WELCOME

We hope you and your families are well and you enjoyed reading our first edition of the newsletter. It’s been great to see so many positive messages and images of your home learning journey on Twitter and via email. Please do keep sharing these moments with us, it’s not only great for us to see but offers inspiration and hope to others.

SUPPORTING HOME LEARNING

The images and updates you have been sharing have really illustrated how committed you all are in helping your child continue to learn.

Each family has different circumstances, commitments and approaches, but that’s okay. There is no perfect formula.

Each family will evolve and adapt their home learning routines.

We would like to share some guidance to help you create and maintain a positive learning environment:

- Be realistic about what you can do - you’re not expected to become teachers and your children aren’t expected to learn as they do in school. Simply providing your children with some structure at home will help them to adapt.
- Experiment in the first couple of weeks, then take stock. What’s working and what isn’t? Ask your children, involve them too.
- Share the load if there are 2 parents at home. Split the day into 2-3 hour slots and take turns so you can do your own work.
- Take care of your own health and wellbeing.
- Create and stick to a routine if you can. This is what children are used to. For example, eat breakfast at the same time.
- If you have more than 1 child at home, consider combining their timetables. For example, they might exercise and do maths together – see what works for your household.
- Make time for exercise and breaks throughout the day.
- Distinguish between weekdays and weekends, to separate ‘school’ life and home life.
- Finally, have fun, make memories and be kind to each other.

Remember, we are here for you. Please get in touch should you have any concerns or just want to chat through your ideas and approach.

CHILDREN’S GUIDE TO CORONAVIRUS

There have been big changes in our lives because of coronavirus.

All these changes might make children feel scared or worried. That’s OK. It’s totally normal to feel like this.

The Children’s Commissioner has produced a helpful guide to help children understand and answer their questions about coronavirus.

It includes a ‘Worry Buster’ sheet for children to write down or draw any worries they have and share with a trusted adult so they can chat through their concerns.

If you haven’t done so already, please share this with them on screen.
LETS ROOT FOR EACH OTHER AND WATCH EACH OTHER GROW!

Children love to get mucky in the garden and explore the nature around them. Why not plant some seeds together, make plant labels to mark where and what seeds have been planted.

Whilst outside, go on a mini-beast hunt and explain how bugs and creepy-crawlies are good for the soil and plants. Check out the Woodland Trust Minibeast Facts

Some of our children have been busying planting their own seeds. Great work!

KEEPING IN TOUCH

To keep in touch with friends and family, why not encourage the children to write to each other. Royal Mail has said people are safe to continue sending and receiving mail during this time.

A letter is a lovely thing to send and receive. I am sure the children will be thrilled to get a letter back.

It is a great way to practice handwriting too and learn the art of letter writing. Check out some online resources on Twinkl.

STAY MINDFUL

What is mindfulness? - Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Why not try out this week’s suggestion...

The Mindful Jar

This activity can teach children how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

First, get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Finally, use the following script or take inspiration from it to form your own mini-lesson:

"Imagine that the glitter is like your thoughts when you’re stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That’s why it’s so easy to make silly decisions when you’re upset – because you’re not thinking clearly. Don’t worry this is normal and it happens in all of us (yep, grownups too).

[Now put the jar down in front of them.]

Now watch what happens when you’re still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you’re calm for a little while, your thoughts start to settle and you start to see things much clearer. Deep breaths during this calming process can help us settle when we feel a lot of emotions”

This exercise not only helps children learn about how their emotions can cloud their thoughts, but it also facilitates the practice of mindfulness while focusing on the swirling glitter in the jar.

Try focusing on one emotion at a time, such as anger, and discuss how the shaken verse settling glitter is like that emotion.
OVERCOMING OBSTACLES

Why not set up an obstacle course for your child, make some space, ideally outside in the garden and set up a circuit of obstacles. Try one of these variations...

**Animal Sounds Obstacle Course** - find any toy animals that made a sound (the toy doesn’t have to make a sound, just the animal it represents). Lay them out equal distance apart and agree the start/finish line. Every time you jump over an animal you have to say the sound it makes! Try adding a time limit to do it faster and faster.

**Back garden Obstacle Course** – you don’t need lots of sports equipment to create a small course in your garden, get your child involved in setting it up. Here are a few ideas for inspiration:

- Lay down a skipping rope and walk across it like a tightrope.
- Throw beanbags or tennis balls into a bucket from a distance.
- Do 20 jumping jacks at the jumping station.
- Create a paper plate ring toss by cutting out the centre of some paper plates and trying to hook them over a water bottle.
- Knock items out of a bush or tree using a water pistol.
- Place two buckets at either end of your garden. Fill one up with water. Your child must scoop the water into a small paper cup and transfer it to the empty bucket.
- Lay out a ladder and bunny hop through it.
- Get from one obstacle to another with a ball wedged between your knees.

WHAT A CRAFTY IDEA!

We love this upcycling idea. Use your old milk carton and make your very own Elmer the Elephant.

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.

**Harper Collins – reading activities**
A range of free downloadable teaching resources and fun activity sheets, based on popular books, to help children engage in reading.

**Resources and Activities**

**Scientific Discoveries**
The Science Museum brings together resources including activities, games and videos to support a range of curriculum topics!

**Hungry Little Minds 0 -5years**
We wanted to share this website for anyone with younger children at home that might welcome so ideas. Hungry Little Minds offers simple, fun activities and apps for kids from newborn to five years old.

**BBC Bitesize – Keep Learning at Home**
Daily content that supports your education and wellbeing.
HOME LEARNING HEROES

You are all home learning heroes, but here are a few images to share with you all...please keep sharing your images and updates with us on Twitter!

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