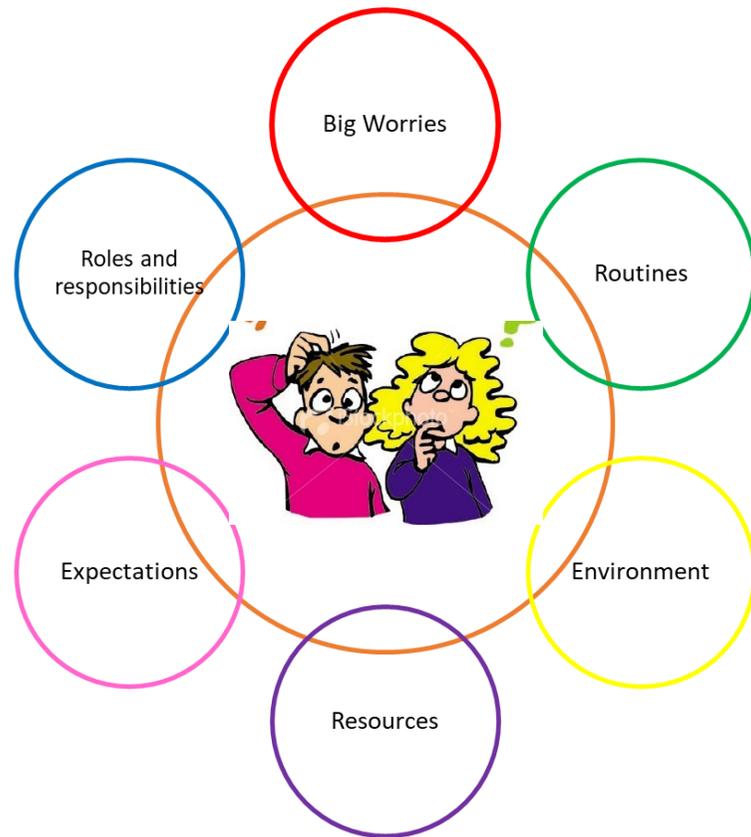


SUPPORTING YOUR TEENAGER

Remote Learning and Return to School

“Supporting your child to learn is both challenging and uncertain. To effectively support your child it can be helpful to “zoom out”, to explore all the areas that may be impacting you and your child and to try and find ways to negotiate this new role” Tom Vodden @TVODDEN



THINKING AROUND THE CHILD:

Adapted from Bronfenbrenner.

Big Worries

You and your teenager will have worries about keeping up with learning and also returning to school. It's very helpful to discuss these, you don't have to have any answers but simply sharing worries can be very helpful.

Please discuss any concerns you have with your Tutor / Head of Year

Routines

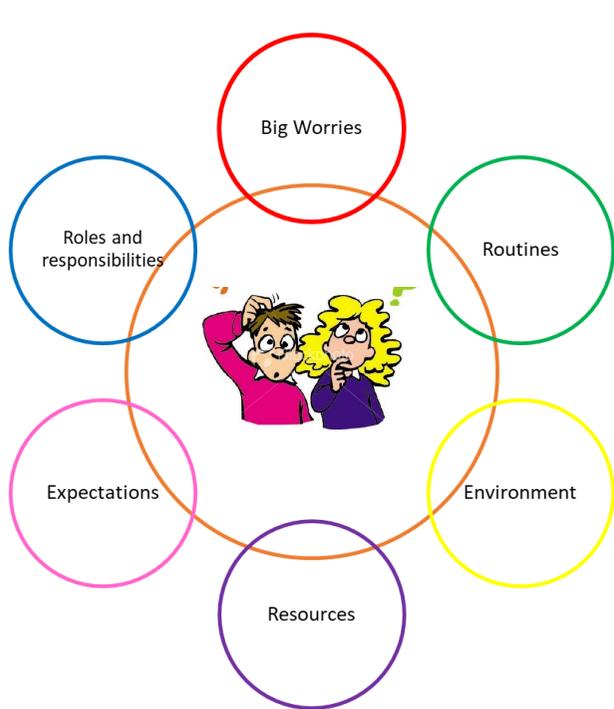
Routines offer a structure and sense of security that allow learning to take place. If you have been finding it difficult to adjust to learning from home, and worried about adapting back into the “school” routine there are a few things that may help:

Leave the house or a 5 minute walk at the start and end of the day; plan work to mirror the “Normal” timetable, move away from your “desk” for break and lunch, try to schedule lunchtime together as a family if you are at home, re-establish sleep patterns if you can before the return

Environment

Managing the home environment to try and maintain “home as home” and “school as school” can be very helpful. As well as physical routines above try and establish a clear distinction between “school” and “home”.

At the end of the school day, pack away all items related to school. If space is limited even a cardboard box, stored out of sight, works well. Close websites related to school and learning if a device is going to be used during the evening.



Roles and Responsibilities

Your role would have changed hugely in current times. From being a parent you are now a manager / educator / problem solver. But you are not your child’s teacher and this is key. The strategies suggested will help you re-establish your role as a parent not an educator.

Work alongside your child to be a problem sharer and not a problem solver, contact your child’s tutor / teachers if they (or you) need more support.

Highlight ONE success form each day—any success !

Expectations

We have ALL had to re-adjust our expectations during this time. Your teenager has been working incredibly hard to meet expectations of teachers (and parents) but it’s ok if these expectations have changed.

We are all aware learning remotely is a challenge and “learning” may not be what we expect”. Re-adjusting expectations can help students to re-engage and to not lose motivation.

REASONABLE EXPECTATIONS: To access live lessons wherever possible. Use the chat bar to say hello and goodbye helps with engagement or email your teacher if you need help.

Take 5 at the end of the day to recognise learning. Record 1 thing for each lesson that you have learnt or achieved. This becomes your personal diary of learning and will help when you return

Resources

Having sufficient resources is essential for learning. Please contact your child’s tutor or head of year if you find it easier to have “hard” copies of resources and we will try to accommodate this.

Resources also means peers. Friends (and colleagues) offer us all support in school and work—the absence of this can have a huge impact on the way your child learns.

Recognise the role that gaming and social apps are important at the moment to help maintain these social relationships during this time and offer a way back to “normal”

THE MOST IMPORTANT TIP!



[Self-Compassion Exercises by Dr. Kristin Neff \(self-compassion.org\)](https://www.self-compassion.org/)

[ANXIETY | 5 Simple Strategies for Managing Anxiety - YouTube](#)

And remember: Home is not school and this should remain the case as far as possible.