



Online Learning Advice for Parents and Pupils

- 🛡️ Make sure you're up and ready to learn by 9am each day
- 🛡️ Wear your uniform if it helps you to get into the right mindset for learning (even getting dressed and out of your pyjamas helps!)
- 🛡️ Buddy up with a friend from your class online to go through the work together if you need help
- 🛡️ Create a timetable for your online lessons and when you will do independent tasks
- 🛡️ Remember to check Purple Mash and Marvellous Me for messages each day
- 🛡️ Have a pen and pencil ready before each lesson starts
- 🛡️ Set aside time to do Purple Mash tasks as well as the 3 hours of TEAMS lessons online
- 🛡️ In between the TEAMS online lessons, please take a screen break
- 🛡️ Celebrate your achievements!
- 🛡️ Don't get upset if you don't manage to do everything
- 🛡️ Make sure you do something creative or physical each day
- 🛡️ If you have any problems at all, you can get in touch with your teacher on TEAMS chat, Purple Mash or you can contact the school office on 0115 9151796
- 🛡️ If you feel stressed or anxious, remember to do your Brilliant Breathing exercise (breathe out for 5 seconds, then breathe in slowly for 5 seconds, hold your breath and then breathe out for 5 seconds. Repeat 3 times and imagine breathing in your favourite colour)
- 🛡️ If you're struggling to stay motivated and remember the positive things you've done in lockdown, write one positive thing on a small piece of paper which you can put into a jar (call it 'my jar of positivity'). At the end of the week, take the pieces of paper out to reflect and celebrate your achievements