

Using Technology to Support Home Learning

Ideas and tips to help you support your child with their learning at home

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www.barnet.gov.uk/local-offer

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Agenda

- Mental Health, Happiness and Well-being
- Top Tips For Enhancing Home Learning
- Local Offer
- Online Activities and Ideas - Free Learning resources
- Questions

The provision of high-quality remote education is mandatory for all state-funded schools & will be enforced by Ofsted.



Managing mental health, happiness and wellbeing

1. Stay connected with others
2. Take a pragmatic approach to achieve what is possible.
3. Share your concerns
4. Look after your body - Eat healthy, well-balanced meals, drink enough water & exercise regularly. Being active reduces stress & increases energy levels.
5. Don't stay glued to the news & fact-check information from the Media or other people.
6. Carry on doing things you enjoy
7. Take time to relax. Relaxing and focusing on your breathing can help to alleviate tension and lighten negative emotions.
8. Get good sleep. A good-quality sleep makes a big difference to how we feel. Try to maintain a regular sleeping pattern. Before bedtime avoid using devices, avoid caffeine and big meals late at night. Regular exercise will aid sleep.

The annual happiness and confidence survey by Princes Trust returned its worst results in its 12 year history. It said 1 in 4 Young People 16-25 felt unable to cope in the pandemic



Managing mental health and wellbeing

Further support:

<https://www.nhs.uk/oneyou/every-mind-matters/>

www.mind.org.uk

www.rethink.org

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

To help look after your child's wellbeing, **Nuffield Health** have free access & download activities including a Wellbeing journal & 15 minute video workouts for kids :

<https://www.nuffieldhealth.com/kidswellbeing>

Kooth.com is a free, safe and anonymous platform for 11-25 year olds to get support with their mental health, through peer support groups, counselling and/or blogging.

NSPCC – This resource has some [helpful information for parents, carers and professionals about online safety](#)

Internet safety advice - www.thinkuknow.co.uk/parents/








A series of really useful guides can be downloaded at www.theparentsguideto.co.uk/coronavirus



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daily tasks to improve well-being





Try one activity a day, at home or in school, to improve your physical and mental health

<input checked="" type="checkbox"/> DAY 1 Write down three things that you are grateful for. GRATITUDE: <i>People who write about gratitude tend to feel more optimistic, experience better sleep and less stress and generally feel happier about their lives.</i>	<input type="checkbox"/> DAY 2 Ask a friend or family member how their day was. Listen carefully to their answer.	<input type="checkbox"/> DAY 3 Drink six glasses of water throughout the day. 	<input type="checkbox"/> DAY 4 Spend fifteen minutes drawing and sketching ideas that pop into your head.	<input type="checkbox"/> DAY 5 Eat three pieces of fruit and veg in one meal.	
<input type="checkbox"/> DAY 11 Research 'healthy snack recipes' and try to cook them in batch to have throughout the week.	<input type="checkbox"/> DAY 6 Do a chore in the house without being asked e.g. cleaning your room or washing the dishes.	<input type="checkbox"/> DAY 7 Go for a walk or run before eating a meal. EXERCISE: <i>Being active is not only great for your physical health, but it can also cause chemical changes in your brain, which helps to improve mood and reduce stress.</i>	<input type="checkbox"/> DAY 8 Make an active decision to smile more today. 	<input type="checkbox"/> DAY 9 Spend twenty minutes reading or listening to an audiobook.	<input type="checkbox"/> DAY 10 Follow this routine (x3): 25 star jumps 10 lunges (each leg) 5 sit-ups
<input type="checkbox"/> DAY 12 Give yourself a tech free evening and turn off all your devices at least three hours before bed.	<input type="checkbox"/> DAY 11 Research 'healthy snack recipes' and try to cook them in batch to have throughout the week.	<input type="checkbox"/> DAY 13 Write down three positive things about yourself. 	<input type="checkbox"/> DAY 13 Write down three positive things about yourself.	<input type="checkbox"/> DAY 14 Do something nice or helpful for someone that means a lot to you. RELATIONSHIPS: <i>Maintaining good and healthy relationships can help build a sense of belonging and self worth and improve our mental and emotional wellbeing.</i>	<input type="checkbox"/> DAY 15 Have a night off from using social media. 
<input type="checkbox"/> DAY 16 Aim to walk 10 000 steps today. 	<input type="checkbox"/> DAY 17 Avoid any artificial food flavourings and sugar for 24 hours.	<input type="checkbox"/> DAY 18 Spend at least thirty minutes outdoors in the fresh air and nature.	<input type="checkbox"/> DAY 19 Try some gentle exercises, such as yoga or pilates.	<input type="checkbox"/> DAY 20 Get creative in the kitchen and cook or bake a meal or treat for either yourself or your family.	<input type="checkbox"/> DAY 21 Do something that makes you feel good, such as having a bath, watching a film or walking the dog.
	<input type="checkbox"/> DAY 22 Write down five things that you want to achieve by the end of the week.	<input type="checkbox"/> DAY 23 Watch a TED talk or short documentary on a topic that interests you.	<input type="checkbox"/> DAY 24 Leave a positive note for a family member to find in your house.	<input type="checkbox"/> DAY 25 Follow an online workout or yoga class.	

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<input type="checkbox"/> DAY 26 Spend fifteen minutes with your eyes closed focusing on your breathing or follow an online guided meditation session. RELAXATION: <i>Relaxing helps us to have a clearer and calmer mind, which aids positive thinking and relieves tensions.</i>	<input type="checkbox"/> DAY 27 Spend half an hour doing something you love, such as playing an instrument, painting or cooking.	<input type="checkbox"/> DAY 28 Write down your 'perfect morning routine' and follow it for one week, starting tomorrow.	<input type="checkbox"/> DAY 29 Make yourself a hot drink and enjoy it undistracted. 	<input type="checkbox"/> DAY 30 Spend twenty minutes sitting outside sketching what you see (weather permitting!)	
<input type="checkbox"/> DAY 36 Start this week by saying out loud five positive things about yourself.	<input type="checkbox"/> DAY 31 Try to give five things to charity that you no longer use or need.	<input type="checkbox"/> DAY 32 Get at least eight hours of good sleep. SLEEP: <i>Getting the right amount of sleep each night provides your body with the time to rest, repair and re-build leading to a stronger immune system, reduced stress and improved emotional wellbeing.</i>	<input type="checkbox"/> DAY 33 Download a relaxation app to your phone and try using it. 	<input type="checkbox"/> DAY 34 Aim to walk 15 000 steps today. 	<input type="checkbox"/> DAY 35 Ring a friend or family member and ask them how their day or week has been.
<input type="checkbox"/> DAY 37 Spend some time doing something with a family member, such as playing a game.	<input type="checkbox"/> DAY 38 Plan something fun to do this weekend with friends or family.	<input type="checkbox"/> DAY 39 Eat five pieces of fruit and veg throughout the day. DIET: <i>When we eat well we sleep better, have more energy to do the things we enjoy and feel good about ourselves, which helps create a healthier and happier life.</i>	<input type="checkbox"/> DAY 40 Tell a teacher what you enjoy about their lessons.	<input type="checkbox"/> DAY 41 Listen to your favourite song and close your eyes, sing or dance!	
<input type="checkbox"/> DAY 42 Aim to walk 20 000 steps today. 	<input type="checkbox"/> DAY 43 Try making a to-do list for the following day before you go to bed tonight.	<input type="checkbox"/> DAY 44 Think of a new hobby to try at half-term. 	<input type="checkbox"/> DAY 45 Send a positive and happy text or email to a friend or family member.	<input type="checkbox"/> DAY 46 Do something that makes you laugh, such as watch stand up comedy or a funny film.	<input type="checkbox"/> DAY 47 Spend some time organising your school folders or computer files.
<input type="checkbox"/> DAY 48 Go through the photos on your phone or computer and create an album called 'happy memories'.	<input type="checkbox"/> DAY 49 Rearrange your furniture or hang up a new picture to improve your bedroom environment.	<input checked="" type="checkbox"/> DAY 50 Congratulations! Now make a note of all the daily tasks you enjoyed. Which ones will you continue?			

Tips to Support Remote Learning - 1/2

- 1. Have a plan, structure your day & device sharing** - Set a timetable for work and play. Give priority to “live” lessons
- 2. Sit somewhere comfortable**
- 3. Attendance.** Participating in online lessons is as important as attending lessons in school.
- 4. Attend the lesson in full.** Just as if they were at school, students should not arrive late, leave early or wander off when the lesson is taking place.
- 5. Encourage active participation** e.g. asking and responding to questions, to demonstrate that they are actively engaging with what is being taught. This could also improve their experience of online lessons.
- 6. Register non-attendance**
- 7. Minimize distractions**, such as turning the television and any background music off, setting their mobile phones to silent and, where possible, help them find a quiet place to sit without other members of the family coming and going.
- 8. Task completion.** Not all online lessons involve interface with a teacher e.g. Reading & Research
It is important to check with them they are completing what is asked



Tips to Support Remote Learning - 2/2

9. **Handwriting** - They don't want to lose their handwriting skills by submitting everything online. Help them keep up their handwriting skills by note taking, letter writing etc
10. **Presentation counts** - it can be an indicator of how much effort has been put into a piece of work
11. **Time matters** - Spending too little time or too long on single pieces of work is not helpful long term.
12. **Improve understanding** - encourage them to utilise additional resources
13. **Encouragement /Positive praise** - helps to encourage children to learn. If children are struggling, parents should take a break and then adjust the learning to help the child to understand
14. **Relaxation time** - Allow them defined relaxation times and don't talk to them about work during these times
15. **Ensure they spend some time off screen every day** - "down time from screen time"

Eye saver - available as a free download from www.eye-saver.net



Local Offer

The Useful Apps Guide My personal guide to apps available for iOS equipment (ipad/iphone) sorted into categories such as apps to develop FM Skills, communication, spelling, memory, numeracy and social skills etc.

The Art of Keyboarding This guide is to inform the teacher, parent and student on how they should develop the correct typing technique for both one handed and two handed users and includes links to a number of free typing tutors.

Ideas for using a Digital Camera 60+ ideas using digital images as a tool for improving literacy



Free Online Activities & Ideas

After schools turned to remote learning owing to the coronavirus pandemic, a large number of companies offered their resources for free.

I have collated a tried and tested collection of these sites and identified them as suitable for Pre-school, Primary and Secondary users.

All the Links were working at the time of this presentation.

The list comprises mostly educational resources but I've also included art and recreational sites that are currently offering free access or resources.

Available on a 4 page document in PDF or DOCX format



Government Support

Remote learning at home often relies on your child having the use of a computer, laptop or tablet. It also means you need broadband or enough data for them to get online. If this is a problem tell your school.

The government is offering schools a scheme to apply for laptops & tablets for some of their more disadvantaged pupils. There is also an arrangement for schools & local authorities to request extra **data allowance** for mobile data so that children & young people can access remote education.

You can read the [details of the extra mobile data allowance scheme here](#) but you can't apply direct as a parent. If your child is disabled & you are on a low income you may be able to apply yourself to get a tablet for them through the [Family Fund](#) .

As a parent there is only so much you can do to teach your child at home, especially if you also have to work or look after other children. If you want **advice & ideas** you may want to look at [the Government guidance for parents](#) about supporting your child with education at home which has advice & links to resources to use. It includes a [SEND section](#) & [SEND specific resources](#)



Questions?

Using any technology effectively is about developing good practice –
knowing when to use as well as how best to use

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