

## FIVE WAYS FOR FIVE DAYS FOR WELLBEING

Issue 4: 11th May 2020



If we integrate wellbeing into everything that we do, we are more likely to lead healthy and happy lives. This week, we explore how learning at home can be supported in ways that help to sustain wellness and progress.

### Supporting Home Learning for today and for tomorrow...

Whether it is because schools are not open, or generally supporting learning as part of children's and young people's educational experience, it is helpful to consider how to direct our precious time and energy so that everyone benefits.

Summarizing some of the key aspect of research, we have drawn out some of the key approaches and behaviors that are most likely to help secure the progress of learners as well as maintain a positive sense of wellbeing. There are also links provided should you wish to find out more.

### TEACHERS and SUPPORT STAFF



*Supporting learners at home is vastly different to the everyday practice of the classroom. There has been a lot of positive feedback from families across our schools about how well our communities have adjusted to new ways of working – well done! Everyone, parents, teachers, leaders and learners have all been on a steep curve over the last couple of months so we hope that you are being patient with yourself and allowing yourself time to learn. If you feel that you have made mistakes, please remember that the brain learns from error so it is an important part of eventually getting it right!*



*We know that our schools will need to continue to evolve new ways of working into the future. As well as the challenges that we currently face, we are encouraged by the prospect of acquiring new ideas that will continue to support the children and young people in our schools. Perhaps the most important thing to do is to capture those aspect of your practice that have really helped to forge an even stronger partnership with our families. This will provide a great foundation for working at school, and at home, into the future. On behalf of all of our community, thank you for your care and compassion and for actively sending the message into our homes that everyone matters.*

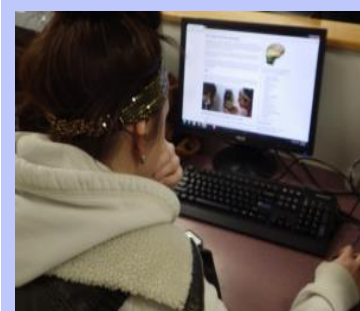
[Here are some messages from recent case studies that are suggested to support home learning:](#)

- ✓ Let parents know what kind of learning behaviors you would like their child, or teenager, to work on throughout the week and provide clarity about what this might look like in action.
- ✓ Ensure that work is adapted so that it can be completed alone and that the clarity of instruction is clear.
- ✓ Provide links to online video or a summative instruction to support any written instructions.
- ✓ Provide helpful follow up links, to access additional information, for learners and their parents, if possible, so that they can independently follow up ideas.
- ✓ Set a series of hinge-point questions for discussion about a topic to check understanding and, if possible, discuss at a set time online or, face to face, when some schools reopen. Perhaps older students can make their own arrangement to create their own discussion groups with peers.
- ✓ Provide webinars for parents if you are introducing a new area of learning or want to provide advice and support for the week ahead.
- ✓ Set a clear timetable for the day/week that is not overloaded in terms of the amount of work learners are expected to complete; with clear breaks for down time and exercise integrated.
- ✓ Provide some ideas for creative thinking that are exploratory and enable independent and creative activities, perhaps in the afternoon.



Click on the link to explore ways to motivate learners at home.

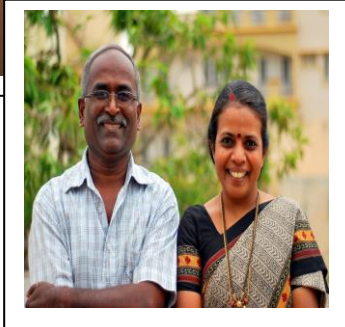
<https://www.gov.uk/guidance/supporting-your-childrens-education-during-coronavirus-covid-19>





# FIVE WAYS FOR FIVE DAYS FOR WELLBEING

## PARENTS



Even prior to recent events, you have probably spent hours of your life supporting your children with reading, spelling and those tricky mathematics questions that are not solved in the way that we used to do it at school. You have probably built a few models in your time and burnt the ‘midnight oil’ checking the latest project prior to submission! External tests and exams... well we won’t even go there. You may also be aware that evidence from practice, and research, indicates that parental expectation is one of the key indicators determining a child’s future achievement. If you value learning, then it is highly likely that your child will too. We are sure that many families are already seeing the huge benefits of their engagement in their child’s education. However the challenge of juggling full time home learning, family life and, for some, also working at home, must be immense. The following information is intended to support you on your journey for today and for continued (although a lot less of it, we hope) learning at home.

Perhaps one of the most challenging aspects of longer term home learning is getting the balance right between focused work, screen time, physical and practical activity and time to pursue their own interests. It is also vital that your child gets time to rest their brain or they will simply stop concentrating. Apart from self-initiated reading, during these times, in particular, it is probably best to avoid any school work at all over the weekends: it is so important for memory and for general wellbeing that we rest.

1. One of the most important aspect of supporting learning for children and young people is to explicitly show that **you value learning** – if it important to you, it will be important to your children. Positive affirmation of the time and effort given to learning is vital. Not excessive praise, particularly if the final outcome is not as good as it will eventually be) but reward the **effort and perseverance** of a task. It is important to remember that we all feel vulnerable when we are being judged. If you are considering the final piece of work that your child, teenager has produced, it is helpful to engage them in evaluating the quality of this themselves – you can guide this through questioning and might gently suggest ideas but let them make the judgement. What aspect are they pleased with and what would they like to make even better next time? This helps to build on success and avoids any loss of self- esteem: so vital for motivation and perseverance.
2. The **physical learning environment** is important. Creating a space in the house which is **calm** is hugely beneficial. This can something sometimes difficult when everyone is competing for physical space. It does not have to be huge area but preferably a space outside of the bedroom so that there is no distraction for sleep. Perhaps an area under the stairs, or in the corner of a room or a small portable table that can be moved around (camping table are great for this – as many of us have recently discovered.). Helping children to **organise their resources** is also helpful. Again, this does not have to be anything grand, just the basics such a pencil, pens, ruler, calculator and paper etc. kept in a plastic box that can be easily tidied away. The key thing to remember is that the **child or teenager takes ownership** of their learning space and resources and parents/carers just help to prompt this organisation (yes, we are all trying not to nag about being tidy).
3. The **emotional approach** that children and teenagers take to learning will ultimately determine their success. If they want to progress, they will. If you model a positive relationship with the school then your child is more likely to feel safe to engage. Of course, as parents, we do not always agree with the way in which schools do, or handle, things. That is perfectly natural. If you feel concerned, it is important to let someone in school know so that they can work with you to find a solution. This imparts the message that the adults are **working together in partnership** for young people. It is so important that you express your view; it helps children’s sense of safety if this is done in a kindly manner, so that a compromise can be reached.
4. **Positive communication** with your child’s school is vital; this particularly important during periods of transition such as moving to a new year group or transferring to a new school. This does not need to be extensive, but can communicate to young people that everyone has their interests at heart. Feel comfortable engaging with teachers to discuss your child’s personal, social and academic development; particularly during these times. It is so important not to just engage with the school if there is a problem: regular communication has such a positive impact on all aspects of development and progress.
5. The **attitudes and skills** that children and teenagers bring to learning will largely determine their success. It might be a relief to hear that you do not actually have to do your child’s homework for them (despite what they might tell you!) In fact, some might argue that the least involvement that you have in actual completion of a task, the better. Phew! Of course, advice if they are stuck on a problem is always helpful, so keep communicating with the school so that you are clear about the strategies that they use to support learning. Promoting **children’s autonomy** with homework and building on what they are learning at home (perhaps through discussion or identifying real life examples) appears to be more useful. A discussion over the dinner table, asking them to recall what they learned from the task, pointing out real life examples; applying concepts such as time or money in everyday life etc. are likely to be very helpful. Equally, helping your child or teenager to develop positive habits and the key skills to support an independent approach to learning are likely to be very helpful. Read on, the next section explores some aspects of this by giving advice to learners themselves...

## PARENTS



If you need help or advice to help you to support your child, click on the link below.

<https://youngminds.org.uk/>



- Value for learning
- Positive communication
- Encourage autonomy and independence
- Help to develop positive attitudes and habits for learning

## LEARNERS



It is probably best to state up front – this is your life and you are in control of it. Your parents, carers and teachers can only help you to achieve what you want to, so make sure that you are clear about what you want and what you need to do to get there. Make the most of your many talents. This **IS** your life and you are masters of your own destiny!

If you are finding that the adults in your life are constantly nagging you about school work, that it probably because they love you and want the best for you – can be annoying at times. To stop this, take control. Below, are eight good habits which will support your journey to success.



Take time to notice how you approach learning. In future issues, we will explore:

- Awareness
- Approach
- Resilience
- Empathy
- Collaboration

## OLICAT's 8 Habits for Successful Learning

**Link** ideas across subjects and note the connections with the things that you have studied in the past.

**Environment** – Find a good place to work, away from television and other distractions. Create a study space that you want to spend time in.

**Ask** for help, ask questions. You want to learn so don't be afraid to do that. Take advice from your family, friends and your teachers so that you truly understand new ideas and concepts.

**Review** material – divide work into manageable chunks and give yourself a reward when you complete something– also give yourself short brain breaks.

**Never** multitask – brains are not designed to multitask so you won't learn as much if you try to do this.

**Ignore** – set yourself a schedule and avoid any distractions that might take you away from this. You will feel good when you reach the goals that you have set for yourself.

**Notes** – taking notes will help to engage you. Avoid passively listening to someone or something. Pull out key points to help you to review and revise.

**Groups** – find people who are learning the same things as you and work through confusing material together. On-line study groups are a great way to collaborate and to share ideas.

**If you are finding things really difficult with learning, or anything else, please talk to a trusted adult. If that is difficult, control click on the links below to access help.**

[CLICK HERE FOR HELP](#)

OR

[CLICK HERE FOR HELP](#)

## LEARNERS



Let me remind you: Wherever your focus is directed that's where your energy goes. Whatever you allow in your space, you eventually become.



# FIVE WAYS FOR FIVE DAYS FOR WELLBEING

## SUPPORTING LEARNING AND WELLBEING TOGETHER

*Click on the links below to find out more...*

### CONNECT

**Connect with others to support special needs...**

<https://chatterpack.net/pages/send-information-a-z-directory>

**Connect with STEM support for primary and secondary students...**

<https://www.stem.org.uk/home-learning>

**Connect with the world of educational practice informed by research...**

<https://educationendowmentfoundation.org.uk/covid-19-resources/support-resources-to-share-with-parents/>

### TAKE NOTICE

**Consider how to notice a genius in the home...**

<https://www.potentialplusuk.org/index.php/introducing-potential-plus-uk/>

**Consider how to notice anxiety in learners...**

<https://www.anxiety.org/causes-and-symptoms-of-anxiety-in-children>

**Consider how to notice anxiety and depression in teenagers...**

<https://www.nhs.uk/conditions/stress-anxiety-depression/worried-about-your-teenager/>

### KEEP LEARNING

**Learn about how to keep your child safe on line...**

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

**Learn how to support teenagers to develop positive study skills...**

<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/how-to-help-your-teen-develop-good-study-habits>

**Learn the math's methods often used today...**

<https://www.understood.org/en/school-learning/learning-at-home/homework-study-skills/9-new-math-problems-and-methods>

### BE ACTIVE

**Put your energy into organising the learning environment...**

<https://www.theschoolrun.com/home-education-step-by-step>

**Be active in using outdoor spaces for learning...**

<https://www.ltl.org.uk/parents/>

**Fitness for learners who don't like sports...**

<https://kidshealth.org/en/parents/hate-sports.html>

### GIVE

**Giving rhythms and routines for young children...**

<https://www.edsurge.com/news/2020-03-17-how-to-keep-school-rhythm-and-routines-for-young-children-at-home>

**Give yourself a study break...**

<https://www.topuniversities.com/blog/how-have-productive-study-break>

**Give yourself, and your child, the opportunity to be still...**

<https://positivepsychology.com/mindfulness-for-children-kids-activities/>

## THE FIVE WAYS TO WELLBEING

❖ CONNECT



❖ TAKE NOTICE



❖ KEEP LEARNING



❖ BE ACTIVE



❖ GIVE

