



Reading School Safeguarding Guidance for Parents

Parental suggestions for home schooling

This is meant as general ideas to support your family's wellbeing during lockdown. You may have other ideas that work for your situation.

- Ensure regular wake up times, consistent with if they were arriving to school on time
- Ensure breakfast is eaten (this can also be a nice opportunity for family time)
- Your child should be dressed and ready to start their lessons at the normal time
- Ensure break times are away from screens and your child gets some fresh air and a healthy snack
- Take an interest in school work (if they will let you!) – getting the balance between interest and interference can often be tricky but patience and finding the opportunity is key [How to talk to your teenager | Relate](#)
- Use the afternoon time to get some exercise and pursue other hobbies away from screens [Benefits of exercise - NHS \(www.nhs.uk\)](#)
- Ensure you know exactly what apps and websites they are using, what they are posting, and what posts they are engaging in [Online safety | NSPCC](#)
- Keep a regular bed time routine at a regular and suitable time [Sleep tips for teenagers](#)
- Practice daily gratitude with your child before they go to bed. At a time like this, it is needed most

Attendance monitoring

We are currently monitoring your child's attendance in online lessons. It is important that your child follows a routine in the morning, getting dressed and ready for a school day as per normal. This will ensure that good learning habits are maintained and that they attend every lesson to engage in every learning opportunity provided.

What to do if you are worried about your child

It is inevitably a very difficult time for everyone, not in the least for our young people, who's worlds have become very uncertain. It is normal and expected for their behaviour to change in response to the pandemic.

Your child's tutor is available to help support, as is their Head of House, Mr McGall or Miss Ayres (for child protection or safeguarding concerns). Our student support team can also help with guidance for more nuanced educational needs.

There is also a wealth of information available online:

- [Every Mind Matters | One You \(www.nhs.uk\)](#)
- [Worried about your teenager? - NHS \(www.nhs.uk\)](#)
- [Parents survival guide \(youngminds.org.uk\)](#)



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How to spot signs of mental health or wellbeing concerns

This is not an exhaustive list and wellbeing concerns will present differently. If you notice any of these patterns below or anything else you are concerned about, speak honestly and openly with your child using the link below for guidance, get support from their GP, or speak to one of our pastoral team.

[Advice for parents and carers | Talking mental health](#)

Your child may display any or none of the following:

- Continuous apathy
- Voicing / indicating feelings of hopelessness and helplessness
- Being irritable and intolerant of others
- Little or no enjoyment of things that were once interesting to them
- Increasing social isolation
- May complain about lack of sleep

Support Available from School

Your child's pastoral team includes their tutor and Head of House, Mr McGall or Miss Ayres, all contactable by email.

Steve, our School Counsellor, and Coralie, our NHS School Nurse, are also available for appointments (primarily over the phone).

The Student Support Team are doing a number of things to support students while working from home:

- They have set up individual 'Teams' for SEN students in order to maintain good contact
- They are updating Passports to include tips and support for remote learning,
- They are running a range of activities to encourage social interaction from home across the years groups.
 - Thursdays: Auxilium Hangout between 2.30pm and 3.30pm – includes [Skribbl](#), [Haloween Google Doodle \(2018\)](#), and [AmongUs](#)
 - Wednesdays: 2.30pm and 3.30pm [Backstabbr](#) session
 - TBC: Quiz slot
 - The Channel of Joy on Teams

