




# School at Home



	9am – 9.45am	9.45am – 10.45am	10.45am – 11.00am	11.00am – 11.45am	11.45am – 12.30pm	12.30pm – 1.15pm	1.15pm – 2.00pm	2.00pm – 3.00pm
Monday			Time for a break!  (What about a healthy snack and a bit of gentle exercise?)			 Lunch Time!  (Why not prepare the meal together?)		
Tuesday								
Wednesday								
Thursday								
Friday								

We appreciate learning can be difficult with access to computer and multiple children. So just, do your best and enjoy teaching your children useful things like lightening your housework load! :)

Activity Suggestions	Hints and Tips
<ul style="list-style-type: none"> <li>o P1-7 Check Seesaw for updates</li> <li>o P5-7 Check Glow Teams</li> <li>o Check school Glow webpage for school closure ideas</li> <li>o Do assigned Sumdog activities</li> <li>o Studyladder, Spell City</li> <li>o YouTube: relaxation/meditation tutorials</li> <li>o Focus on Maths and Literacy in morning and try religious, art and craft activities, research projects, music etc. in the afternoon.</li> </ul>	<ul style="list-style-type: none"> <li>o Continue positive routines of up in morning, bedtime routines etc.</li> <li>o Try to limit access to social media to times outside of normal school hours.</li> <li>o Reduce gaming and too much screen time as closely linked to behaviour problems.</li> <li>o Try to keep to school hours during the week to help retain a sense of routine.</li> <li>o Encourage independence in tasks so parents and carers can focus on own work, routines.</li> <li>o Why not try family fitness videos or YouTube fitness tutorials.</li> <li>o Try to eat healthy and support one another's mental health by having family fun time.</li> <li>o Don't beat yourself up if you don't cover everything, life skills are more important. Focus on keeping yourself and family calm. We will make sure we support all learning on return and remotely,</li> </ul>

**We can't wait to have you all back at school!**