

## Health and Wellbeing – Guidance on Home Learning



During this time, the wellbeing of your child is of utmost importance, and should be carefully balanced with educational activities. We recognise that many families may be under stress, and this guidance is intended to reassure and help you decide what is best for your family when it comes to home learning activities.

1. Do not expect your child to engage in a 'full timetable' as they would do in school. It won't be possible to replicate a full school timetable. Give yourself and your child permission to accept this.
2. Do have a plan/routine in place. This helps children to feel calmer. Follow a simple daily schedule including key times to engage in some home-learning activities. Try to involve everyone in the house in planning this schedule together.
3. As a parent, you must decide what amount of home-learning is best for you and your family. No activities are compulsory. As a parent you make be juggling the commitments of your own job and family life, and it's about getting the balance right in the home.
4. Don't worry if the routine isn't perfect – Remember, this is NOT a normal situation. If you find that planning and sticking to the routine is causing more stress, friction or conflict, then it is fine to be more free-flow. Be guided by the activities your family enjoys.



HAVE A GOAL



TAKE A MOMENT

5. Try to do activities that help your family spend time together, enjoy your relationships and have fun. Play is fundamental to all children's wellbeing and development (no matter what age) and is a great way to reduce stress in adults too. So long as you are all well and able to do so, have fun and play.
6. Don't worry too much about academic progress at this time, and avoid putting children under pressure. Most parents/carers are not teachers and you are not expected to teach your child new school work. New learning best takes place when pupils are relaxed and happy, rather than at times of stress and uncertainty. It is more important to reassure your children and spend time enjoying shared activities.

7. A sense of success and achievement is, nevertheless, an important factor in wellbeing – so help your child and young person choose activities where they are likely to experience success. If the work provided seems too hard for your child or young person, then it is okay to just leave it. You may decide to come back to it at a different time.

8. Try to help your child to stay connected with school staff. Depending on the age or stage of your child this might be through Google Classroom, Microsoft Teams, class blogs, through the schools' social media page or by emailing teachers. Maintaining key relationships is important where possible.



9. Similarly, try to help your child stay connected to their friends. Most children see their friends nearly every day of the week and so not being in contact with them for some might be upsetting. Try to encourage or help your child connect with their friends through voice calls, video calls or messages on mobile phones.



10. Try and get some exercise for all the family. There is strong evidence that physical activity supports our mental wellbeing. Opportunities are limited in the current situation but take advantage of what is available and relevant to the interests of your child and family.

Finally if you have any worries or concerns about how your child is managing you can contact Paradykes Hub on 0131 271 4650. They will get in touch with staff from your own school and who will get back to you.



You can also contact your own school via email on:

Bonnyrigg [bonnyrigg.ps@midlothian.gov.uk](mailto:bonnyrigg.ps@midlothian.gov.uk)

Burnbrae [burnbrae.ps@midlothian.gov.uk](mailto:burnbrae.ps@midlothian.gov.uk)

Hawthornden [hawthornden.ps@midlothian.gov.uk](mailto:hawthornden.ps@midlothian.gov.uk)

Lasswade [lasswade.ps@midlothian.gov.uk](mailto:lasswade.ps@midlothian.gov.uk)

Loanhead [loanhead.ps@midlothian.gov.uk](mailto:loanhead.ps@midlothian.gov.uk)

Mount Esk [mountesk.ns@midlothian.gov.uk](mailto:mountesk.ns@midlothian.gov.uk)

Paradykes [paradykes.ps@midlothian.gov.uk](mailto:paradykes.ps@midlothian.gov.uk)

Rosewell [rosewell.ps@midlothian.gov.uk](mailto:rosewell.ps@midlothian.gov.uk)

St Margaret's [stmargarets.ps@midlothian.gov.uk](mailto:stmargarets.ps@midlothian.gov.uk)

St Mary's [stmarys.ps@midlothian.gov.uk](mailto:stmarys.ps@midlothian.gov.uk)

St Matthew's [stmatthews.ps@midlothian.gov.uk](mailto:stmatthews.ps@midlothian.gov.uk)

**WE ARE HERE TO HELP**

**#KindnessMidlothian**