

# St Andrew's RC Secondary

## PARENT / CARER HOME LEARNING SUPPORT

We know you are all doing your best in these very difficult times. We also know that our young people and you, as their parents/carers are doing extremely well with distance learning; this booklet is about trying to make it easier for you all. Home learning is important, but wellbeing comes first. It is more important that your child is happy, safe and well - we want you and your child to be connected to our school community of St Andrew's and to have the support you need to cope with what is going on now. Take a moment each day to ask your child what is going well, what they are enjoying about life and what they would like to do. Remember the power of celebrating all of their achievements.

We know that everyone's home situation is different and we as teachers and parents/carers don't have all the answers. Below is what we believe will help our families in these most difficult of times – the list is by no means exhaustive. Together, we don't get it right all the time, but we really try to do our best and, we believe that no matter what else is going on everyone can be successful and hopeful. There is unity in our community.



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### Home

This is your home, not a school. It won't be the same. Try to recognise the things that are better or successful and celebrate these. Don't feel you have to take the place of the school staff or make your home into a mini-school. Talk to your child about what they like about learning at home and try to build on these things.



### Effort

Effort is golden: if not all the work gets done, celebrate what has been completed and help your child make an achievable plan to do what remains.



### Learning

Learning is messy – this is good. It doesn't go in straight lines or come in neat packages. We are not judging you or your child in how you go about learning, we want hear about mistakes, misunderstandings or the times when the pupils don't 'get it' so we can teach them and help them learn.



### Take a Break

Sometimes, stop. Have a break with your child, get outside, do some exercise, listen to music or watch something good.

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### Be Kind

None of this is easy. For anyone. Be kind to yourself, try to step back and laugh about it and don't sweat the small stuff. Above all, we are here to help you, to be a listening ear, to offer support and advice and to get through this as a community.



### Listen

Listen - You know your child best – you're an expert in them. They are even more of an expert in themselves. Use this expertise and listen to what they are telling you about how they feel and what they need. Give them the time, calmly and with kindness, to say what they need to say.



### Conflict

If conflict arises, and it probably will for all kinds of reasons, recognise that it is mostly not unhealthy and is an expression of frustration – all behaviour is communication and what your child is saying when angry or distressed is especially important. Try to see it from their point of view. Avoid picking over the details of what has gone wrong and focus instead on what the next steps are to put it right, led by your child. There's nothing wrong with having clear and high expectations, but these shouldn't turn into pressure or disappointment.



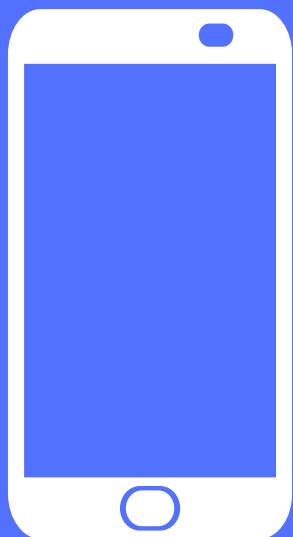
### Plan

Sticking plans on the wall or the fridge can work well, especially if tasks can get ticked off, but don't make these the focus or they simply add to the pressure.

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**Contact Us**

Finally, whatever else you do, please communicate with us if things are hard.

We want to help and we have solutions.

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