



METHODIST COLLEGE

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As Parents and Guardians, you will want to know how you can support your children. Routines, structures and monitoring, alongside activity and a focus on wellbeing are all essential. Some pupils will find distance learning challenging; others will thrive with this way of instruction.

Physical space for your child's study

- Please establish a space in your home where your child can learn most of the time;
- A family/public space might be better than a child's bedroom so that you can monitor progress and activities;
- This place should be quiet at certain times;
- Strong wireless internet signal is essential; if possible, a printer and paper are helpful.

Routines and expectations

- From the first day of distance learning, please establish agreed routines and expectations with your child;
- Pupils must be appropriately dressed; casual clothing is fine, but pyjamas are not - this is about a mindset for academic work.
- Pupils should move regularly and use times during the day for exercise. Online fitness sessions in front of the TV or laptop might be useful on days of bad weather, or indeed a family cycle ride, run, walk or games in the garden as the weather improves. Fresh air is important.
- Keep to regulations for access to mobile phones. Ask your child to hand in their phone during the day and limit access to single screen time to the absolute minimum during distance learning hours.
- Keep to your child's usual term time bedtime routines.
- Begin each day with a brief check-in with your child: What is today's timetable? What resources do they need? Paper, pens, revision cards...? A printer and paper? How will they spend their time when they are not working?
- At the end of the day, ask your child if there is anything that they are struggling with and if they need help.

- Take an active role in supporting your child.
- It is important that your child completes their assignments themselves; please don't be tempted to over assist them, even if they are struggling.

Quiet time, physical activity and social interaction

- There might be moments when siblings and parents are working online. This needs careful management and you might need to rotate when each child might have some quiet time.
 - It is vitally important to your child's wellbeing, health and learning that they have opportunities to move and exercise.
- Helping around the house is also a great way to have a break - establish a plan of chores.
 - Help your child to maintain contact with their friends. However, please monitor the use of Social Media apps. Please remind your children to be polite, respectful and appropriate in their communication and to represent the School's and your family's values in their interactions with others.

Be mindful of your child's anxieties or worries

- Some children may worry about the broader implications of Covid-19 on their families and friends, and the uncertain situation around examinations and university admissions. Please do take those worries seriously and help your child through this challenging time
- Regular routine will help to provide a framework and maintain a level of normality.