



Jubilee with Pebblebed Federation Online Home Learning Guidelines for Pupils

We want you to stay safe online. Remember that anything you do on the computer, phone, tablet or internet may be seen by someone else.



Please can you ...

- only open pages on the computer which parents, carers or teachers have said are safe.
- talk to your parents, carers or teachers before using anything on the internet that you're unsure about.
- tell your parents, carers or teachers if anything makes you feel scared or uncomfortable.
- make sure that all the messages you send and comments you leave are polite and positive.
- tell your parent, carer or teacher if you get a nasty message. Do not reply to it.
- not give your phone number or address to anyone on line.
- not tell people about yourself on line (do not tell them your name, anything about where you live, where you go to school or clubs you attend).
- not upload any photographs of yourself onto the computer or online without your parent or carer's permission.
- keep all passwords private.
- only talk to people that you know and that your parents/carers have agreed to online or on the phone.
- never share photos or phone, video call or meet a stranger.
- always make sure a parent/carers knows who you are talking to or messaging.



Google Classroom

- When using Google Classroom, the teacher may let pupils comment, or they may have turned comments off.
- If you are allowed to comment you must remember our learning online behaviour – you are polite and positive and comments should be related to your learning.
- Remember – teachers can see exactly who posts what on Google Classroom.
- If you are posting photos of your learning, please remember to do so safely – remember to always check with your parent/carers before uploading a photo – and try to make sure your photo is of the learning not of a pupil.
- When using Google Classroom you should not be in your bedroom, you should be fully dressed and not in your pyjamas and you should check that there are suitable things in your background e.g. no photos or posters.



Unacceptable Use of Google Classroom

- Do not create or send messages or comments that might upset other people.
- Do not use rude or unkind words.
- Do not use another person's username and password.
- Do not share your username or password.
- Do not look at, or change work, that belongs to other people without their permission.
- Do not share pictures or make video calls without checking with your parent/carers.



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Learning from home



We have put together some guidance to help you with learning at home. It can help you understand our expectations whilst you are learning from home and provide you with information about how to stay physically and mentally well.

We will stay in touch with you whilst you are learning from home, this will be mainly through Google Classroom. Sometimes we may ring your parents to check that everything is alright too.

There is a timetable of work to complete each day on the school website and there may be further ideas and explanations on Google Classroom. Your teachers will be checking that you have completed your work and providing you with feedback. If you are struggling with any parts of your work please get in touch through email or Google Classroom, or ask your parents to contact us.

Staying Safe



There may be times when you're feeling worried or concerned about something. You should always tell someone if you feel this way- even if it doesn't seem like an important thing. There are lots of different people you can talk to whilst you're at home including:

- Parents, carers or someone else in your family
- Teachers or members of school staff
- Anyone you trust

If you are finding it difficult to speak to anyone, you can start the conversation with something small, like telling someone what you had for lunch, or what you have learnt that day.

Some people find it helpful to write things down in a letter. Childline have some really handy tips under 'how to start a conversation' on this web page:

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/getting-help/asking-adult-help/#Writesomeonealetter>

Staying Well



It is important to make sure that you look after your physical and mental health.

You should make sure you have a sensible place set up to learn from. If possible you should sit at a table or desk, ensuring your back is supported, rather than laying on your bed or the sofa.

If you ever feel unwell or unable to complete the work set, you should tell your parents who will tell us.

To make sure you are staying mentally well, try some of these ideas:

- Get into a routine – you could make sure you wake up and go to bed at the same time each day.
- Talk regularly with your friends and family.
- Stay active – try getting out for a walk with your family every day.
- Eat normally-3 meals a day at regular times.
- Read more often.
- Use the time to develop a new skill – painting, learn a language or learn how to bake.
- Take a break from the computer screen!
- Try practising breathing techniques- the charity Mind has lots of helpful information here: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>
- Watch Newsround to see what else is going on in the world.