



Dear Parent/Carers,

To bring down the infection rates of COVID school is closed for many children. Through dojo the class teachers are sending work home and we are asking you to act as our deputies. We appreciate that this is an incredibly challenging role for you and that for some it is quite overwhelming! Many of you are trying to juggle working from home alongside home-schooling.

Doing a different job is not always easy and it can be hard to remain calm and patient. We recommend that you try the following:

- Log on to your child's dojo account and look at the activities set. (Each teacher sets around enough work for 3-4 hours of home schooling.)
- Work out a daily timetable planning in fun activities, breaks and free time in your timetable. Using *Now we are doing this...* and *Next we are doing...* phrases may help.
- Decide where the best place is to sit and work.
- Start working with your child when you are both ready.
- Remember that your child/children may need different amounts of time to complete activities.
- Stop working when you think your child has done enough.
- If your child is feeling stressed with schoolwork online then give yourselves a break, it is okay not to complete the work all in one go.
- If they need it, use a timer to give your child a clear start and finish time for each activity or lesson.
- If your child gets angry, then give them some space and allow them to go somewhere that they can calm down, and let them do something they like, something that will calm them down.
- Once you are in a routine allow independence- it's okay for children to work in their own and build this up.
- Celebrate completing work.
- Do not struggle alone and ask for help, this is a team effort!

If you require additional supports such as visual timetable and Now/Next boards please get in touch.

Thank you so much, you are all great deputies.