Home Learning Heroes

WELCOME

We hope you and your families are well. In our efforts to keep in regular contact with you, share home learning advice and lift spirits, we will be producing a weekly home learning newsletter. We hope you enjoy reading our updates and find the information and links helpful.

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THE SCHOOL OF MUM AND DAD

Parents across the nation have been presented with the challenge of home schooling whilst schools remain closed.

Online Resources

We appreciate that many parents may need to work and juggle childcare. Rest assured, we don’t expect you to replicate school, however there are plenty of online resources to help your child continue their learning journey and keep them entertained!

Routine

Like a school day it is important to establish a routine. The key is finding what works for you as a family but draw a line between home life and school:

- Don’t spend all day in pyjamas
- Come together for a mindfulness session (ideas on page 3)
- Be active
- Take breaks

Encouragement and Praise

To maintain enthusiasm and focus from your child, remember to praise your child for the work they are doing and encourage them to keep trying. To begin with they are likely to be more motivated to engage in their home learning, as time goes on this may change.

Family Activities

Remember, whilst learning is important, at this time of unprecedented uncertainty, so are family activities. Here are a few family activities that you might like to enjoy:

- Play board games
- Enjoy a movie together – whilst your child might watch a movie whilst you make a video call for work or catch up on work emails, make sure you make time to sit with them and get lost in a film together, perhaps a favourite from your own childhood.
- Encourage reading – for fun and some quiet time away from the screen. Pick up a book or magazine yourself at the same time, books are a great form of escapism.
- Grab some fresh air – if you have access to a garden, pop your coats on and why not have a picnic at lunch time.

Most importantly, keep talking to one another.
SOMEBODY OVER THE RAINBOW

Rainbow pictures are springing up across the country.

Children are putting up paintings to "spread hope" after a trend started online.

These lovely pictures were shared on Twitter from some INIS and IJS children.

PE WITH MR WICKS

It was great to see so many images of the children joining in and participating in the first live PE session hosted online by The Body Coach, Joe Wicks.

800,000 families nationwide tuned in for the first work out on Monday, and over 950,000 on Tuesday. Some of the children from our schools shared these pictures on Twitter...

Joe Wicks is hosting live PE classes every day at 9am via his [YouTube channel](https), in order to keep the nation fit and healthy.

A great way to start the day and keep active. Don’t forget your PE kit!

Want an alternative? Mr Mair, who some of you may remember worked at IJS as PE Lead for 6 years, has shared some [5 min workouts for kids](https) (click the link or type Mr Mair in to YouTube).

LADYBIRD, LADYBIRD FLY AWAY HOME

There are lots of ladybirds in the garden at this time of year. Why not step outside and see how many you can find in your garden?
**STAY MINDFUL**

**What is mindfulness?** - Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

When you practice mindfulness, you're training your attention. Research shows that practising mindfulness can improve attention for just about everybody. Each week we will share a mindful activity that you might like to try...

**Body Scan**
The body scan is a key practice in mindfulness, and an easy one to teach to children.

- Have your kids lie down on their back on a comfortable surface and close their eyes;
- Then tell them to squeeze every muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone;
- After a few seconds, have them release all their muscles and relax for a few minutes;
- Encourage them to think about how their body is feeling throughout the activity

This simple exercise gets kids to be more aware of their bodies and helps them find a way to be present in the moment.

**NEW HELPFUL LINKS**

Below is a list of links that have been added to the Home Learning section of the school website since it was shared initially.

**Parental Controls**

You will have been emailed a guide on how to apply parental controls to your devices at home. If you don’t have these in place, we strongly advise that you do this in the interest of your child’s safety online. These are also on the school Home Learning webpages:

- INIS
- IJS
- FIS
- FMJS

**We’re going to the ‘virtual’ zoo, zoo, zoo…**

Many of the zoos have webcams set up so virtual visitors can enjoy seeing the animals. Here are some of our favourites:

- Edinburgh Zoo
- Dublin Zoo
- San Diego Zoo
- Houston Zoo

Or, why not take a virtual trip to Folly Farm or explore animals in the wild with Cumbria Wildlife Trust.

Why not ask your child to do a fact sheet on their favourite animal?

**Elevenses with the World of David Walliams**

David Walliams is sharing a free audio story every day. These stories are approximately 15 minutes long, a perfect opportunity to grab a coffee, and sit down and enjoy a story with your child.
HOME LEARNING HEROES
You are all home learning heroes, but here are a few images to share with you all...

Well done to you all! Keep up the great work and positive attitude 😊