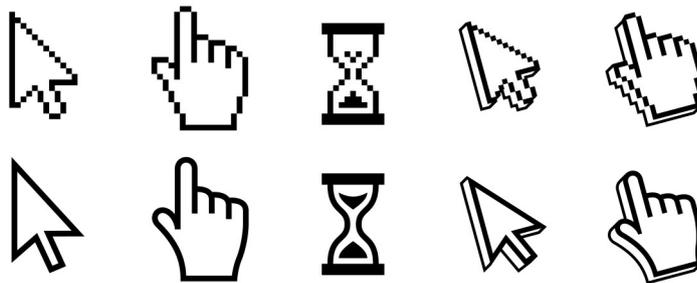


# How to Make a Success of Remote Learning at Home

Well...times have been extremely difficult lately. It has put a strain on children and adults alike. We have to remember to keep in touch with people we can't see. Also, remember that you are not in this alone - you can talk to people. That will be what is going to keep us strong during these times. Remote learning can be a real struggle. Lots of us find it hard to motivate ourselves to get ready in the morning. It's okay to have those off days, but we just have to remember that our education is important.



Here are some tips and tricks that might help you learn at home:

- When you wake up, make sure you eat breakfast. It's good to brush your teeth, wash and get dressed, so you feel refreshed and ready to go!
- It can be good to do the easier work first, to break you into the working day.
- Have a calm environment. You won't be able to focus on your work with many noises around you.
- Switch off the TV to have no distractions. Having a mobile phone near you is torture because you'll want to stop work for a second. This is for the adults: if your child has a device they use, take it away from them during the period they work for. However, you could play music in the background if that helps to focus.
- Keep your work space tidy. You can even get it ready the night before.
- Charge your computer the night before school so it is fully charged so you can see your work and do it.
- Always double read what your teacher tells you to do, sometimes you can miss out parts and do the work wrong or not as good as it could be.
- Always try to listen to your peers' questions in meets, it could help you with your work as well.
- Make sure you drink lots to stay hydrated, and get a good night's sleep.
- Take regular breaks to refresh your brain! We never have to work without breaks at school so why should you at home?
- Remember to have lunch and a midday break, ready for the afternoon.
- Clear your head with fresh air and exercise, even if it's just in your garden. It helps to keep your mental health at a high.
- Talk to your friends – it will keep you happy and you can help each other with the work.
- Take your time and do the best you can.
- Try to make the activities fun, or have a reward after them, it will motivate you to complete your work. The rewards don't have to be large. For example, it could be if you finish all your work, you get 5 minutes of extra screen time.
- Don't get stressed if you haven't managed to finish everything as we don't always finish everything in school either, even when we work hard.
- Submit all work at the end of the day! Feel good about yourself and your achievements for the day!

Thank you to children in Years 5 and 6 for these helpful hints and positive encouragement. It all helps!