



Our Ref: LD/cc/DLE/LiveLessonsWell-being

25th January 2021

Dear Parents/Carers

Live lessons and well-being

Barr Beacon School
www.barrbeaconschool.co.uk

We all know that spending all day in front of a screen without breaks can be detrimental to our well-being. It is also bad for learning if we just go from one challenging activity to the next without giving our brains a couple of minutes to 'unload'. Our working memories get overloaded quickly and need short breaks so we can prepare to take on new information.

After taking parent feedback, synthesising the latest research on digital learning and consulting with pupils on School Council we have decided the following:

- **Teachers will be making the last five minutes at the end of each lesson a 'transition time', allowing pupils to leave their lesson to take a short break.** Pupils may use this time to pop to the toilet, get a bit of fresh air, top up their drink or get setup for their next lesson. As they would in school, teachers will clearly signal when pupils can 'leave' the live lessons. Pupils will need to make sure they attend their next live lesson on time.
- Particularly where pupils have double-length lessons, teachers will try, wherever possible, to plan activities which will allow pupils to build in a short break. For example, they may be given half an hour to work on something which is expected to take 25 minutes. They can then choose where to take their 5 minute break. Teachers will stay in the lesson and be available to provide additional help if any pupil requests it. But otherwise, pupils will be able to work at their own pace for these phases of the lesson. As long as your child completes the work to the best of their ability they may choose when to step away from their digital device for a few minutes. In this way, we will be replicating the learning environment we have in school as closely as possible.

This will begin for all years on Monday 25th January.

If, at any point, your child is finding being in front of the screen difficult for an extended period and needs to take a few minutes for themselves, they just need to notify their teacher using the Chat on Teams.

If your child is really struggling with digital learning, then we can issue them a work pack instead. Please get in touch at the usual address: postbox@barrbeaconschool.co.uk

Next week's PSHE lesson is focused on well-being and we will be issuing further supportive guidance for parents and pupils shortly.

Thank you for your continued support.

Yours sincerely

Ms L Draycott
Headteacher



Barr Beacon School
Old Hall Lane
Aldridge
Walsall
WS9 0RF
West Midlands



0121 366 6600

@barrbeaconsch

postbox@barrbeaconschool.co.uk

