

# LAMBERTON DISTANCE LEARNING TIPS

**The guidance below can help us all make the best of new and sometimes unfamiliar distance learning environments. It can help you be ready for some of the more practical aspects of learning from home.**

## **1. Establish routines and expectations**

It is important to develop good habits from the start. Create a flexible routine and talk about how it's working over time. Schedule your days into predictable segments. Help students get up, get dressed and ready to learn at a reasonable time. Everybody make your bed! Keep normal bedtime routines, including normal rules for digital devices. Adjust schedules to meet everyone's needs but don't default to staying up late and sleeping in (However, a 'blanket day' now and then can be a treat).

## **2. Choose a good place to learn**

Your family's regular learning space for occasional homework might not work for extended periods. Set up a physical location that's dedicated to school-focused activities. Make sure it is quiet, free from distractions and has a good internet connection. Make sure an adult monitors online learning. Keep doors open, and practice good digital safety. Our teachers, counsellors and safeguarding teams will do the same.

## **3. Stay in touch**

Teachers will mainly be communicating regularly through Classroom Dojo and virtual learning environments i.e. email, Zoom or phone. Make sure everyone knows how to find the help they need to be successful. Stay in contact with the classroom and support teachers, school leaders and counselors but understand it may take a day or two for us to respond. If you have concerns, let someone know. Follow us on Instagram: [LambertonPride](#)

## **4. Help students 'own' their learning**

No one expects parents to be full-time teachers or to be educational and content matter experts. Provide support and encouragement, and expect your children to do their part. Struggling is allowed and encouraged! Don't help too much. Becoming independent takes lots of practice. At Lamberton, your child usually engages with others students and any number of adults hundreds of times each day. Many of these social interactions will continue from a distance, but they will be different. You cannot replace them all, and that's OK.

## 5. Begin and end the day by checking-in

<b>In the morning, you might ask:</b> <ul style="list-style-type: none"><li>• What classes/subject do you have today?</li><li>• Do you have any assessments?</li><li>• How will you spend your time?</li><li>• What resources do you need?</li><li>• What can I do to help?</li></ul>	<b>At the end of the day you might ask:</b> <ul style="list-style-type: none"><li>• How far did you get in your learning tasks today?</li><li>• What did you discover? What was hard?</li><li>• What could we do to make tomorrow better?</li></ul>
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These brief grounding conversations matter. Checking in students to process instructions they received from their teachers, and it helps them organise themselves and set priorities – older students too. Not all students thrive in distance learning; some struggle with too much independence or lack of structure. These check-in routines can help avoid later challenges and disappointments. They help students develop self-management and executive functioning that are essential skills for life. Parents are good life coaches.

## 6. Establish times for quiet and reflection

For families with children of different ages, and parents who may also be unexpectedly working from home more often, it's good to build in some time for peace and quiet. Siblings may need to work in different rooms to avoid distraction. Ensure each child enrolled at Lamberton has their own device, priorities for wi-fi bandwidth and schedules throughout the day. Noise-cancelling headphones are an idea. Monday - Thursday and Friday afternoon, there is segmented time planned for independent, low-stress learning. Reading is fundamental.

## 7. Encourage physical activity and exercise

Living and working at home, we will all need some room to let off steam. Moving (independently and together as a family) is vital to health, wellbeing, and readiness for learning. It's a great opportunity to practice exercising 'alone together' with digital workouts and online instructors. Set new fitness goals and plan hands-on, life-ready activities that keep hands busy, feet moving, and minds engaged. You may want to think about how your children can pitch in more around the house with chores or other responsibilities. Now's a good time to think about increasing personal responsibility and pitching in.