



A guide to remote learning at Seaton House School

Routines

Routines are important and help to give structure to our day. It can really help to try and maintain your child's daily routine. For example, getting up at the same time as you do for school, getting dressed, have breakfast and be ready for Form time at 8.45am.

Encourage your daughter to be organised. It is important to have a comfortable place to work where they can sit undisturbed and concentrate on the lessons. They will need some space to set out their work, resources for the lesson and a comfortable chair to sit in.

It is important to take regular breaks away from the computer. A timetable for each class sets out the lessons planned for the week and this includes break times and lunchtimes. It is also important that the girls make time in the early evening to relax and stick to a sensible bedtime.



Well being

Mental health and emotional wellbeing are very important and there are lots of activities that can support us with our wellbeing, including yoga, mindfulness and talking to friends and family. During a time when there is so much uncertainty it is more important than ever that we develop skills and techniques to support ourselves.

Further information:

<https://www.mindful.org/mindfulness-for-kids/>



Timetable

Each form has their own timetable of lessons and activities. These include live lessons, recorded lessons and tasks. We have tried to get a balance of screen time and other opportunities to reinforce learning and develop knowledge and skills.

In the Early Years and Form 1 most lessons are recorded but we have combined this with a daily live form time in the morning and live story time at the end of the day. Recorded lessons give flexibility to families to access the lesson when it is convenient. It also enables pupils to pause, rewind and review the same lesson if needed.

From Form 2 to Form 6 many of the lessons are live to allow the children to contribute and ask questions.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Expectations and marking

The girls are expected to attend form time each day. Parents should email the office if their daughter is unable to attend. All girls are expected to be dressed online lessons, no pyjamas.



Girls are able to chat on the class stream and this will be monitored by staff. We encourage the girls to focus on the content of the lesson and therefore ask them not to use the live chat during the lesson.

The girls should not enter the lesson unless the teacher is present (this will be shown by the member of staff's icon showing on the meet page before your click to join). If one of the girls joins the meet and there is not a teacher there, they should leave and rejoin at the time allocated for the start of the lesson.

All girls are expected to participate fully in live sessions and concentrate on recorded lessons as they would in the classroom.

All girls are expected to do their best, spend the allocated time on each piece of work and complete work set to a high standard. House points will be awarded for good effort. Please keep a log of house points awarded (perhaps your child could make their own chart) and email your child's form teacher when they have 10 house points. The girls will then be mentioned in the school newsletter.

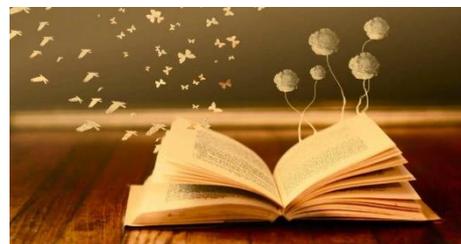
Work should be submitted on google classroom and will be marked and returned. Some activities are self-marked. This is part of the learning process as you will be able to see which questions your daughter needs further support with. This will then be followed up with the teacher. It is not possible to give lengthy feedback to work but if parents have concerns they should email the class teacher.

Each family is in a different situation and we are aware that sometimes it might not be possible to complete all tasks. If this is the case, please encourage your child to attend the lessons and prioritise the core subjects.

Our aim is to provide a manageable balance between teacher input, online learning and activities away from the computer screen.

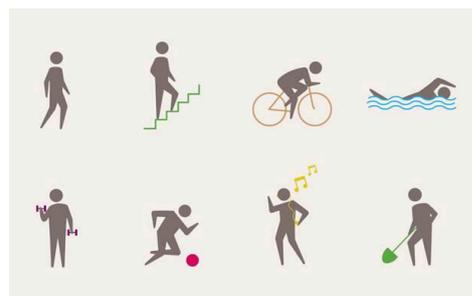
Finding a balance

Remote learning requires a lot of screen time. It is important that we all have a break away from screens. Please encourage your daughter to include some activities each day that do not involve screen time. For example, reading, look at nature (find out which birds come to your garden), play board games, listen to music, learn a new skill like sewing, knitting, drawing, skipping.



Physical activity and being outdoors

Physical activity is fantastic for physical and mental health, it also has a positive impact on concentration and learning. On the timetable we have planned in daily physical activity, this could be physical challenges or live PE sessions. Additional activities and inspiration can be found by following Joe Wicks.



E safety and safeguarding

We all need to keep ourselves safe online and be aware of our responsibilities to others too. There are lots of links to support parents and children with online safety.

<https://www.thinkuknow.co.uk/>

<https://www.childnet.com/>

<https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips/>

<https://www.internetmatters.org/resources/online-safety-guide-6-10-year-olds/>



Sharp
Alert
Secure
Kind
Brave

Other links and sites to support learning:

Education City: <https://www.educationcity.com/>

Century: www.century.tech

Twinkl: <https://www.twinkl.co.uk/>

Oxford Owls: www.oxfordowl.co.uk

Click on the class login button and enter the details below:

Username: seatOnhOuse

Password: EarlyYears

My Maths: <https://www.mymaths.co.uk/>

<https://www.bbc.co.uk/bitesize>

