

Remote Learning at Durham Trinity School and Sports College

At Durham Trinity School, we have had to move many of our pupils to remote learning (also known as home learning or remote education) as the COVID-19 pandemic continues, whether due to national lockdowns or pupils/staff needing to self-isolate. This has been a very challenging period for teachers, parents and our pupils; situations at home are different for many of our families and our pupils learn in very unique ways. Some families will find remote learning easier than others, however school will support you through this period by providing high quality remote learning each week.

Lockdown this time is also very different to the last lockdown. This is because there is now an expectation from the government for schools to teach the curriculum regardless of whether a pupil is learning at home or school. Therefore, we kindly ask families to engage with remote learning as much as possible and keep school informed of how remote learning is going for their child. If remote learning becomes a struggle, please let your child's teacher know and school will be happy to support. Staff are working very hard on providing remote learning for our pupils so parent/carer feedback is much appreciated. Many of our classes will be using Google Classroom to provide work and also live lessons if appropriate, other classes will be providing resource packs, videos and other hands-on activities. Some staff may also use Microsoft Teams to check in with pupils on a 1:1 basis whereas Google Classroom is likely to include other pupils as it is meant to simulate a classroom environment.

Some tips that parents/carers may find useful during remote learning periods:

- Create a routine- many of our pupils will find it difficult that they now do not have their usual school routine. By creating a new one at home, this will help our pupils to be calmer as their day will be more predictable. For example:

'Get Dressed- Breakfast – Brush Teeth – Work – Play – Lunch'

Using symbols may also support many of our pupils to stick to a routine during remote learning.

- Find a good place to work- somewhere that has as few distractions as possible. Also ensure it is somewhere that an adult can monitor learning as stated in our Acceptable Use Policy and not a bedroom or bathroom. We as school staff will also do this.
- Stay in touch with school and especially if remote learning becomes difficult. Staff will be in touch via telephone/Teams and also the class email inbox.
- Encourage your child to try their best at remote learning, even if the work is difficult as some may try to give up straight away. If it is really too difficult, please let your child's class staff know.
- Physical activity/exercise- this is so important, especially during this time where we are not leaving the house as much as we would like to. There are lots of videos on Youtube (many families have used Joe Wicks' PE lessons), you could

go for a local walk or even get your child moving by encouraging them to help out with household jobs. Encouraging your child to help out around the house is also a great learning opportunity to develop their independence.

- Manage stress- the pandemic is causing a lot of anxiety and upheaval among many of us, our pupils are also likely to feel anxious/stressed about the changes and uncertainty around them. Giving our pupils factual information in a way that is appropriate to their age can really benefit them, especially if it comes from adults they know well and trust.
- Finding the balance for screen time- you may want to build in screen time to your child's day, possibly as a reward for completing school work. Your child may be using screens for remote learning; therefore it is important to find the balance of what is enough screen time for that child in a day, class staff are also working to find balance between using screens and hands-on practical activities when setting remote learning tasks.

If you have any questions/concerns, please get in touch with your child's teacher or email homelearning@durhamtrinity.net