



## Online Q&A Session 22 March 2020 - UK

### How can I help my child with their learning at home?

You can support your son/daughter at home with their schoolwork by:

- At the start of the day:
  - Look at your son/daughter's timetable for the day and in the morning ensure that they know what needs to be done for each lesson. To best help your child, look at the learning to take place and try not to assume that knowledge of all the steps is already embedded in their long term memory.
  - For students *Key Stage 2 and above*, ensure they follow the school timetable and take breaks in line with school lunch and breaks. For *Key Stage 1* students, ensure that topics are covered with frequent breaks and time away from a desk.
  - Check your son/daughter knows what they are eating for lunch and break and how they are going to socialise at break time. This is important for their wellbeing and mental health.
- At the end of the day:
  - Ask your son/daughter to show you their learning and how they have checked if it is correct. Will their teacher have seen the work or are they marking it themselves? If they are self-marking, see if they have used the mark scheme. If you are unsure, contact the school for advice around assessing learning.
  - If your son/daughter has not completed their learning, you should hold your son/daughter to account and make sure the learning is completed.
  - Ask your son/daughter to explain what they have done.
  - Congratulate your son/daughter on their efforts.

Other important points:

- Learning is crucial in this time and this a great opportunity to learn with your child and for them to understand that learning is still a priority for you.
- Be open to different learning methods (these may be very different to how we were taught).
- Give your child breathing space to absorb learning.
- Ensure time is made for reading daily as this will support learning and development of children of all ages, especially those in the early years.
- Ensure that your son/daughter has the opportunity to exercise for at least two hours every week (this is the number of hours of PE). This will help with their physical development and will also support their wellbeing and mental health. There are many free exercise videos available online, for example a daily PE lesson run by [The Body Coach](#).

AKEB has provided an information sheet on creating a learning space for your child at home, click [here](#) to access the document.



## How much work should my child be doing per day?

- Every household and situation is different, and advice from schools will be varied.
- In a *primary* school day, a child has approximately five hours of learning time and two hours of social interaction including lunch, assembly time and PE. For *primary* students, the day should be varied with brain breaks and movement breaks/activities. Some of the activities set will be from a computer – but ensure that the day has some screen time and non-screen time.
- *Secondary* school students should follow the guidelines from the school and the school timetable as best as they can.
- Bear in mind that learning takes different forms as well, it is not always sitting at a desk – examples of non-traditional activities are making a musical instrument, baking a cake to understand weight measurements or playing shop to understand money.

## My child is still so little, how important is it to have a fixed timetable?

- Having a timetable is crucial as children need a routine. The closing of schools is a big change for young children and many do not fully understand the situation, as well as missing school and their friends. Given this, a routine and structure will help to make things seem more normal.
- Children respond better if they know when learning starts and stops. Most school days for young children start with a visual timetable for the day. As a family, you could talk about what learning time is going to look like and follow a timetable including having breakfast and times for outdoor breaks.
- AKEB will soon be sharing some timetable suggestions on [HeadStart](#).

## How do I manage my child's learning whilst working from home?

- The Women's Activities Portfolio have written a great [article](#) on working from home and looking after children.
- If needed, you can consider giving schools feedback of what is and isn't working with respect to parents juggling working from home as well as supporting their children.
- Children will learn from our behaviour; be a role model.
- We all make mistakes – the important thing is learn from them. It doesn't have to be perfect, we are all human beings.

## What non-academic activities could my child be doing at home?

There is lots to do at home, depending on what your child enjoys and what space you have available. Hobbies are expressions of personal accomplishment and a means of self-discovery, they can help a child set goals, make decisions, and build self-esteem. Remember, this is a great opportunity to learn a new skill with your child and your child will love this! There may be something your child can teach you too. You can also use this time as an opportunity to spend some quality time with your children and get to know them better. Some examples of non-academic activities are:

- Lego or building blocks



- Painting and other arts and crafts activities
- Sports, dancing and practicing musical instruments
- Helping with chores and cooking
- Reading or listening to audio books ([Audible](#) is offering free streaming of audio-books whilst schools are closed)
- Story telling/making
- Writing for pleasure
- Mindfulness
- Learning new skills e.g. touch typing (see [BBC Dance Mat Typing](#)) or coding
- For older students, super curricula activities; Ted talks, online lectures, Head Start, university lectures

### **How can I help my child with keeping in touch with friends?**

- Encouraging them to keep in touch with friends online with a pre-planned video call
- Children can write letters to friends (take a picture and send to other child's parent)
- Having an evening story with friends online
- Sending puzzles to other friends to solve e.g. using roman numerals to crack a code, or recording songs or musical pieces

### **Should children be learning five days a week or seven days a week?**

Five days a week. We are in a unique situation and children should still have a structure in place and know that weekends are for rest and the weekdays are for school work. Of course, children are learning all the time, so any art activities you do on the weekend, would be a great idea! There is always an opportunity to be curious, ask questions and explore whatever the day of the week.

### **I'm worried about my child not being ready for the next year group in September?**

Schools guidance will ensure that children are prepared for the next year and schools understand that this is a unique situation. Ensure that the school guidance and tasks are being followed and that there is a structure and routine in place like school.

### **Cancellation of GCSE, A and AS Level Exams**

The picture with exams is still emerging, as and when more details emerge AKEB will be able to share details. The current information is that the government has announced the cancellation of this summer's exams and how exam grades will be given to students. Students will be given a calculated grade which reflects their performance as fairly as possible, based on a range of evidence and data, including performance on mock exams and non-exam assessment and previous attainment. To support with this, the exam boards will be asking teachers, who know their students well, to submit their judgement about the grade that they believe the student would have received if exams had gone ahead. There will be an opportunity for students to sit an exam early on in the next academic year if they wish. Click [here](#) for full information.