

# Guidance Booklet for Parents and Students during college closure

## March 2020

Naturally students have expressed real concern and worry about the current situation; we have produced this guidance with some ideas of how working from home can be managed.

### Things students can do to support themselves:

- ✓ Stick to the timings of the college day. You have been in school for years and you are used to getting up a certain time, have break and lunch at a certain time. Stick to those timings- do 5 learning activities which last 45 minutes a day.
- ✓ Stick to your college timetable, for example do History work when you normally have history.
- ✓ Make sure you do complete your homework; this is part of your GCSEs/A levels and you need to keep learning.
- ✓ Email your teacher or Head of House if you have any questions about work or how things are going. Always use your college email.
- ✓ Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting and overwhelming.
- ✓ Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- ✓ Make time to unwind. Try to do some other activities you enjoy.
- ✓ Connect with others. Talk with people you trust about your concerns and how you are feeling.

### **There are many things parents can do to support teenagers:**

Teens react, in part, on what they see from the adults around them. When parents and caregivers deal with the COVID-19 calmly and confidently, they can provide the best support for their children.

- ✓ Stick to the college timings; make sure your child is ready to work by 9am and is logged on to FROG or with their work in front of them. They should complete 5 sessions of learning of 45 minutes each day and have break and lunch at college timings where possible.
- ✓ Encourage your child to stick to their college timetable, for example do History work when they normally have history.
- ✓ Try and maintain structure. Encourage your child to wake up and go to bed around the same time, eat meals, shower, and dress. Not only will sticking to your normal routine keep your child active and less likely to spiral, it will be easier to readjust to the outside world when it's time to get back to college.
- ✓ Prepare a work space for your child; it is not advisable to let your child work alone in their bedroom. Try to keep the work space in a place where there can be some supervision and you can keep an eye on what they are doing. Our systems in college will monitor how often and how your child is logging onto FROG and staff will contact your family by phone or email to discuss any concerns.
- ✓ We recommend you log onto FROG regularly to monitor your child's work. Any issues please contact Head of House.
- ✓ Take time to talk with your child about the COVID-19 outbreak. Answer questions and share facts about COVID-19 in a way that your child can understand.
- ✓ Reassure your child that they are safe. Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- ✓ Limit your family's exposure to news coverage of the event, including social media. Teenagers may misinterpret what they hear and can be frightened about something they do not understand.
- ✓ Within government guidelines it would be a good idea to encourage breaks with fresh air.

### **Guidance re: re-opening**

- Will be on our website, on FROG and a text message will be sent.

### **College site**

- Frome College site will not be accessible once the school is closed, unless we have arranged your child to attend because you are a key worker.