



**ST. MATTHEW'S**  
Roman Catholic High School

We Pray, We Care, We Achieve

## Guidance for parents    March 2020

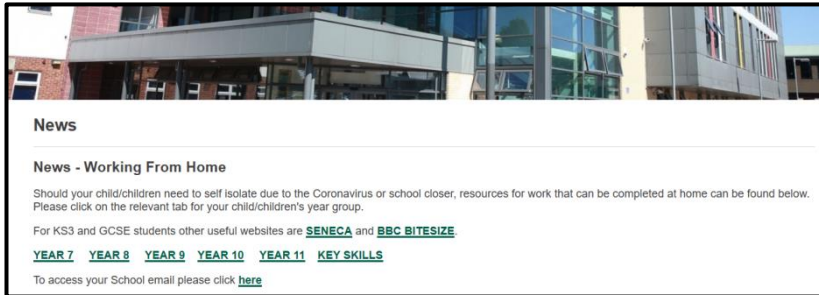
We have put together this list of ideas and helpful information about how you can help support your child during our time of school closure.

Our staff have been busy putting together a range of activities and work that can be accessed in a variety of areas.

The following information is to make it as easy as possible for you to direct your child to the correct places and also to support you in assisting them in whichever way you can.

### School website:

On the 'news' area of our website, ([www.smrchs.com](http://www.smrchs.com)) there is a 'working from home' section.



In this section- click on your child's year group and a range of work from each subject can be found. If you have trouble accessing this work or accessing the internet in general, please contact [r.walsh@smrchs.com](mailto:r.walsh@smrchs.com) (KS3) or [k.callison@smrchs.com](mailto:k.callison@smrchs.com) (KS4)

### Instagram:



Subjects and school have instagram accounts, where daily posts, ideas and reminders will be posted. Please encourage your child to follow these, especially: *Morningmotivation\_smrchs* (to provide daily motivation and ideas for wellbeing) Search SMRCHS and a variety of accounts will appear linking to year groups and specific subjects.

There is also a parent's instagram to follow, to provide hints and tips about activities to do with your child: *smrchsparents*

### Twitter:

Any specific announcements will be made on the @SMRCHS twitter account. Other departments also have twitter accounts that may post updates and ideas.



### **Email:**

All teachers at SMRCHS have email addresses (many are provided on reports that have come home and on the school website) For specific teachers, please use their first initial, followed by a fullstop, followed by their surname @smrchs.com eg.

Please contact teachers with any queries, questions, help or support you need. They will be checking emails regularly and replying when available.

### **Websites:**

A variety of websites are available to assist your child, especially GCSE bitesize and Seneca online learning.

Google classrooms has also recently been introduced. Information around this is also available on the 'news' section of the school website.

### **Reading:**

Please encourage your child to read regularly. It is one of the most powerful ways to learn! They should read whatever interests them: magazines, newspapers and books. Many full books are available for free online. If you need any guidance around this, please email

### **Routine:**

Please ensure your child stays in a routine that will enable them to learn and maintain good habits in their time off. Here is a suggested way to split up their day:

Time	Activity
Before 9 am	Wake up, Eat a healthy breakfast, make your bed, get dressed, organise your work.
9 to 10 am	Exercise - See PE guidance on the working from home area.
10 to 11 am	<b>Academic time.</b> Use working from home area on the website.
11 to 12 pm	Creative time , quiet time, reading time, listen to Music
12 - 1 pm	<b>Academic time.</b> Use working from home area on the website.
1 to 2 pm	Lunch
2 to 3 pm	<b>Academic time.</b> Use working from home area on the website.
3 to 4 pm	Chore time, help around the house. Ask your parents/Carers what you can do to help.

### **Exercise:**

Encourage your child to exercise outdoors or indoors, ensuring their health and safety as a priority. Many opportunities are available online and on YouTube. Links will be shared via social media platforms.

### **Talk:**

At such an uncertain time for society, it is important that we remember to spend time talking to our children about how they feel including discussing any anxieties they may have. Encourage them to stay connected to friends through social media platforms. Please also encourage some digital detox time, where they are not using their mobile phones, to allow purposeful conversation to take place and help to ease their worries.

### **Stay in touch:**

Please ask, in whichever way you prefer, if you need any assistance with any of these. We are here to help!