

Digital wellbeing is about finding balance and will take preparation and careful consideration. We offer the following advice:

- What this looks like in practice is different for everyone
- In normal everyday life, our phones and screens provide a distraction.
- To be happy and healthy, we all need time 'offline.' This means time completely away from devices (including gaming) for our minds to unwind.
- Remote learning presents new challenges and opportunities. Think about some of the tips below to support digital wellbeing.

<https://bit.ly/3bWRqi3>

**internet
matters.org**

Supporting your child with using the internet with these 4 steps

<https://barrbeaconschool.co.uk/pe-enrichment/>



Keep active during lockdown with our PE department's suggestions for activities and resources they have produced.



Opticians advise the 20: 20: 20 rule when looking at screens a lot.

Every 20 minutes look at something 20 feet away for 20 seconds.



After lessons, wherever possible, do something physical. Get some fresh air. It's important to use the evening productively to unwind.



Whilst working hard in front of the computer, we need to keep hydrated.

Ensure that you take the breaks provided and stretch your legs, walk around, get a snack!

Relaxation and Wellbeing

- Establish a daily routine with a timetable.
- Ensure that exercise and face to face conversation features.
- Consider daily practice such as

Meditation

- Top tips for meditation
<https://www.youtube.com/watch?v=Mb19Ee8Dino>
- A short meditation
<https://www.youtube.com/watch?v=ldFD-L-Csz0>
- A 10 minute reset for mind and body
<https://www.youtube.com/watch?v=QHkXvPq2pQE>



1. Take an active interest in your child's learning

As a parent or carer, remote learning will be a new concept for your child and there are bound to be a few teething problems to start with. Wherever possible, take an active interest in their learning and help support them whenever they need a helping hand.



2. Monitor your child's communication and online activity

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.

3. Establish a daily schedule and routine

Working from home/ trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule to help children keep on top of their daily learning.



4. Encourage screen breaks away from devices

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teacher's will invariably advise on screen breaks however it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.

5. Ensure your learning device is in a public space in the home

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6. Implement safety controls and privacy restrictions on apps and software

Should your child be required to download certain software or apps, parents should still implement safety controls as a precaution. Visit www.internetmatters.org for support and advice.

7. Ensure your child only uses official school communication channels

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8. Familiarise yourself with relevant school policies

Familiarise yourself with the guidance on remote learning and ensure that you know what is expected of teachers and your child during lessons, both online and offline.

9. Maintain feedback with teachers

Engage in communication with teachers where possible and try to feedback progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10. Monitor your child's wellbeing and mental health

Keep a check on your child's wellbeing and try to encourage them to get out as much as you can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends everyday might take its toll.

How can parents/carers monitor their child's digital wellbeing?

This list of helpful hints provides helpful ideas about how to ensure your child's success with remote learning.

Reduce the glare from your screens using the following links:

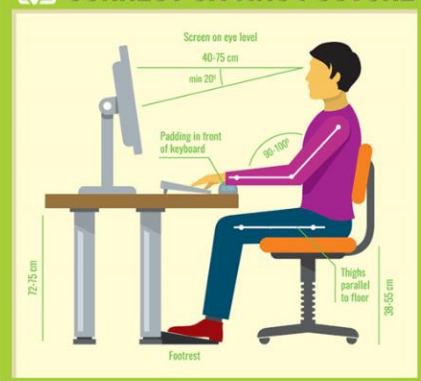
Windows 10 PCs, the official guide is here
<https://support.microsoft.com/en-us/windows/set-your-display-for-night-time-in-windows-10-18fe903a-e0a1-8326-4c68-fd23d7aaf136>

Mac OS will be slightly different, shown here
<https://support.apple.com/en-gb/HT207513>

iPhone - <https://support.apple.com/en-us/HT207570>

Android
- <https://support.google.com/pixelphone/answer/7169926?hl=en>

CORRECT SITTING POSTURE



Think about sitting position when using laptops and computers.

THE IDEAL REMOTE LEARNING WORKSPACE



DESIGNATED SPACE FOR SCHOOLWORK

Make sure to set up a workspace with intention.

REMOVE DISTRACTIONS

Take a moment to sit down at your child's workstation and note any potential distractions. Some will jump right out, but some may be less obvious.



ORGANIZE MATERIALS

Depending on your child's age, they may need help organizing their workspace to be prepared for the day.



ADEQUATE LIGHTING

Assess the lighting in your student's workspace, checking for glare on the screen, whether they could benefit from a desk lamp and if there is good natural light.



RULE OF 90

When sitting at a table, children's hips, knees and elbows should all be positioned at 90 degrees. Feet must be firmly planted on the floor.



APPROPRIATE FURNITURE

Furniture needs to be the correct size or be modified to help children fit comfortably and meet the Rule of 90.



Social Media

During lockdown, it is important to keep in contact with friends. However, our advice is:

- Remove mobile devices and therefore the temptation to access social media during lesson time. This will provide a distraction from learning and success in lessons.
- Limit time spent with social media outside of lesson time. Have a set time before and after school.
- Have a central charging hub for devices at night time so that children do not use social media at night time.



Childnet offers

the following advice on safety whilst using social media:

<https://www.childnet.com/teachers-and-professionals/hot-topics/social->



Online Gaming

Whilst pupils may want to unwind from their day of learning, it is still important to have time away from screens.

Childnet offers the following advice on gaming for young people and parents.

<https://www.childnet.com/ufiles/Online-gaming-an-introduction-for-parents-and-carers-2017.pdf>