

## Staying safe when learning at home

We have put together some guidance to help you with learning at home during a partial school closure due to coronavirus. This guidance can help you to understand our expectations whilst you are learning from home, provide you with information about how to stay physically and mentally well, and give you some useful tips for staying safe online.

If you need some more help, please ask your parents to contact us for you on [office@penkethsouth.warrington.sch.uk](mailto:office@penkethsouth.warrington.sch.uk)

## Learning at home

This is a confusing time for everyone; however, we want to make sure that you can keep learning, even at home. We have made a work plan for you so that you know how much work we expect you to do, how long you should spend on each task, and how to submit any work you do. If you look on the website at your year group, there will be information to help you.

We understand that there will be more distractions at home than in your classroom, so we don't expect you to work a full six hours with no break! It is important that you try to maintain a routine and ensure you are still learning, even during these circumstances.

Whilst you are learning from home, we expect you to:

- Try to complete the specific tasks we set you from Active Learning, the CGP books or other tasks set by your teacher on Google Classroom
- Try to keep up with your reading and times tables every day
- Tell your parents if you need help with a task
- Send in any work you have completed to your teacher through Google Classroom.



### It is also important that you:

- Take regular breaks from schoolwork (e.g. every hour, take a ten-minute break).
- Make yourself a plan for your school day and stick to it if you can – don't worry if you stray off path!
- Set some small goals for the day.
- Keep a school routine – you could start and finish at a certain time every day.
- Avoid doing schoolwork in your bedroom.
- Make it as much like a school day as possible – you could take your lunch and breaktime at the same times as you would at school.
- Avoid background distractions, e.g. the TV – this will make you more productive!
- Ask your parents to contact us on your behalf via email if you are struggling with your schoolwork.

## How to stay physically well

To ensure you protect your health whilst you are learning at home, you should always follow the advice from the government. That means listening to social distancing advice (e.g. not meeting friends or leaving the house unnecessarily) and taking the following actions:

- ✓ Washing your hands with soap and water often for at least 20 seconds (the time it takes to sing happy birthday twice!)
- ✓ Using hand sanitiser gel if soap and water are not available
- ✓ Washing your hands as soon as you get home (if you've been out)
- ✓ Covering your mouth and nose with a tissue or your sleeve (not your hands) when you cough or sneeze
- ✓ Putting used tissues in the bin immediately and wash your hands afterwards
- ✓ Telling your parents if you feel poorly, even if your symptoms are mild
- ✓ Resting and drinking lots of water if you feel poorly



You should not:

- ✗ Touch your eyes, nose or mouth if your hands are not clean.

## How to stay mentally well

Whilst it is important to make sure you look after your physical health, it is just as important that you look after your mental wellbeing too. You must ensure you look after your wellbeing while you are at home. To make sure you are staying mentally well, try some of these ideas:



- Get into a routine – you could make sure you wake up and go to bed at the same time each day
- Set yourself some achievable tasks – you could try a new recipe you've been wanting to try for ages!
- Talk regularly with your friends or extended family – you should always talk with your parents about how to set this up
- Stay active – try getting out for a walk every day with your family or doing PE with Joe Wicks! (<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>)
- Eat normally – make sure you have three meals a day at regular times
- Try practising breathing techniques – the charity Mind has lots of helpful information here: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>

- Use the time to develop a new skill – you could start painting, learn a language or learn how to bake!
- Make sure you get some rest
- Keep your room tidy to make sure you feel relaxed
- Don't do your schoolwork in the evenings or weekends – you need to balance your home life and school life
- Try not to watch the news too often
- Keep a journal or diary
- Read more often
- Talk to your family if you have any worries or concerns – you can also find a whole list of places that can help if you don't want to speak to your family here: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>



## Staying safe online

As you are now spending all day at home, you will likely be spending more time online. Whilst there are many positive aspects of using the internet, such as keeping in contact with those you can't see and staying entertained, you must also remember to use it sensibly.

**There is a Powerpoint on the website to remind you how to stay safe on the internet.**

Now you are at home, you should consider the ways you can stay safe and maintain a healthy relationship with the internet by doing the following:

- Having tech-free mealtimes
- Not keeping your phone or tablet in your bedroom
- Before contacting any friends using a device, ensuring you have asked your parents and that they have made sure the right settings have been applied to your account to keep you safe
- If you are contacting anyone by phone or video, make sure you do it in a family space
- Making sure you have the right settings applied to the apps and websites you use, so you don't see anything you don't want to and can limit who can contact to you
- Making sure you know how to report anything on the apps you use – most of the popular apps have a reporting function. If you need help with this, please ask your parents
- If you need to report something that you've seen online, ensuring you use Child Exploitation and Online Protection command (CEOP) (<https://www.ceop.police.uk/safety-centre/>) and the UK Safer Internet Centre (<https://www.saferinternet.org.uk/our-helplines>)
- Telling your parents if you are worried about anything you have seen online
- If you want to discuss any worries with someone else, contacting Childline (<https://www.childline.org.uk/>) or any of the contacts listed here: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>

