








# HOME LEARNING GUIDANCE

## PUPILS

1. Have a routine and stick to it.
  2. Do your work and contact your teacher in normal school hours.
  3. Take regular breaks away from your TV, computer and mobile phone.
  4. Be safe online — don't share passwords or personal information with anybody ever.
  5. Stay in touch with your teacher and ask questions via your school email address.
  6. Submit work weekly via your school email address.
  7. Complete a mindfulness activity every day e.g. writing in a diary, listing reasons to be positive, meditating, notice the changing seasons.
  8. The Golden Rules still apply — think about how you speak to your teachers and parents.
  9. Stay active. Complete the PE lesson every day at 9am with Joe wicks.
  10. If you are in danger then email [dscallan@kingswoodsecondaryacademy.org](mailto:dscallan@kingswoodsecondaryacademy.org)
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## PARENTS

1. Take an interest — if you are enthusiastic then your child is more likely to be.
  2. Establish a routine.
  3. Monitor online activity and use safety controls and privacy restrictions.
  4. Encourage your child to read and read with them — the news, a story, anything helps.
  5. Keep learning devices in shared spaces in the home.
  6. Encourage breaks away from a screen.
  7. Ask questions, if you have any, via the email address for your child's head of year.
  8. Expect your child to be completing work on a regular basis.
  9. If your child does not have a device and internet access let school know by phone or using the home learning email address so that alternative arrangements can be put in place.
  10. Monitor your child's wellbeing and mental health as well as their learning.
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### EMAIL ADDRESS

[firstinitialsurname@kingswoodsecondaryacademy.org](mailto:firstinitialsurname@kingswoodsecondaryacademy.org) e.g.  
[smandziuk@kingswoodsecondaryacademy.org](mailto:smandziuk@kingswoodsecondaryacademy.org)