



## Our Lady's Bishop Eton Primary School



### Online Safety: Remote Learning



### TOP TIPS for Remote Learning for Children

Even though you are learning at home, keeping yourself safe online is as important at home as if you were in school. Working at home is not always easy as there can be more distractions around you but it's important to try your best to complete the tasks that your teachers have set for you. Here are some tips to help you stay safe online whilst remote learning:

- Always make sure that an adult is around when you are accessing the internet.
- Make yourself a timetable so that you can plan for remote learning time with breaks in between.
- When you are working at home, try and find somewhere where you are able to sit and concentrate properly.
- Ensure your computer / laptop/ ipad or other learning device is in a public space in the home so that you are not tempted to be distracted by other online activities.
- Don't spend all day every day in front of a screen. Make sure you get some fresh air, plan some nice breaks and activities in between the tasks set by your teacher and give your eyes time to rest from any devices you are using.
- Look after your mental health and wellbeing. Remote learning ultimately means working alone and missing out on seeing your friends and daily social interaction. If you ever feel frustrated, low or sad, it's important to discuss these feelings with an adult.

### TOP TIPS for Remote Learning for Parents and Carers

It is important to remind your child that despite being at home, the same level of online behaviour and conduct exists as if they were at school.

Here is a summary of Top Tips to help your child to stay safe online whilst remote learning:

- Monitor your child's communication and online activity
- Establish a daily schedule and routine
- Ensure your learning device is in a public space in the home
- Encourage screen breaks away from devices
- Monitor your child's wellbeing and mental health