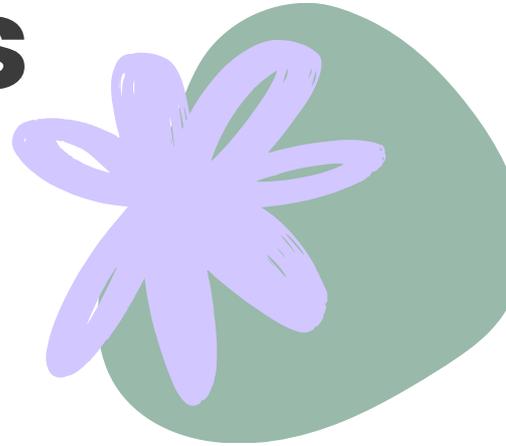


# Contents



Page 1 Disclaimer

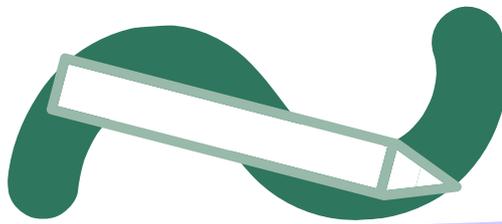
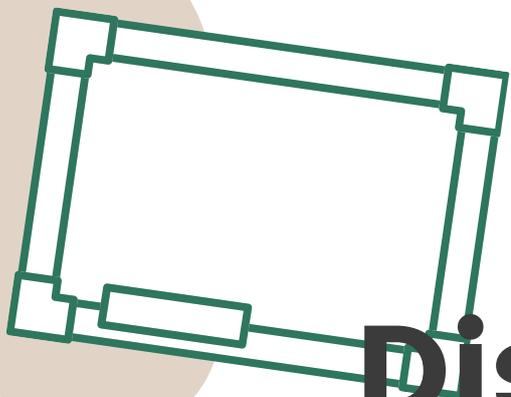
Page 2 Introduction

Page 3 Top Tips For Teaching At Home

Page 4 Top Tips For Teaching At Home Continued

Page 5 Example of Daily Schedule

Pages 6 - 7 Helplines

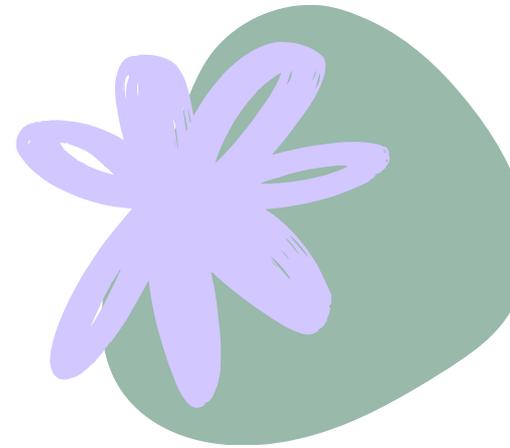
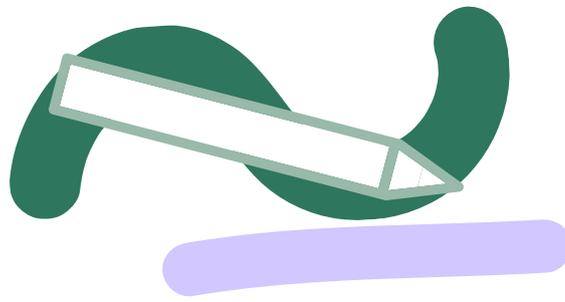
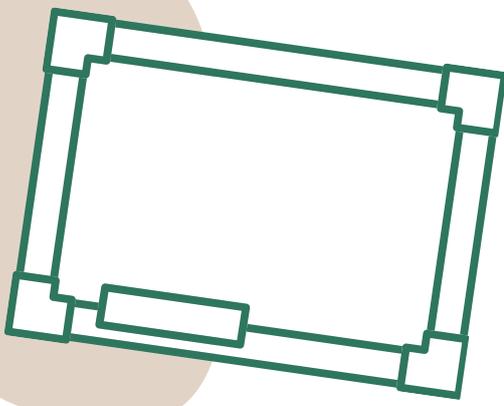


# Disclaimer

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## HELLO MUM!

You, like many parents now find yourselves in a situation you never imagined. You are being told that your children, for at least the next few months, can no longer go to school and must remain at home with you!

This situation is daunting for anyone and you may feel unprepared or ill-equipped. More is being asked of you as a mum than normal so it's very normal to feel overwhelmed.

We understand this is a tricky time so have put together a little guide of things you might find useful. Use it as much or as little as you need!

BUT - before you read anything - please know that you cannot fail at this. Above all, don't be too hard on yourself or your children; We're all going to have hard days where nothing works, our children play up and we become frustrated and overwhelmed. That is expected - we are all readjusting to a new normal and what is being asked of you is huge! If you need to throw in the towel for a day and switch on the TV, do it.

Sometimes life is more like a marathon than a sprint, and this is one of those times. We don't have to win this race - we just have to survive it.

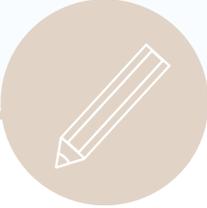
*the Luminary team x*

# Top Tips for teaching from home



## PREPARE IN ADVANCE

Plan each day before it happens; What are they going to do for each section of the day? You could make a plan for each day the night before, or plan the whole week out together on Sunday afternoon. This will help provide structure for the week and something for you all to aim for.



## MAKE A ROUTINE

Making and keeping to a routine can help provide the normality, familiarity and structure that children need. It makes schooling from home easier, improves behaviour and helps children to realise this is not a holiday – their teachers are expecting them to do some learning in this time.



## EMPHASISE LITERACY AND NUMERACY AND READING EVERY DAY.

Of all the skills and learning, prioritise practising essential English and maths. “Whether it’s reading to themselves, a parent, a sibling or even a pet or cuddly toy, it’s essential children continue to read. It doesn’t matter what they read – anything counts.”



## PRIORITISE YOUR CHILD’S WELLBEING.

Great learning happens when children feel happy, safe and secure. This is more important than anything else. Provide your children with reassurance and encouragement.



## DON'T OVERDO IT.

Teachers recommend around two hours of learning in total a day for children in key stage 1, which covers reception to year 2. That should include arts and crafts, and hands-on activities. Children in key stage 2, which covers year 3 through to year 6, will be able to do more: about three to four hours. But again, that can include PE activities and more creative tasks. Teenages can manage five to six hours, but with regular breaks and physical activity included. Down-time and rest is essential in this time – for both them and you!

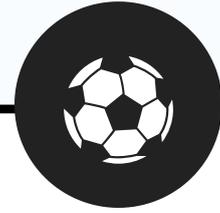
## **GIVE YOUR CHILD SOME INDEPENDENCE.**

You might want to let your child create their own structure or timetable for the day, combining their ideas and home learning. If they try and schedule double PlayStation every morning, then it's probably time for you to step in, but give them the option first.



## **ENCOURAGE REGULAR MOVEMENT BREAKS.**

Movement breaks – such as dancing to music, pretending to be an animal, running round the block or playing Simon Says – give children a break to 'reset' and will improve their concentration, learning and focus. Build these into the schedule, and find what works for your child.



## **SET CLEAR EXPECTATIONS AND PRAISE YOUR CHILD'S EFFORTS AND BEHAVIOUR, AS WELL AS THEIR ACHIEVEMENTS.**

Try to give time frames and tangible rewards. Young children love a sticker. A hug and a jump around for completing a task is also very effective. Timers work well, as do clear expectations such as: 'When I check in 10 minutes time, you will have written up to this line.' Positive constructive praise that targets effort, behaviour and specific aspects of a child's work is more powerful than just saying 'well done for completing your English.'



## **BE ATTENTIVE**

"Listen to your child. Enjoy hearing your child explain what they are being asked to do, and the challenges they face."



## **RELAX AND HAVE FUN!**

The most important thing about this time is that you get through it as a family! Don't put too much pressure on yourself to give your children the perfect 'school from home' experience. Find ways of working that work for you and your family. Enjoy time together, silly moments and fun activities.



# daily schedule

## EXAMPLE

Before 9:00

Wake up, get dressed, eat breakfast

9:00-10:00

Physical activity

10:00-11:30

Academic Time

11:30-12:30

Creative Time

12:30-1:00

Lunch

1:00-1:30

Chore Time

1:30-2:30

Quiet Time

2:30-4:00

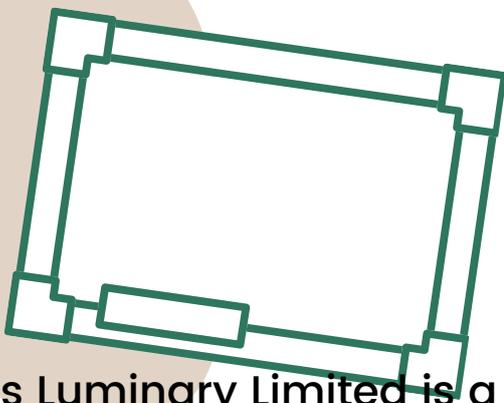
Academic Time

4:00-5:00

Fresh Air and Physical Activity

5:00-5:30

Dinner



# Helplines

As Luminary Limited is a charity registered within the UK, the following helplines are UK only.

In the event you are concerned for your, or another persons' health or wellbeing, you can seek further information and help from the following:

If you or someone else is in immediate danger **always** phone 999.

For health queries that are not an emergency but you feel are urgent, you can call 111.

## Mental Health

If you are experiencing Self Harm or Suicidal thoughts, call NHS: 111 and your GP for an urgent appointment.

Papyrus HOPELINE (under 35's): 0800 068 4141

Samaritans 116 123 or text Shout to 85258  
[www.mind.org.uk](http://www.mind.org.uk)

## Domestic Abuse

The National Domestic Abuse Helpline 0808 2000 247

National Stalking Helpline 0808 802 0300



# Helplines

## Homelessness

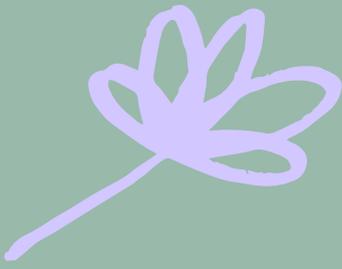
Shelter 0300 636 1967  
shelter.org.uk

Local Authority Housing Options Teams (HOST) have a duty of care if someone presents as homeless. You can find the phone number for your HOST at:  
[www.gov.uk/homelessness-help-from-council](http://www.gov.uk/homelessness-help-from-council)

## Modern Slavery

Modern Slavery Helpline - 08000 121 700  
modernslaveryhelpline.org





# LUMINARY BAKERY

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