



A nurturing message from  
our schools

# Learning from Home



As we begin another lockdown, our schools would like to reach out to our parents and remind you all of the fantastic job you did for our children in the last lockdown.

We understand that the anxieties people face around the fear of Covid will undoubtedly have increased, and coupled with the impact of this recent lockdown announcement you will have added worries and concerns whilst supporting your child to learn from home.

Whether that is navigating the Google classroom (or Tapestry for early years), supporting you and your family's mental health or offering you guidance to outside agencies who can advise on issues such as finances, housing advice and safeguarding concerns, Our schools are here to help you where we can.

The school office is open every day and there will be someone to speak to during ordinary school hours.

Hevingham: 01603 754677    Marsham 01263 732364



# Set up your study space.

Find an area in your house where you can sit comfortably and focus.

Make it separate to your relaxation space. Ideally away from a TV screen or other distractions.

**Top Tip! If possible make your child's work space similar to yours. This will help them to see that you need to work too and you can motivate one another.**





# Design a timetable for you and your children.

## Top Tips!



- Set times for different topics and try to stick to them. Use realistic times. 15 minutes of good work is better than 60 minutes of avoiding the topic!
- Break each topic into smaller tasks that can be ticked off as they are achieved. This will help you all to see what has already been done and what is left to do.
- Build in breaks and take them away from your working area.
- Also include snacks and lunch. Eating regularly will help keep sugar levels regulated and moods stable.
- And don't forget exercise! A 30 minute walk, a quick run or some fun on the trampoline will lift your spirits, clear your mind and release the magical happy chemicals. ↓



# Plan your day ahead.

If you have one, follow the schedule provided by your school.

If you just have a list of things to study, break it down into small tasks and plan to do the hardest ones when you have the most energy.





# Lessen distractions.

01

It can help to have clothes that are 'work clothes' to help feel that it is work time.

02

Keep devices in a separate room while you are all working.

03

Keep a bottle of water nearby. Keeping hydrated will help the mind and when boredom creeps in a refreshing gulp will awaken the brain again!





# Change it up.

Getting stuck? Feeling in a rut?

Pop on some music and take five minutes to dance around.

The movement will restart those thinking pathways to get the task completed.





# Speak up and ask for help.

When things get tough, don't just push it. Ask your parents, reach out to school, teachers, or seek the help of your classmates.

Support will always be available as long as we ask for it.







# Write it down.

Use a journal to make notes of anything that you and your child are struggling with. Then put it to one side until you can speak to the class teacher. Enabling you to move on to another task and feel that accomplishment has been made in the day.





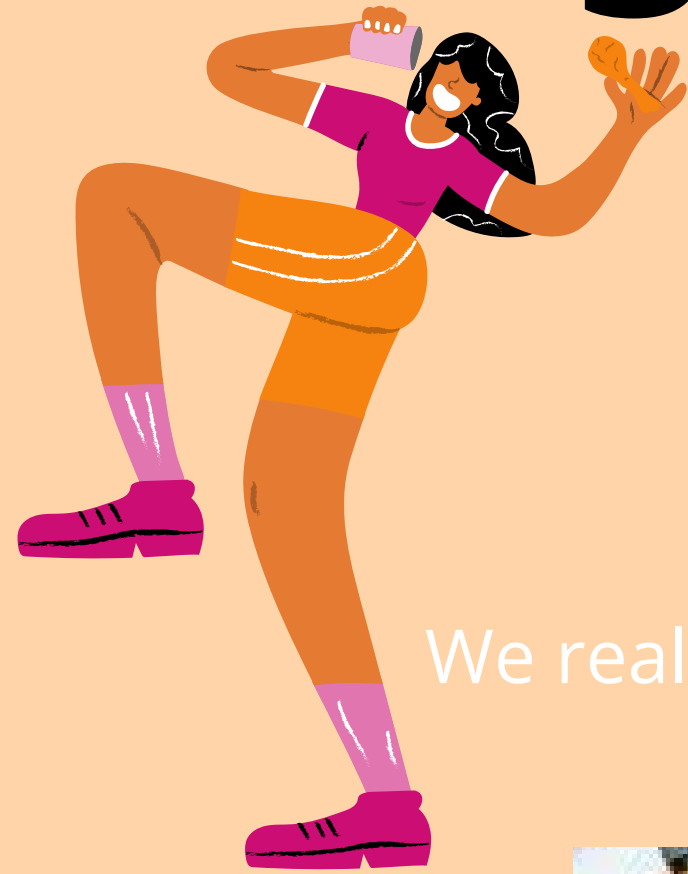
# Reward yourselves for your achievements in the day.

- Watch a film
- Make a delicious meal as a family
- Skype a family member or friend
- Indulge in a hobby
- Use your screen time allowance
- Go for a walk
- Celebrate your successes in a diary
- Have a bubble bath
- The rewards are your choice but they have to be something that makes you and your child feel good



**If you have any good reward ideas, please share them with us!**

# 5 Ways to Wellbeing



We really recommend the NHS model for looking after our mental health and wellbeing

**Connect**

**Keep Learning**

**Give**

**Take Notice**

**Be Active**



If you would like any more information please contact us.

# Please remember...

**You can only do what you can do.**

**Concentrate on the things that you and your child have achieved.  
Celebrate the good things that happen in a day no matter how small  
they are.**

**If you are feeling overwhelmed or are in need of support, our schools  
are here to help and listen.**

**Do not feel like you have to become a teacher overnight.  
Encouraging your child to try is the gateway to them developing  
independent learning that can be supported by the teacher online.**

**Be kind to yourselves.**

**Do not be afraid to reach out.**

**You are not alone.**

**Hevingham and Marsham schools are here to support you.**



**Hevingham: 01603 754677**

**Marsham: 01263 732364**



"You're braver than you  
believe, and stronger  
than you seem, and  
smarter than you think."  
- Christopher Robin

