



The **SEND@Highdown** team would like to offer you some advice and support to help with supporting your child at home throughout lockdown. I am **Mrs. Arnold, SENCo @ Highdown**, and I am happy to offer support. Please contact me at [Senco@highdown.reading.sch.uk](mailto:Senco@highdown.reading.sch.uk) if you need support.

Lockdown can be difficult for several reasons, but I hope to offer some advice to help you and your child through this unusual time.

## Top Tips for supporting with homeschooling

- ✓ **Keeping a clear routine** - at Highdown we have introduced mentor time at 8:40am and live or on demand lessons that follow your child's normal school timetable. Keeping this 'normal' school routine will help when we start back at school in person.
- ✓ **Designated place for schoolwork** - This will help with separating school from home. It might be a good idea if there is space for your child to work downstairs or in an office that is not their bedroom.
- ✓ **Regular breaks within the day** - We all know that students do not work solidly throughout lessons in school so we cannot expect this at home. Movement and snack breaks will help refocus the mind to the work being done.
- ✓ **Having a work buddy** - Some children have found it helpful to have a video call with a friend as they are going through their work. This helps with social interaction as well and they can help each other with the work.
- ✓ **Asking if they need help** – Students can always email their teachers and friends if they need help with their work. If a student needs help above this then please let me know and I can ask one of my team to support.
- ✓ **Regular Exercise** – This can be going on a family walk, walking the dog, yoga time at home, football in the garden with siblings. Any form of movement will help to relax and help focus.

### Useful links:

#### SEND@Highdown website links -

<https://www.highdown.reading.sch.uk/page/?title=SEND+Community+Links&pid=215>

<https://www.highdown.reading.sch.uk/page/?title=Special+Educational+Needs+%26amp%3B+Disabilities&pid=115>

BBC -

<https://www.bbc.co.uk/bitesize/articles/zh9v382>

We also have your **STAR Centre Team** to support students' social, emotional, and mental health needs, please contact Mrs Boys [reboys@highdown.reading.sch.uk](mailto:reboys@highdown.reading.sch.uk)

