

































# Tall Oaks Academy Trust

Education Continuity Plan 2020 - 21

# Education Continuity Plan

In the event of lockdown or self-isolation for an extended period, we need to ensure learning continues for all of our children. Tall Oaks Academy Trust has developed the following Education Continuity Plan. It offers remote learning opportunities whilst also acknowledging that some households have limited access to devices and would require hard-copies of work and resources.

This plan will be applied in the following instances:

- 1. An individual is self-isolating because of a positive test within the household;
- 2. A group of children are self-isolating because of a case of coronavirus in the bubble;
- 3. A whole bubble or cohort is self-isolating because of an outbreak of coronavirus
- 4. A local or national lockdown is applied.

The plan complies with the guidelines outlined in the DFE document Guidance for Full Opening of Schools.

https://www.gov.uk/government/publications/actions-for-schools-during-the-coronavirus-outbreak/guidance-for-full-opening-schools

#### The plan is:

- High quality and aligns as closely as possible with in-school provision;
- Integrated into school curriculum planning;
- Mindful of teacher workload in preparing learning for home at short notice;
- Able to be implemented immediately should a child/ren have to isolate or a lockdown is applied.

In the event of any form of isolation and loss of learning caused by coronavirus, parents/carers must understand the engagement in home learning is compulsory, as is the expectation that Tall Oaks Academy Trust makes that provision available and accessible to all. If children themselves are too ill to attend then they should not be expected to engage in home learning.

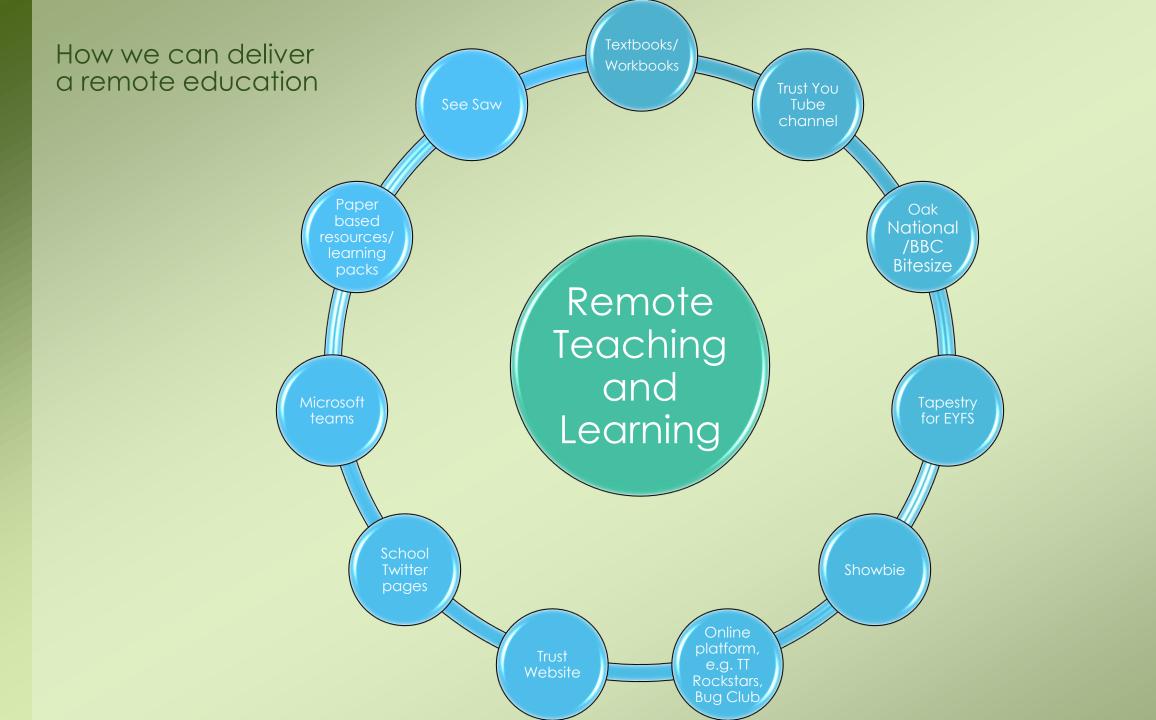
In preparation for home-learning, parents/carers and children need to receive logins and passwords for all of the learning platforms that the schools use. (likewise, teaching staff need to be familiar with them)

Additionally, teachers need to know and be able to access the teaching websites and platforms that the schools subscribe to, e.g. Literacy Shed Plus.

#### **Worksheets and Practical Resources**

If a child is isolated from school, i.e. the child is sent home from school to receive a test or self-isolate as someone in the household is being tested, they will ideally leave school with a pack of work ready. Children will have the immediate opportunity to continue their learning. If this is not safe and practicable to do so then a pack of work will be posted as soon as is possible.

The work packs should be basic skills work that should be relevant at any stage, i.e. arithmetic, spelling, reading, writing and handwriting. These will be provided for, by the class teachers.



### Other elements of a broad and balanced remote education

- Story time
- Assemblies
- Safeguarding our most vulnerable children and families
- Assessment and feedback
- Communication channels children, parents, staff

## Useful references:

- <a href="https://www.talloaksacademy.co.uk/">https://www.talloaksacademy.co.uk/</a> (TOAT website)
- <a href="https://www.thenational.academy/">https://www.thenational.academy/</a> (Oak National Academy)
- https://www.youtube.com/channel/UCx4w6rj0WhqFx9lldHsigxg (TOAT YouTube channel)
- https://www.talloaksacademy.co.uk/home-learning-4/ TOAT website 'Home Learning page'

## IΤ

- The schools bid for the first tranche of laptops for vulnerable children. 19 were received from the DFE.
- Each school have a bank of pupils' laptops that can be loaned out to parents with a signed loan agreement.
- According to the lockdown allocation each school would get the following in the event of either a local/national total lockdown.

CWA - 17 devices

MWA - 48 devices

WWA – 51 devices.

This is based on PP %.

- After surveying all parents in September 2020 and based on current data, we believe that there will be few children who will not have access to the internet or devices at home.
- https://www.gov.uk/guidance/get-laptops-and-tablets-for-children-who-cannot-attend-school-dueto-coronavirus-covid-19

### Safeguarding – supporting children not in school

- Please refer to the Trust's Safeguarding and Child Protection Policy and Procedures for 2020 2021
- Please refer to 'Keeping Children Safe in Education' September 2020.
   Children assessed as vulnerable by school

Children who have a social worker i.e. children who have a child protection plan and those who are looked after by the local authority.

A child may also be deemed to be vulnerable if they have been assessed as being in need or otherwise meet the definition in section 17 of the Children Act 1989.

Children and young people with an EHCP who cannot be safely supported at home.

The school will identify children on the edge of social care or who normally receive pastoral-type support in school through regular assessment, to ensure their safety and wellbeing.

#### Communication

In order to respond efficiently and timely to the needs of vulnerable children, communication is vital.

Communication with parents/carers – the school will ensure that up to date contact details for parents and other identified responsible adults are kept. (ARBOR). Those responsible for safeguarding and home contact should establish best times to call with the parents and a process for follow up if no response is forthcoming. For any child who has another key worker involved e.g. social worker, the school will endeavour to coordinate contact with the home and establish who is calling, when and the purpose of the call, to reduce undue duplication of contact to parents/carers.

Parents/carers communication with schools – the school will provide parents/carers with contact details for staff who they can talk to about any concerns and update this regularly to reflect staffing variations. If school have a manned office, this may simply be a school number, however if this is not the case, schools will consider how parents can inform them of changing circumstances or how to ask for advice. If schools are running fixed hours opening, this will be communicated to parents and school will consider how key messages can be received outside these hours. For families who do not have access to technology, the school will ensure this information reaches them, particularly if they are vulnerable. The same applies to families who do not speak English or are illiterate. If the school needs to communicate with a family in another language, staff will be able to contact <a href="mailto:EMTET@lincolnshire.gov.uk">EMTET@lincolnshire.gov.uk</a> who may be able to help with access to a bilingual speaker and can also support communication with Traveller families.

Schools communication with social worker/Early Help and SEND worker – Efficient contact with a child's social worker or SEND worker is key to supporting pupils and families. Where a child does not have a social worker and the child is potentially vulnerable i.e. currently in TAC or the school are considering an EHA, the school can continue to contact the Early Help consultant who will support them to risk assess the current vulnerability of the child.

#### LWL SendLocality@lincolnshire.gov.uk

West Lindsey FAST team and Cases open to Early Help in the Gainsborough Child BS Gainsborough@lincolnshire.gov.uk

Safeguarding – supporting children not in school

### Making Decisions about Vulnerable Children Attending School

In the event of a lockdown, schools will conduct a risk assessment regarding the vulnerability of every child. The risk assessment process should be clear and robust. And involve all other relevant agencies working with the child and families.

The majority of the children who are not attending school will be classified as 'not currently vulnerable'. For these children the school will consider routine checks on health and wellbeing as part of their overall communication plan around the learning at home.

All recording of communications, risk assessments and outcomes will be recorded on CPOMs and include relevant staff only.

Please also refer to COVID 19 School Safeguarding Policy Addendum

## Communication

- Vulnerable children and families as outlined in previous slides, will be contacted daily/every other day by Julie Jones and Jackie Neale (SWOs) to ensure safety and needs are being met in the home.
- Children at alternative provision providers (Springwell/Nurserys) will be contacted for clarification of their closure procedures and attendance of children by Sarah Holdsworth (AHO).
- Children with EHCP/SEND Amy Willis and Jess Highland will contact once a week and when appropriate thereafter.
- All other children class teachers, assistant heads, heads of school to contact every 2 to 3 weeks or more regularly if requested by parents or deemed necessary by staff. (This is outside of feedback through Seesaw and Showbee)
- The local authority/RSC and other schools Sue Wilson to communicate when needed.
- Trustees and Governors Jenna Comins (PA to Exec team/clerk) to contact and keep informed.
- Staff Line Mangers to communicate through emails, texts, calls etc.

# Time tables for home learning:

- Are realistic in what can be achieved at home
- Acknowledge that not all children will have support at home (parents may be working from home themselves)
- Split learning into small chunks.
- Do not require specialist resources.

# Reception timetable

Day	9:00-9:30	9:30-10.00	10.00 – 10.30	10.30 – 11.00	11.00 – 11.30	11.30 – 12.00		1.00 – 2.00	2.00 – 2.45	2.45 – 3.15
Monday	P.E with Joe Wicks	Outdoor Free Play	Phonics or Reading Challenge	Snack Numberblocks Alphablocks Or Audio Book	Maths/Writing Challenge	Free Play		Animal Magic Topic	Free Play	1:1 Reading Share a story/poem
Tuesday	Cosmic Kids Yoga	Outdoor Free Play	Phonics or Reading Challenge	Snack Numberblocks Alphablocks Or Audio Book	Maths/Writing Challenge	Free Play		Life Skill	Free Play	1:1 Reading Share a story/poem
Wednesday	P.E with Joe Wicks	Outdoor Free Play	Phonics or Reading Challenge	Snack Numberblocks Alphablocks Or Audio Book	Maths/Writing Challenge	Free Play	Lunch	Art Topic	Free Play	1:1 Reading Share a story/poem
Thursday	Cosmic Kids Yoga	Outdoor Free Play	Phonics or Reading Challenge	Snack Numberblocks Alphablocks Or Audio Book	Maths/Writing Challenge	Free Play		Science Exploration	Free Play	1:1 Reading Share a story/poem
Friday	P.E with Joe Wicks	Outdoor Free Play	Phonics or Reading Challenge	Snack Numberblocks Alphablocks Or Audio Book	Maths/Writing Challenge	Free Play		Music	Free Play	1:1 Reading Share a story/poem

# Year 1 timetable

		8.30- 9.00	9.00- 9.10	9.10- 9.20	9.20- 9.45	9.45- 10.00	10- 10.15	10.15- 10.45	10.45- 11.30	11.30- 11.45	11.45- 12.30	12.30- 12.45	12.45- 1.15	1.15- 2.15	2.15- 2.30	2.30- 2.45
N	Vlon	Finger	Cosmic	Speed	Maths	Milk	Free	English	Child	Tidy	Lunch	Speed	Art	Child	Tidy	Story
		Gym	Yoga	Sounds		and snack	play	- book talk	initiated learning	up time		Sounds		initiated learning	up time	
Ī	ues								0				Topic	0		
٧	Ved												PSHE			
J	hur												Art			
F	ri												PSHE			

## Year 2 timetable

Day	9:00-9:30	9:30- 9.45	9.45 – 10.30	10.30 - 10.45	10.45 – 11.15	11.15 – 12.00	12.45-1.15	1.15-1.45	1.45 – 2.00	2.00-2.30	2.30 - 2.45
Monday	Youtube: PE with Joe Wicks	Break	Phonics/Writing	Break	Reading	Maths	Handwriting	PSHE	Break	PE	1:1 Reading Share a story/poem
Tuesday	Youtube: Cosmic Kids Yoga	Break	Phonics/Writing	Break	Reading	Maths	Handwriting	PE	Break	Topic	1:1 Reading Share a story/poem
Wednesday	Youtube: PE with Joe Wicks	Break	Phonics/Writing	Break	Reading	ITRockstars	Handwriting	Science	Break	Picture news	1:1 Reading Share a story/poem
Thursday	Youtube: Cosmic Kids Yoga	Break	Phonics/Writing	Break	Reading	Maths	Handwriting	Topic	Break	PE	1:1 Reading Share a story/poem
Friday	Youtube: PE with Joe Wicks	Break	Phonics/Writing	Break	Reading	TTRocksters	Handwriting	PSHE	Break	Art	1:1 Reading Share a story/poem

# Year 3 timetable

Day	9:00-9:30	9:30-9.45	9.45 – 10.30	10.30 – 11.00	11.00 - 11.30	11.30 - 12.00	1.00 – 1.45	1.45 – 2.15	2.15 – 2.45
Monday	Youtube: PE with Joe Wicks	Break	Maths	Outdoor Break	Phonics	TTRocksters	English	Break	1:1 Reading Share a story/poem
Tuesday	Youtube: Cosmic Kids Yoga	Break	Maths	Outdoor Break	Phonics	Handwriting	English	Break	1:1 Reading Share a story/poem
Wednesday	Youtube: PE with Joe Wicks	Break	Maths	Outdoor Break	Phonics	TTRockstars	Art	Break	1:1 Reading Share a story/poem
Thursday	Youtube: Cosmic Kids Yoga	Break	Maths	Outdoor Break	Phonics	Handwriting	Science	Break	1:1 Reading Share a story/poem
Friday	Youtube: PE with Joe Wicks	Break	Maths	Outdoor Break	Phonics	TTRockstars	Topic	Break	1:1 Reading Share a story/poem

### **CWA 8.45 – 9.00** Digital learning feedback each day.

## Year 4 timetable

Day	9:00-9:30	9:30-10.00	10.00 – 10.30	10.30 – 11.00	11.00 – 11.30	11.30 – 12.00		1.00 – 1.30	1.30 - 1.45	1.45 – 2.30	2.30 – 3.00
Monday	Joe Wicks	Outdoor Play	Reading Challenge	TT Rockstars	Free Play	Writing	Lunch	Maths	Free Play	Topic	1:1 Reading Share a story/poem
Tuesday	Yoga Ed	Outdoor Play	Reading Challenge	TT Rockstars	Free Play	Writing		Maths	Free Play	Topic	1:1 Reading Share a story/poem
Wednesday	Joe Wicks	Outdoor Play	Reading Challenge	TT Rockstars	Free Play	Writing		Maths	Free Play	PSHE	1:1 Reading Share a story/poem
Thursday	Yoga Ed	Outdoor Play	Reading Challenge	TT Rockstars	Free Play	Writing		Maths	Free Play	Science	1:1 Reading Share a story/poem
Friday	Joe Wicks	Outdoor Play	Reading Challenge	TT Rockstars	Free Play	Writing		Maths	Free Play	Spanish and Handwriting	1:1 Reading Share a story/poem

## Year 5 timetable

Day	9:00-9:30	9.30 – 10.00	10.00 – 10.45	10.45 – 11.00	11.00 – 11.15	11.15 – 12.00		1.00 – 1.45	1.45 – 2.00	2.00 – 2.45	2.45 – 3.00
Monday	Joe Wicks	Spellings	Reading Challenge	TT Rockstars	Free Play	Writing	Lunch	Maths	Free Play	Topic	Independent Reading
Tuesday	Yoga Ed	SPaG	Reading Challenge	TT Rockstars	Free Play	Writing		Maths	Free Play	Topic	Independent Reading
Wednesday	Joe Wicks	Spellings	Reading Challenge	TT Rockstars	Free Play	Writing		Maths	Free Play	PSHE	Independent Reading
Thursday	Yoga Ed	SPaG	Reading Challenge	TT Rockstars	Free Play	Writing		Maths	Free Play	Science	Independent Reading
Friday	Joe Wicks	Spellings	Reading Challenge	TT Rockstars	Free Play	Writing		Maths	Free Play	Spanish and Handwriting	Independent Reading

## Year 6 timetable

	8.45 - 9.05 (20 <del>mins</del> )	9.05 - 9.55 (50 <del>സ്റ്റം)</del>	9.55 – 10.45 (50 minutes)	10.45 - 11.00	Sessian I (II.00 - II.40) Sessian 2 (II.50 - I2.30)		11:50-12:30	12.30 - 1.15	1:15 - 1:30	Sessian (1.30 – 2.25)		2.30-2.40	2.45-3.15
Man	Early bird - 20 .questians	MATHS - NUMBER	ENGLISH - WRITING		READING - COMPREHENSION ACTIVITIES	DAILY RUN	PUNCTUATION & GRAMMAR		STORY	HISTORY/ART WW2			CAROUSEL
Tues	Early bird - 20 .questians	MATHS - NUMBER	ENGLISH - WRITING		READING - COMPREHENSION ACTIVITIES	COMPREHENSION BIKE PID			STORY	HISTORY /ART			CAROUSEL
Wed	Early bird - 20 questians	MATHS -NUMBER	ENGLISH - WRITING	BREAK	READING- COMPREHENSION ACTIVITIES  DAILY RUN SPELLINGS - YEAR 5 & 6 LISTED WORDS  STORY SCIENCE - LIGHT & HOW WE SEE		ASSEMBLY	CAROUSEL					
Ibac	Early bird - 20 questians	MATHS - NUMBER	ENGLISH - WRITING		READING - COMPREHENSION ACTIVITIES	DAILY RUN	PUNCTUATION & GRAMMAR		STORY	HISTORY/GEOG/ART - WW2			CAROUSEL
Fzi	Early bird - 20 questians	MATHS - NUMBER	ENGLISH - WRITING		READING - COMPREHENSION ACTIVITIES	OMPREHENSION			STORY	WELL BEING/ SPANISH PSHE			CAROUSEL

## Phonics

 https://www.youtube.com/channel/UCo7fbLgY2oA\_cFClg9Gdxt Q/videos

All Trust schools follow RWI phonics. This will be delivered via prerecorded teacher/TA led video clips that can be shared on the Trust's You Tube page or Home Learning page on the TOAT website.

There are some RWI videos on Youtube (link above) and these can be used for immediate phonics learning until teachers set up remote learning online. However this is only anticipated to be a couple of days.

# English Writing (including SPAG)

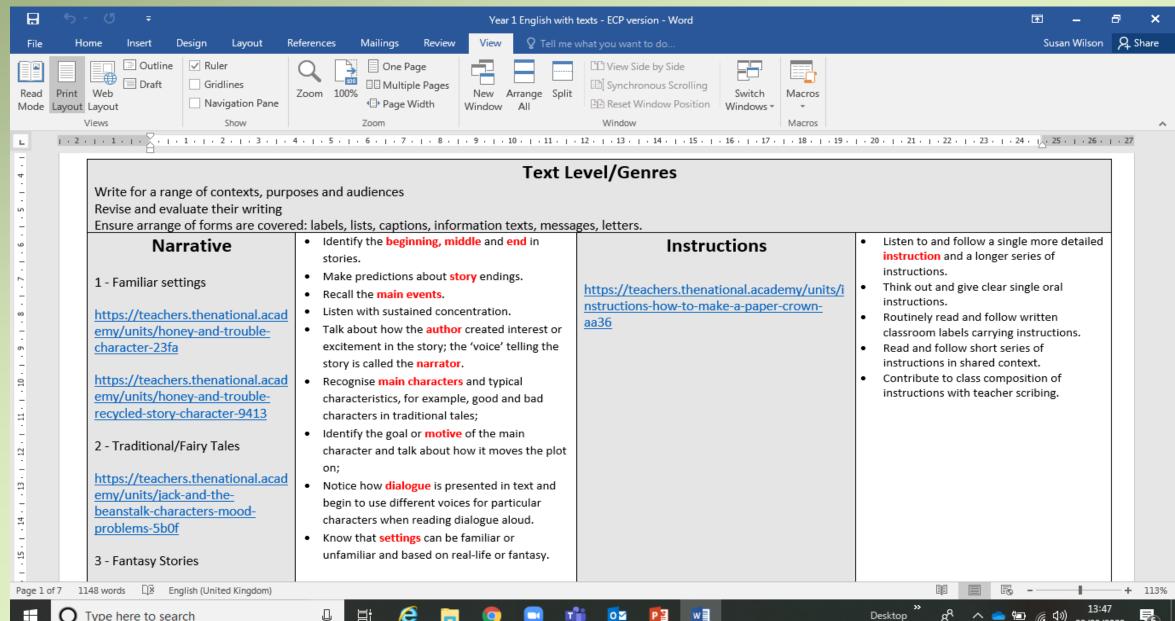
- Oak National Academy and BBC Bitesize lessons have been linked to the TOAT writing curriculum.
- Any gaps in genres will be addressed through our own pre-recorded lessons. These can be clearly identified on the long term overview.
- Word and sentence level teaching is part of the writing/text level units from Oak and this mirrors our own way of planning, teaching and learning.
- BBC Bitesize SPAG/handwriting lessons have been linked where possible.
- Teachers can also use 'Pobble' to locate any writing curriculum content.
- https://app.pobble.com/lessons/discover



- The Trust also has a subscription to Literacy Shed Plus:
- https://www.literacyshedplus.com/en-gb



# English Writing Planning



# English Reading Planning

- Oak National Academy and BBC Bitesize lessons have been linked to the TOAT reading curriculum and the 8 themes of learning.
- Any gaps in the themes will be addressed through our own online recorded lessons. These can be clearly identified.
- Guided sessions will be delivered to children via 'Microsoft Teams' with texts uploaded on to the website or through the online platforms themselves.
- Story time various teachers reading their favourite stories on our You Tube channel.
- https://www.youtube.com/channel/UCx4w6rj0WhqFx9lldHsigxg/videos
- There are also links to online stories for foundation subjects, e.g. RE, History on our Foundation Subjects Curriculum Overview ECP version.

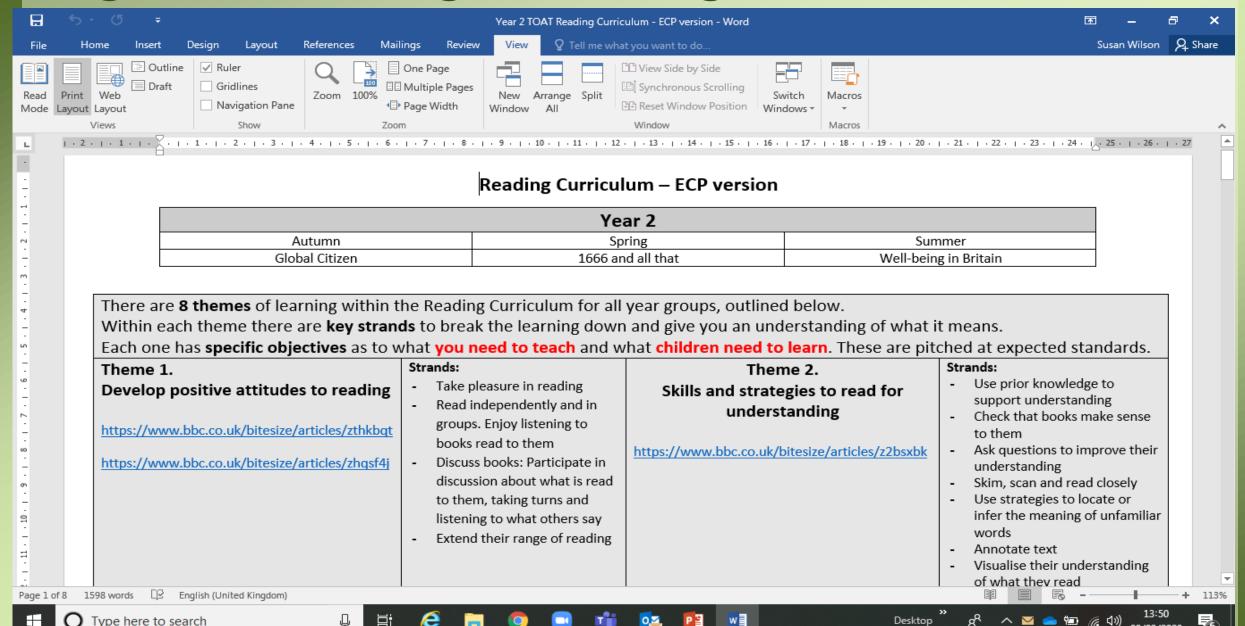
## Reading Book Websites:

Some children will not have access to a wide range of reading material at home.

The Trust schools subscribe to online Bug Club where the teachers can allocate children reading material and track their progress through this. Children will be given passwords for this.



# English Reading Planning



## Maths

- A 2 week programme for each year group initially.
- The content covers key skills or content from the summer term 2020 the children have missed.
- There is also a 'Number of the day' activity for Monday and Friday each week. The activities will be suitable for the majority of each class. The odd SEND or G&T child might need some tweaks in terms of provision.
- Each year group has a timetable with links to videos as well as a document for each day either the number of the
  day activity or a worksheet related to the video.
- Nothing should need printing. Answers can just be written on paper.
- PDFs so they can be emailed directly in their current format and opened on any device.
- All children across the Trust have access to TT Rockstars

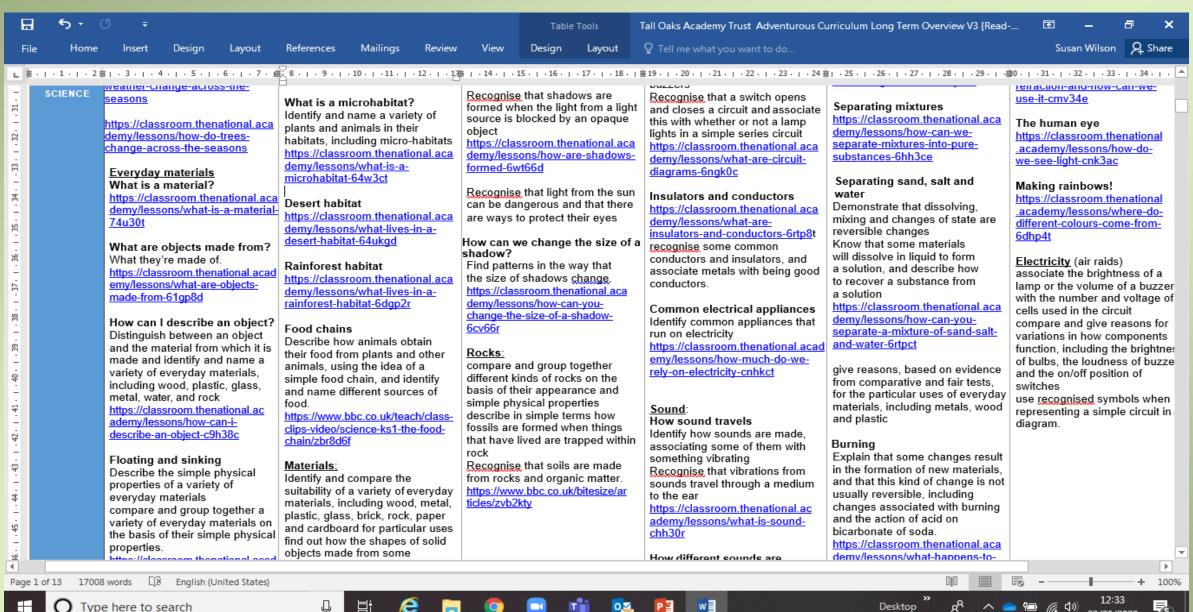
(Children will be given log on details for these)



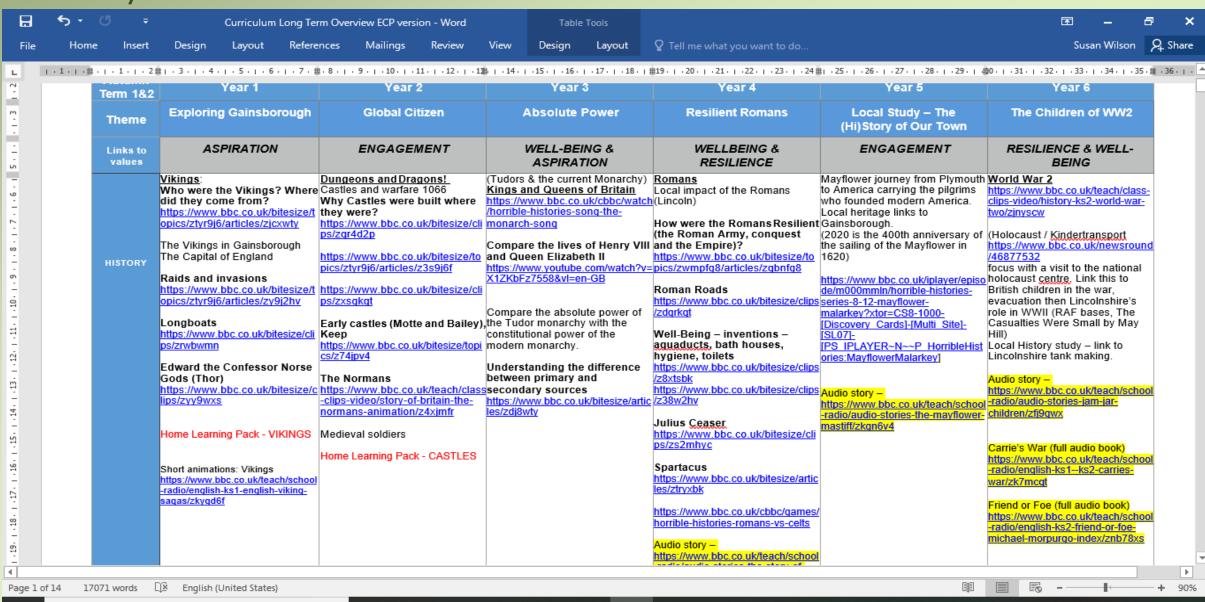
and Numbots.



### Science - linked to Oak National and BBC Bitesize

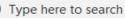


## History – linked to Oak National and BBC Bitesize



























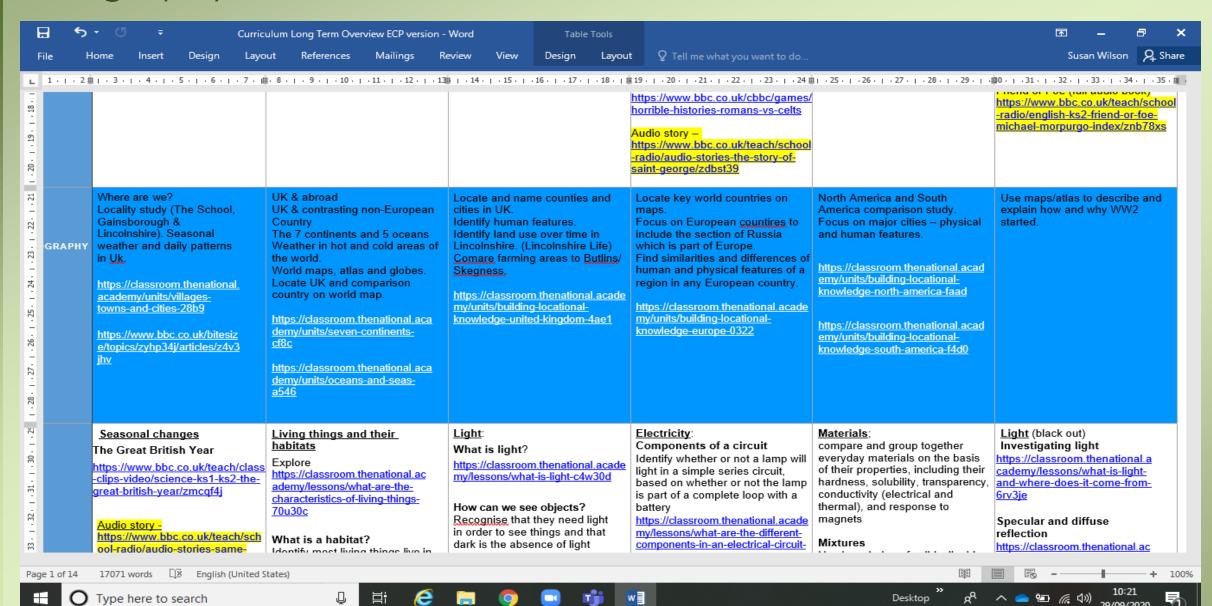




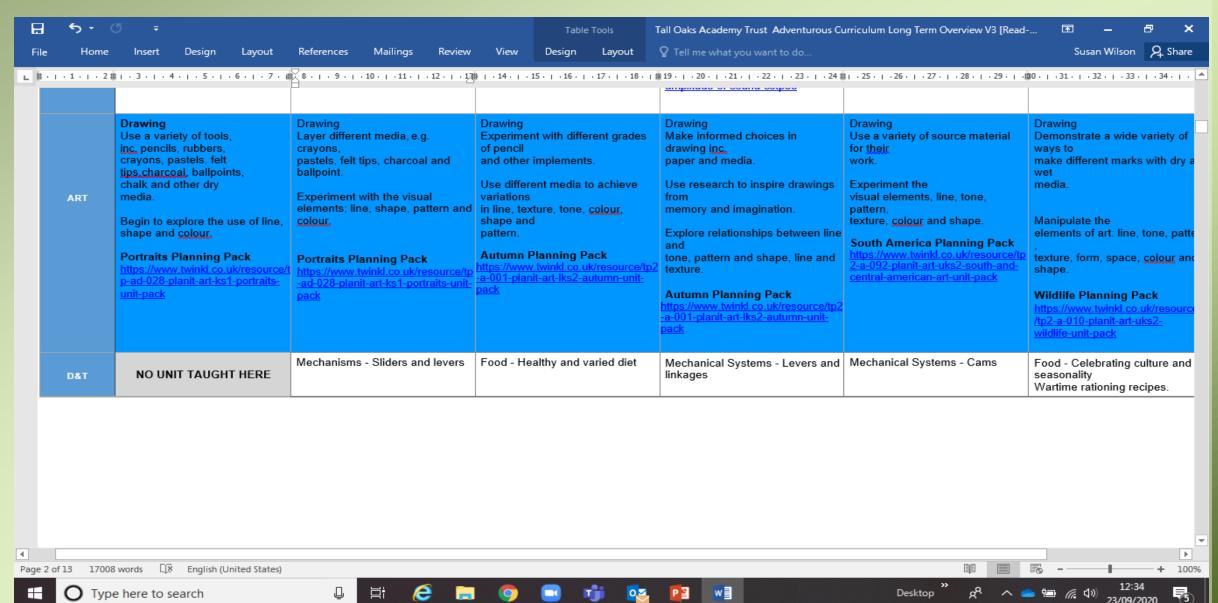




## Geography – linked to Oak National and BBC Bitesize



## Art – linked to Twinkl resources



# Physical Education/Exercise

- PE with Jo (The Body Coach)
   <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ</a>
- Cosmic Kids Yoga <a href="https://www.youtube.com/user/CosmicKidsYoga">https://www.youtube.com/user/CosmicKidsYoga</a>
- Just Dance <a href="https://www.youtube.com/JustDance">https://www.youtube.com/JustDance</a>
- Andy's Wild Workouts
   https://www.bbc.co.uk/iplayer/episodes/p06tmmvz/andys-wild-workouts
- BBC Teach Supermovers <a href="https://www.bbc.co.uk/teach/supermovers">https://www.bbc.co.uk/teach/supermovers</a>
- Go Noodle <a href="https://www.gonoodle.com/">https://www.gonoodle.com/</a>
- Zumba kids <a href="https://www.zumba.com/en-US/party/classes/class-kids">https://www.zumba.com/en-US/party/classes/class-kids</a>



# Assessment for and of Learning

### Showbie

- Teachers can set work on it
- Work in books can be photographed and submitted
- Teachers can look at the at the work, mark it and feedback instantly (verbal or written feedback)
- Designed for Ipads/Laptops/Browser use
- Voice notes can be recorded and linked to particular parts of the learning outcomes
- Children can respond and re-submit.
- Teachers can lead pre-recorded or live teaching



# Assessment for and of Learning

## Seesaw

- -Teachers can mark work (once)
- An electronic portfolio can be saved
- Teachers can communicate with parents
- Work can be shared and commented on

## Assemblies

- Leaders in schools will pre-record assemblies for children to view at home . These will be placed on the Trust's YouTube page:

https://www.youtube.com/channel/UCx4w6rj0WhqFx9lldHsigxg

In addition on the Trust website 'Home learning page'

https://www.talloaksacademy.co.uk/home-learning-4/

- Teachers will also utilise 'Oak National Academy' selection of assemblies: <a href="https://classroom.thenational.academy/assemblies">https://classroom.thenational.academy/assemblies</a>

There are assemblies on: The Science Behind Why, Space, Dinosaurs, Kindness, Togetherness, Movement, Resilience, Discovery, Wellbeing, Hope.

### Behaviour Support to be shared with parents and carers

### **Managing Tricky Behaviour**

#### **Adults and Children**

Relationships between adults and children are not equal. As adults, we are responsible for our children's safety and wellbeing and have to make decisions for them — sometimes decisions that they will not appreciate! The relationships that we have with our children are caring, loving, friendly and supportive **but they are not equal relationships.** Our children are not our friends as friendship is a relationship between equals. This does not mean that we cannot be friendly, kind and supportive of our children, just that we are the ones in the house that have the responsibility. We are the grown ups!

If there is a point of conflict in your house, remember that you are the adult and they are children. If we find ourselves arguing with our child about something we know we are in the right about, why are we arguing? We are the grown ups and we are there to make decisions.

Of course, there are times that we want our children to engage us in discussion and to question the decisions that are made. However, this needs to be nurtured and developed at the right time. Should we debate with our children about why they need to eat vegetables? Of course. Do we need to argue with a 10 year old about whether she should clean her teeth? Absolutely not.

#### **Choices and Consequences**

We live by a simple code at Mercer's Wood Academy. The choices that children make have consequences. Poor behaviour choices lead to negative consequences (sanctions such as having to repeat tasks, losing break times etc) and good choices have good consequences (the chance to choose an activity, stickers, other positive rewards). At any negative incident, we talk to children and discuss that their behaviour is a choice that there are always choices to make. We discuss the poor choice and explain the consequence. This stage is vital to make our children understand

- what they have done wrong
- what they should have done
- agree that the consequence that is in place is fair and proportional

#### **Following Through on Consequences**

Quite simply, if you tell your child that their actions are going to have a consequence then these reasonable consequences must be followed through. If you told your child that, for example, their breakfast bowl needs clearing and if they choose not to then their tablet time will be lost then this must be followed through. If your child learns that consequences are not followed through, they will have no reason to believe that any consequence is going to be given.

#### Matching the consequence to the choice

It is important that the consequence needs to match the action. Think about the ultimatum we are giving our children — does the threat of never eating chocolate again or losing their Xbox forever match the crime of not getting a pair of socks on in time? Are you going to follow through with this? Probably not. Likewise, does the consequence of simply offering an apology for deliberately hurting a sibling match the choice? If you are struggling with what sanctions to use at home, there are lots of appropriate suggestions online.

We use 'thinking time' at school. Children are placed on a table or safe area for a set amount of time. When the time is up and they are ready to talk things through then apologies can be made and we can move on. If your child is not ready, is being rude or not apologising sincerely, then they are not ready and the thinking time starts again until they are. This method gives both your child and yourselves some 'buffer time' to calm and reset.

#### What to do when you are feeling stressed?

Remember that shouting and becoming angry at your children can be damaging for your relationships and for their development. If we want our children to grow up understanding how to resolve conflicts without resorting to shouting or violence then we must model that to them.

At times like this, it is perfectly understandable and ok to feel stressed as adults. We know that our own children can press our buttons like no others! When you are feeling overwhelmed or at the edge of your control here are some simple suggestions for keeping cool. These are simple tips that I am sure we are all using but it is always worth repeating them.

- Step out of the room. If your children are safe, there is nothing wrong with you taking a minute or five out of the room to calm down before talking to them.
- Distraction. If you know you are about to bubble over, find something that you can focus on to distract you from letting negative emotions take over. This could be anything from repeating a mantra to having something in your pocket to fiddle with.
- Ask the right question. Why is my child doing this? Are they bored, tired, hungry? Do they need the toilet? Are they poorly? If you can go through these questions and realise that your child is simply bored and wants a new activity or is low on medication when under the weather then conflict can be avoided.
- Talk about your emotions Instead of being cross, talk to your children about why you are cross. When children are shouted at, they have often have a panic response and lose the ability to think rationally. I am getting cross because I asked that television to be turned off. What do you need to do before I get very cross? will achieve much better results in the long term than simply raising a voice.

#### Remember that your wellbeing is important

If we are away from school or inside for a long period of time, you need to find time for yourself. Think about what makes you tick – gaming, crafting, television, keeping fit. While we are looking at extended periods of time at home, it is important that you find time and space to be able to look after your own mental wellbeing. This is important for your whole family, not just you.

