

# KS3 TOP TIPS FOR REMOTE LEARNING

We understand that students working and learning remotely (at home) might seem daunting but here are our *5 top tips* about how you can help support/guide your child while they continue their learning at home.

## 1. LEARNING ENVIRONMENT: CHOOSE A GOOD PLACE TO LEARN

- Where possible, encourage your child to work out of their bedroom. The work environment can have a massive impact on their engagement. Make sure it is quiet and free of distractions.
- Advise them to sit at a table. Also, that they need to actively participate in the lesson by using the chat function on Google Meets.



## 2. TO MONITOR YOUR CHILD'S LEARNING AND ONLINE ACTIVITY AND C2L

- Click on: *Last edit was \_\_\_ ago*. This is located at the top of the screen. By pressing this button you can see how much learning your child has completed and check their Commitment to Learning.



## 3. BEHAVIOUR FOR LEARNING



It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school:

- Microphones should be muted, unless their teachers gives them permission for unmuting.
- Cameras should be off.
- No music should be played while in lessons to avoid any disruption to learning.



No Cameras  
Allowed

## 4. ENCOURAGE SCREEN BREAKS

- Remote learning will inevitably require more interaction with computers, laptops and tablets. Try to reduce the amount of screen time your child uses by taking regular breaks away from mobile devices or laptop screens.
- Students have break and lunch times to step away from their laptops.
- At night encourage your child to put away their mobile phones an hour before bedtime to help regulate their sleep patterns.

## 5. WELLBEING TIME

- Where possible, try to schedule some wellbeing time. For example, even if it is just going for a walk, this can still have a massive positive impact on our mental and physical wellbeing (*follow and adhere to the Government guidelines*).