



Home Learning Guide: Frequently Asked Questions

How can I contact my child's class teacher?

The best way to send a message to your child's class teacher is via Class Dojo. Each class teacher receives a notification when you send them a message and they will typically reply to you within a few hours or the next working day.

How much 'work' should my child be doing each day?

All children are different and learn at different rates. The amount of 'work' or the number of learning tasks that they complete will vary according to their age, ability and their mood! Aim to **read with your child every day**, whether it's first thing in the morning or before bed, it's an essential part of their learning. Also **include daily opportunities to practise literacy and numeracy skills**; this can be done by using one of the printed activities that the teacher has provided in the learning pack; by using one of the recommended websites or it could be a practical activity, such as telling the time or weighing ingredients to make a recipe.

Do I have to follow a timetable?

We would advise drawing up a timetable with your child to help to structure your day; providing a routine for children has a number of benefits. This can be done on a daily or weekly basis. Try to include a blended approach with a mixture of activities that help to maintain your child's attention!

How much time should children spend playing? Are they really learning?

Playing is often seen as a passive activity but is a vital part of children's learning. Play allows children to develop and use a range of skills in a fun and imaginative way! Plan to include purposeful play in your day. For example, building using Lego can be great for stimulating thinking skills, cooperation and collaboration, discussion, sorting (colour and shape) and reading (following instructions). Board games are also a great example of how play can facilitate learning – Monopoly includes money, logical thinking and discussion.

My child wants to show their teacher what they have done, how can they do this?

Teachers will be thrilled to see what their class are up to! Teachers love their job because of the wonderful children they get to spend time with every day so without them, their jobs are not quite as fun. Send photographs of your children's work to their class teacher on Class Dojo or upload videos and photographs to their Seesaw account.

What other things can my children do in their 'free choice' time?

Take this time as an opportunity to teach your child some invaluable life skills, that will not only help them but also benefit you!

- **Laundry** – ask them to sort the clothes by colour or material, measure the correct amount of washing powder then choose the correct setting on the machine.
- **Cooking** – children can develop so many literacy and numeracy skills whilst helping to make dinner. Chopping vegetables, weighing ingredients, reading a recipe or sharing portions are all great examples.
- **Gardening** – allowing children to get muddy and help outside is great for their health and wellbeing! Not only that, planting, bird watching and identifying trees and plants are fun ways to learn about the world around them!
- **Tuck Shop** – children love to eat! Before they empty your fridge and cupboards, why not talk to them about the importance of managing your food supplies and minimising your trips to the shops. Set up a tuck shop filled with fruit, snacks and treats that each have their own price; give them an allowance to spend each day. Great for money skills!

I need some help and advice! Who do I contact?

As teachers we have a range of tried and tested strategies and approaches to help you with all aspects of teaching. Remember, it will not go the way you planned all of the time...it never does! Stay positive and do not hesitate to ask for help!

If you have a technical query, such as logging in to a website, send an email to: support@miltonprimary.co.uk where Mrs Lee, Mrs Roche or Mrs Ryan will be on hand to help!

I'm worried about my child's mental health, what can I do to support them?

There are a number of things you can do to promote positive mental health:

- First and foremost, take time to talk to them about what they are feeling; encourage them to be open and honest with you and answer any questions they have sensitively.

- Try to shield them from news and social media posts as much as possible as these can sometimes trigger feelings of worry or fear. Instead, share happy news stories with them, such as talking about the number of children who are taking part in the rainbow window challenge.
- Make time for outdoor activities, fresh air and play can have a hugely positive impact on wellbeing. Go for walk (adhering to a social distance of 2m), listen to music or do some physical exercise.
- Where appropriate, ask your child if they would like to keep a diary. Offer them the chance to write about their day and ask them to share it with you, if they are comfortable to. Children may find it easier to write about how they feel rather than talking face-to-face.
- Seek support from Mrs Lee, our ALNCo by emailing support@miltonprimary.co.uk
- Focus on the things you can control rather than those you can't:

