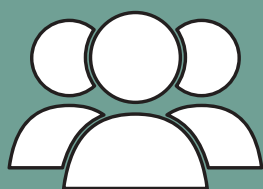


Support your teenager to establish routines, such as getting up at the same time each morning.

Encourage them to take regular breaks and drink water.

Ensure that your teenager includes physical activity and face-to-face interactions at home every day.

BUILD RELATIONSHIPS



Keep in touch with subject teachers and raise any concerns with their HG teacher or the relevant wellbeing teacher.

Encourage your teenager to use technology in a positive way to check in regularly with friends and family.

BE PATIENT



When we first go online for learning things might not always work as expected or planned.

Be sure to communicate to us if your teenager is having difficulty accessing or using Daymap or Teams.

Be patient and kind to yourself, this is a big change for us all.