



King's Academy Ringmer

King's Academy Ringmer @Home

First Edition

In pursuit of excellence

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Teaching & Learning @ Home by Louisa Loney



It may seem quite daunting the thought of supervising your child's studies over the next few weeks. As teachers, we felt exactly the same when we knew that we would be setting our classes remote learning tasks. In fact, if I'm honest, it will take us all a week or two to get it right. I plan to try and support all parents and carers with this by communicating tips and resources with you on a weekly basis. You are also welcome to get in touch with me via email at louisa.loney@kingsacademies.uk if you have questions, need advice or find a resource you think could be shared with other parents.

Firstly, teachers will be setting your child work via Google Classroom. The work won't necessarily have to be completed online but that is where you and they will find the instructions. Lessons for the day will be uploaded by 8.35. If a teacher is unwell and can't set work, the work will be set by the Head of Department but it may take a little longer. Teachers will also be available online during the timetable lesson if students need advice and support - they should be contacted by email.

Please see right for my top tips for the first week -

Top Tips - Week One

- We all know that a routine is important and therefore I think it is important that there is a structure to the school day, even if the school day is taking place at home. Please see below for my suggested schedule. As you can see, it doesn't strictly follow a typical school day as it is foolish to think that a child will be able to work independently and solidly for that length of time. What I have tried to do is balance the day with academic work, creative tasks and tasks to promote well-being.
- Try to ensure that they have a quiet and comfortable place to work with adequate space and resources. Ideally, the space should be in a communal area so that an adult can be present.
- Regularly check in with your child about their learning. Ask what they're learning that day and do they have any concerns. Do they have all of the resources they need? At the end of the day, ask to have a look at the work they have done. Are they fully understanding their teachers' instructions and do they feel they need any support?
- Try to minimise distractions as much as possible. Have set times when they can have access to their mobile phones and social media but not when they're completing their school work as they will not be able to focus properly.
- Keep an eye on their mental health. Some students will find adapting to remote learning easier than others. Encourage your child to get in touch with their teachers if they are finding the work a struggle. Encourage your child to embrace the creative elements of the day - get them to learn a new skill, relax with a good book (we will be sharing many but the [Carnegie shortlist](#) has just been announced) or complete some mindfulness activities ([Headspace](#) and [Calm](#) are both great apps)
- Keep an eye on our website (see the 'Parents' section and then 'Home School') where we will regularly be adding additional resources to support students at home. Many companies and organisations have released their resources for free during the school closures. Each week I will be highlighting some excellent additions.

Recommended Daily Schedule Example

Time	Activity	Details
8.00 - 8.30	Wake up	Make your bed, shower, get dressed and have breakfast. If you have more than one child, you may have to rotate the activities to enable access to IT
9.00 - 9.30	PE	Watch Jo Wicks teach a live PE lesson on You Tube on The Body Coach TV
9.30 - 10.00	Lesson time	Google Classroom or work packs
10.00 - 10.50	Lesson time	Google Classroom or work packs
10.50 - 11.10	Break	Have a nutritious snack and relax - get a bit of fresh air, walk, read...
11.10 - 12.00	Lesson time	Google Classroom or work packs
12.00 - 12.50	Lesson time	Google Classroom or work packs
12.50-1.35	Lunch	Eat a nutritious lunch - chat with family and siblings and get in touch with friends
1.35 - 2.25	Creative time	Draw, bake, play an instrument, do some creative writing, do some art, puzzles etc
2.25 - 3.15	Lesson time	Google Classroom or work packs
3.15 - 3.45	Reading	Read a book of your choice
3.45 - 4.15	Chores	Help around the house - tidy up, prep dinner, do the laundry, tidy your room
4.15 - 5.15	Fresh air	Try to get outside if you can - walk, cycle, jog - but remember to follow social distancing rules
5.15 - 6.15	Dinner	Eat dinner and spend time with your family, discuss your day
6.15 - 9.00	Free time	Relax - watch TV, play games, listen to music, be with family
9.00	Bed time	Get some sleep - keep healthy and rest

Useful Resources to Support Home Schooling



We know the coming days and weeks are going to be difficult for families, but as the experts in developing skills and bringing adventure to young people, the Scouts have pulled together some inspired indoor activity ideas. Keep your kids learning new skills and having fun (and avoid hearing 'I'm bored' every 30 seconds) all in #TheGreatIndoors.

Download and listen to the world's best storytelling. Enjoy audiobooks, original series and more on the free app. This is now free during the school closures

Twinkl Educational Publishing is an online educational publishing house, producing teaching and educational materials. Twinkl have resources available for all key stages and all subjects

Numeracy Ninjas is a free Key Stage 3 numeracy intervention designed to fill gaps in students' basic mental calculation strategies and also to empower them with the numeracy skills and fluency required to fully access GCSE Maths concepts when they move to Key Stage 4 study

Drawing on 10 years of NT Live broadcasts, alongside high-quality recordings never previously seen outside of the NT's Archive, the National Theatre Collection makes their body of work available to students in schools, universities and libraries around the world. Username: 9MI-8Mt) Password: 1X1*6Va*

Steven Lenton, illustrator, teaches everyone to draw in a number of short tutorials.

Try the step-by-step draw-along videos with the children's book illustrator