

# GUIDANCE ON REMOTE LEARNING FOR CHILDREN

Remote learning can be a great way to continue learning outside the classroom, particularly in difficult circumstances. It's the perfect way to make sure that you still get the education you need, despite not being at school. However, it also requires careful planning. That's why we've created this guide to help you understand different aspects of remote learning.

## 1) Treat remote learning the same as classroom learning

Despite being at home, it is important to remember the same rules apply as being in the classroom, particularly in respect of behaviour. Focus on learning and don't get distracted by your surroundings.



## 2) Follow a routine

Just like at school, it is important to have a plan for learning at home. Make sure you wake up at a good time, have set times for meals and follow your learning timetable. Keeping a structure to your day is good for both your physical and mental well-being.



## 3) Use classroom language

When you communicate using Google Classroom, don't use shorthand; write as though you would speak in class. Remember to be respectful and polite and avoid posting negative comments.



## 4) Take regular screen breaks

Whilst remote learning might be an exciting experience to begin with, having long periods of time in front of a screen is not always healthy. Remember to have regular screen breaks where possible and in your spare time, try to get some fresh air and enjoy other activities away from electronic devices.



## 5) Always conduct video learning in an open space at home

To get the best experience from remote learning, it is important to create the right environment around you. Try to set up a mock 'classroom desk' at home in an open space so your parents/carers can supervise.



## 6) Only communicate through approved school portals and platforms

It is important that you send messages and any pictures or images required for class through Google Classroom. This will help to keep your personal information safe and secure.



## 8) Don't share passwords or other sensitive information

In order to begin your online lessons or to gain access to learning materials, you have been provided with login details and passwords. In the same way you keep your personal details private, always keep these safe and never share them with others.

## 9) Don't use school platforms to discuss personal matters

It's important to keep your school communication channels separate from your own personal communication with friends and family. Don't be tempted to engage in casual discussions or send images, videos or links that aren't associated with your learning.

## 10) Look after your mental health and well-being



Remote learning means working alone and missing out on daily social interaction with your friends. If you ever feel frustrated, low or sad, it's important to discuss how you feel with your parents/carers or your teacher. Keeping in touch with friends over the phone can also help to keep your spirits up.

**Article 28: Every child has the right to an education.**

**Article 29: Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.**