

How to support home learning

Follow this guidance to create a positive learning environment at home

Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply providing your children with some structure at home will help them to adapt. Use the tips below to help you make this work for your household
 - **Experiment** in the first week, then **take stock**. What's working and what isn't? Ask your children, involve them too
 - **Share the load if there are 2 parents at home**. Split the day into 2-3-hour slots and take turns so you can do your own work
 - **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing
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Keep to a timetable wherever possible

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
 - **Involve your children in setting the timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
 - **Check in with your children and try to keep to the timetable but be flexible**. If a task/activity is going well or they want more time, let it extend where possible
 - If you have more than 1 child at home, consider **combining their timetables**. For example, they might exercise and do maths together – see what works for your household
 - **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
 - **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day
 - **Distinguish between Weekdays and weekends**, to separate school life and home life
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Make time for exercise and breaks throughout the day

- Start each morning with a PE lesson at 9am with Joe Wicks
 - If you have a **garden, use it regularly**. If you don't, try to get out **once a day** as permitted by the government (households can be together outdoors but 2 metres apart from others)
 - Get your children to **write in a diary what they did each day** – this can be a clear sign that the 'school' day has ended
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Other activities to keep children engaged throughout the day

- Where you have more freedom in the timetable, **make time for other activities**. Add some creative time.
 - Get your children to **write postcards** to their grandparents or to pen pals
 - Ask **grandparents to listen to your children read on FaceTime** (or ask grandparents to read to younger children)
 - **Give them chores** to do so they feel more responsible about the daily routine at home
 - Ask them to **help you cook** and bake
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Examples of home-learning timetables

- [Five Minute Mum](#) has a timetable including lots of activities for younger children
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If you need to contact the school

You and your child can contact the class/form teacher via email in case you have any questions to ask them. Please note that all students are all expected to login bet ween 10am to 12pm and again between 2pm and 4pm. This will enable teachers to plan and mark throughout the day and directly support students with any queries. These are the following email addresses for your child's class/form teacher should you need to contact them:

Primary Teachers	Secondary Teachers
Reception asma.patel@quwwatulislam.com	Maths anjum.shoaib@quwwatulislam.com
Year 1 asiya.dalal@quwwatulislam.com	English zubina.patel@quwwatulislam.com
Year 2 habiba.aklis@quwwatulislam.com	Science KS3 sajida.choudhury@quwwatulislam.com
Year 3 aishah.miah@quwwatulislam.com	Science KS4 fahmeda.ahmed@quwwatulislam.com
Year 4 sultana.chowdhury@quwwatulislam.com	Geography melahat.kabay@quwwatulislam.com
Year 5 fahima.humayra@quwwatulislam.com	History/Citizenship sufia.begum@quwwatulislam.com
Year 6 mahfuza.choudhury@quwwatulislam.com	Religious Ed aisha.malik@quwwatulislam.com
Arabic Studies raheema.patel@quwwatulislam.com	Arabic KS3 farhana.kobir@quwwatulislam.com
Islamic Studies hafsa.patel@quwwatulislam.com	Arabic KS4 maryam.ismati@quwwatulislam.com
Computing- ferdausi.hussain@quwwatulislam.com	
	Art suraiya.zannat@quwwatulislam.com
	Islamic Studies juvairiyya.adam@quwwatulislam.com
Deputy Head Teacher- sharmin.akhter@quwwatulislam.com	
Secondary Phase Lead- anisah.hussain@quwwatulislam.com	

For any general queries, please email info@quwwatulislam.com

See guidance on supporting your mental health and that of your children:

[Coronavirus and your wellbeing](#) – Mind.org

[Supporting young people's mental health during this period](#) – Anna Freud Centre