

Parent Tips for Balancing Work and Home School

Balancing home schooling and work can be tricky. The following tips have been put together by a parent of a Y3 student. Jennie has written her own tips that have helped her in lockdown so far.

Our email address – remotelarning@greatlinfordprimaryschool.co.uk is available to all parents looking for help or support at this time.

My Guide to Balancing Work and Home-schooling

By Jennie

6AM - WORK BLOCK 2 HOURS

8AM - BREAKFAST/GET CHANGED AND WASHED (CHILD AND YOURSELF!)

8AM - BLOCK WORKING 1 HOUR (WHILST BREAKFAST IS BEING EATEN)

9AM - SCHOOL STARTS 1.5 HOUR BLOCK (GET ACTIVE TO ENGAGE BRAIN - JOE WICKS KIDS WORK OUT ETC ETC) START GOOGLE CLASSROOM WORK

10:30AM - BREAK/ WORK

10:45AM - GOOGLE CLASSROOM WORK 1 HOUR

12PM - LUNCHTIME BREAK / 2 HOUR BLOCK WORKING

2PM - GOOGLE CLASSROOM WORK 1.5 HOURS

3:30PM - 'AFTER SCHOOL - STAY AT HOME CLUB' - LET YOUR CHILD DECIDE WHAT FUN ACTIVITY TO FINISH THE DAY WITH, THIS CAN BE USED TO MOTIVATE THE CHILD THROUGHOUT THE DAY.

5PM - DINNER/WORK 2 HOURS IN EVENING

SLEEP, REPEAT UNTIL END OF FEB 😊

DO NOT FEEL GUILTY OF BAD IF YOU GO OFF PLAN, THS WILL HAPPEN ALMOST DAILY. THE ABOVE IS PURELY A GUIDE TO GIVE YOU AND YOUR CHILD AN IDEA OF ROUTINE. THIS WILL HELP YOUR CHILD TO UNDERSTAND THE EXPECTATIONS WHILST HOME SCHOOLING AND JUGGLING WORK.

IF AT ANY TIME YOU AND YOUR CHILD BECOME STRESSED, STOP, RESET AND START AGAIN 😊

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