

How to support your child studying at home



When should they be studying?

Please encourage your child to try to follow their normal school timetable. For example, if they have Science Period 1 on Monday, they should be studying Science between 8.30am and 9.30am on Monday mornings.

TIME		
Lesson 1	8:30	Lesson 1
Lesson 2	9:30	Lesson 2
Break	10:30	Break
Lesson 3	10:50	Lesson 3
Lunch A: 11:50–12:30	11:50	Lesson 4:
Lesson 4:	12:30	11:50–12:50
12:30–13:30	12:50	Lunch B: until 13:30
Lesson 5	13:30	Lesson 5
VT Time	14:30	VT Time
End of School	15:00	End of School

From 2.30pm until 3pm they should be completing independent reading.

If someone is available to listen to the child read aloud, that would be very beneficial. They can also complete quizzes for Beyond Words; this will be available to you from home!

How will they know what to study?

Teachers will be setting work for students on DPR.

- You can log on to DPR using the helpsheet online. If you do not have your login details you can email molla.abdullah@heartlands.haringey.sch.uk

Work will be set as follows, please check DPR at the end of the day:

- Monday: Year 7 and 11 work
- Tuesday: Year 9 and 10 work
- Wednesday: Year 8 work

Staff will also be using Google classroom to provide resources. We are aiming to give feedback once a week.



How do I help my child's Mental Health?

Encourage your child to:

- Rest
- Exercise
- Limit recreational screen time to 60-120 minutes a day
- Talk with the family

What do I do if I am worried about my child?

They don't seem to be doing any work...

- Email their tutor or Head of House, make sure you are checking the DPR and monitoring the percentage of assignments completed

They seem very down and I can't get through to them...

- Make sure they are active enough
- Make sure they are eating and drinking enough
- Give them a quiet space to use www.kooth.com on line service to support them

The Haringey Agency Safeguarding Hub Team are available to help if you have concerns please contact them:

- Monday to Thursday 8.45am to 5pm; Friday 8.45am to 4.45pm
Tel: 020 8489 4470
- Out of office hours, including weekends the Emergency Duty Team
Tel: 020 8489 0000

A reminder of key contacts

If you need to contact a key member of staff please do so via email in the first instance. A reminder of the Heads of House emails:

Mr Corey aquila@heartlands.haringey.sch.uk

Ms Watson lacerta@heartlands.haringey.sch.uk

Ms Heath scorpiuz@heartlands.haringey.sch.uk

Ms Phillip cygnus@heartlands.haringey.sch.uk

Ms Martin pegasus@heartlands.haringey.sch.uk

Please don't forget you should also keep logging onto [MyChildAtSchool](#) where you can see all the merits your child is getting.

What if my child is sick?

In the event your child is sick and can not work please email attendance@heartlands.haringey.sch.uk and their tutor.