

# WORKING AT HOME GUIDANCE FOR PARENTS & CARERS

## DMA top tips for supporting scholars working at home

### Top tips:

- Be realistic
- Follow routines
- Create a positive work environment
- Exercise & breaks

### Also:

- Useful links
- Urgent help
- DMA teacher top tips

### Studying at home

At DMA we are supporting scholars to learn at home in a few different ways:

#### Daily emails to scholars

As you already know, all scholars receive a daily email from a member of the senior leadership team containing their timetable of learning for the day

#### DMA website

Please check our website for information and updates.

<https://www.dixonsma.com/>

#### Twitter

Please follow the twitter links on our website to watch daily video messages from heads of year

### Be realistic

- No one expects you to become a teacher and your children aren't expected to work in the same way they do at school, but giving them some structure will help them
- Be flexible; if it isn't working, that's okay, change the timings or add in some breaks, then try to get them back to the learning
- Ensure you take time to look after your own wellbeing and have a break
- Share the load with another parent/carer where possible. Split the day into the timetabled lesson slots

08.00	Collective learning
08.35	English
09.30	Maths
10.25	Break
10.45	Science
11.40	Spanish
12.35	DEAR
13.15	Lunch break
13.55	Humanities/stretch
14.50	Arts/options



### Follow routines

- Start on time and try to stick to the timetable above
- Try to have breakfast/lunch at the same time to keep routines in place
- Make sure children are washed and dressed and ready for learning for the start of the day

## Create a positive working environment

- Have a workspace for them; a table and chair
- Remove distractions (especially mobile phones) for set lesson times
- Help them to organise their work zone so it only has the equipment they need



*"My children have really enjoyed 'Draw with Rob' on youtube and helping me to cook meals"*

*DMA teacher*

## Exercise & breaks

- If you have a yard/ garden/ drive use it and get some fresh air!
- Try to get out once a day for a walk (**keep 2m away from other people who do not live in your house when you do this**). The government has made it clear we should only go out for exercise once per day
- Make time for non-school activities:
  - Dance videos online, FaceTime with friends and family
  - Older children could read books aloud for younger children
  - Give them jobs to do around the house; they can learn new skills
  - TV and computer games can be helpful, but try to space them out with other activities that don't involve screens

## Extra ideas to keep children busy

- Get them preparing some simple meals: Jamie Oliver 'Cheap and Cheerful' recipes
- Learn a new language together: duolingo, Memrise or HelloTalk
- Read a book as a family: one chapter a day and you could take it in turns to read
- Give them space/resources for some creativity: painting, colouring, acting out some drama, creating music, building something out of things from the recycling bin
- Focus on developing other useful life skills:
  - Touch typing: [www.typingclub.com](http://www.typingclub.com)
  - Using a washing machine or learning how to iron
  - Tying shoelaces: lots of youtube examples of this

Useful website for children & adults	Urgent help in a crisis
Headspace.com Kooth.com Young minds.org.uk ADAA.org	Shout: 24 hr text service for people struggling to cope. Text SHOUT to 85258  Samaritans: call 116 123  Childline: call 0800 111 111

## And remember...

- If they are stuck, 100% sheets are great resources
- We are a DMA family. We are here to support you.
- Feel free to contact advisors, heads of year and any member of SLT if you have questions