

Bannockburn High School

Advice to Parents – S1-3
March 2020



Dear Parent

At this difficult time there are some things that we would like to remind you of: firstly, we are still here and are keen to continue educating our young people in a virtual learning environment. We know you are not teachers and that you have not chosen to home-educate your children. We are not expecting you to be teachers and to have all the answers. So please, take the pressure off and don't try to do too much,

Things we suggest you **do**:

- ★ Encourage as much reading for pleasure as possible. There are thousands of free books on the free Amazon Kindle app, iBooks on iPad or iPhone and audiobooks on the Audible app.
- ★ Allow pupils to practise their Literacy and Numeracy skills to create shopping lists and make recipes together with you; you could focus on budgeting, weighing and measuring as well as hygiene and kitchen safety.
- ★ Access free PE and other physical activity videos on Youtube, for example PE with Joe Wicks will be streamed for free every day between 9am and 5pm.
- ★ There are a number of educational 'games' that can be played online, don't worry about always making the work formal. Balance this with formal work that is set by teachers on Google Classroom.
- ★ Encourage **effort** over getting every answer correct. If they put the effort in and don't get all the answers correct, praise the effort.
- ★ Set achievable targets. A normal lesson is 50 minutes. An S1-3 pupil, in that time, would usually do at least 3 different learning activities. Don't expect them to focus on the same task for 50 minutes. We wouldn't try it in school, so you shouldn't at home. Unless, of course, they are really enjoying the task and want to keep going.
- ★ Be flexible!
- ★ Change plans to suit your needs and the needs of your family.
- ★ Play lots of games offline and spend time together as a family, having fun.
- ★ Limit time on social media and watching the news all day every day.

Things that we suggest you do **not** do:

- Become too strict about timings for each individual subject/activity. Some will naturally take longer and should be spread across several days or weeks.
- Keep pushing when it is clear that your child needs a break.
- Keep them working in the same area all day, encourage breaks and moving around to learn.

