



Home Support for Online Learning at Rise Park



We understand that we are not all together at the moment and face to face contact is difficult but we are always here for any parent or pupil who needs support. You can contact your class teacher via Showbie, call the school office or email admin@risepark.nottingham.sch.uk and someone will get back to you.

The following are some strategies that you might like to try to support your child at home if they are feeling stressed or anxious at any point during lockdown. Some of these may work and some of them may not and that is okay. Remember, our nurture specialists, Mrs Watts and Mrs Lamb are also available and you can view activities from them on the nurture area of our school website.

1. Keep your child in their usual routine. It is really important to get up as you would usually do, have breakfast and prepare to start your day. Some children may even benefit from wearing their school uniform. Familiar structures and routines help us to get ready for the day ahead.
2. Set up a work station. Where possible, try to find a space which is peaceful and your child can work without distractions. Ensure everything you will need for the day is ready. Make sure your device is charged and you have paper and pens to hand.
3. If your child is feeling stressed or is struggling with their school work, take a break. It is okay to walk away and it is okay not to complete everything in one go.
4. You might find a timetable useful with planned breaks and visual cues if needed. This will enable your child to understand the expectations of the day and also see where they are going to be able to relax and have some free choice time.
5. Break the work into smaller chunks and if you want to you can use a 'Now and Next' board to show your child what they need to do. We can help you with this if you need it.

6. Some children may find it helpful to have a timer to give them a clear start and finish time for each activity/lesson. Other children can find this overwhelming, remember you know your child best. You could use a mobile phone stopwatch or you can use one online such as this <https://www.online-stopwatch.com/>
7. If your child gets angry or frustrated, try to give them some space. It will be stressful for both of you if you battle. Let them have some time to themselves to relax and calm down. We can provide calming and self-regulation techniques for this if you need some but you could try yoga, listening to music, shouting into a pillow or drawing a picture and then tearing it up. Allow enough time for your child to be calm before you try to gently discuss the situation.
8. Provide your child with some calming/sensory equipment. This can be as simple as some playdough or a ball of blu-tac or something you can buy on Amazon such as a 'bendy man' or 'fiddle toy'. Please contact school if you need any advice or help with this.
9. If your child has dyslexic tendencies or finds it difficult to read black writing on a computer screen, you can download the Colorveil programme for free –

<https://www.aurelitec.com/colorveil/windows>

This allows you to change the density or colour of a computer or laptop screen.
10. Try to find something fun to do together every day so that your homelife is not all about school work. Play a board game, take a walk, bake together or even listen to music and dance around your living room.

Remember you do not need to struggle alone. We are always here to help and you only need to ask no matter how big or small. There also many national agencies which you can contact for support if you feel you or your child require it.

- <https://www.samaritans.org/>
- <https://www.childline.org.uk/>
- <https://www.trusselltrust.org/>
- <https://www.mind.org.uk/>
- <http://www.thecalmzone.net>
- <http://www.youngminds.org.uk>



Local Support

Here are some details of local support on offer during this time for children and families:

- If you require health support for children or babies, please contact the School Nurse team 'Public Health Nursing' on 07480 635002 or start a chat at www.chathealth.nhs.uk
- Support with issues including benefits, debt, employment and housing can be accessed through Bestwood Advice Centre 0115 962 6519 or by email on advice@bestwoodadvice.org.uk
- For support with food, please contact Chris Easton of Bestwood Park Church on 07828970959
- For mental health support for children or young people you can make a self-referral to CAMHS on 0115 876 4000 or text them on 07860 002131
- Wellness in Mind, which connects people in Nottingham city to mental health support services is running a free telephone support line between 9am-midnight, seven days a week, on 0800 561 0073 (please press option 1)
- General mental health information can be accessed via: www.nottinghamcity.gov.uk/leisure-and-culture/libraries/one-stop-online-library/mental-health-and-wellbeing
- Support for children or young people with Special Educational Needs or a Disability (SEND) can be accessed through: www.asklion.co.uk/kb5/nottingham/directory/localoffer.page?directorychannel=7
- Southglade Access Centre offer support for families, please contact them on 0115 8761890

