

Scotland Learns

3 December 2020

Parent and Carer Newsletter



Winter Edition

This issue includes:

Creative challenges:

- creating constellations
- bauble bonanza
- light and shadows

Winter activities

Support and advice for
parents of children with
additional support needs

Gaelic activities

Support for families



In this winter edition you will find a number of creative challenges, winter activities and activities in Gaelic. There are links to news and updates for parents and carers as well as support for families.

Sign up 

Creative Challenges

Creating constellations

On a dark, clear evening look up at the stars and draw only the stars you can see. Now create your own constellations – draw lines between them, make what shapes you can find, and then give them names! Can you create a constellation of your favourite animal?

Bauble bonanza

Using only what you can find around your house make your own baubles to hang from the Christmas tree... without bringing it crashing down! Can you make three totally different ones? Maybe one from building bricks, one that is bizarre, and one that is beautiful?

Light and shadows

Using a single sheet of scrap paper or card, create a wintery shape – it could be a tree, an animal, or a toy. You can cut out, fold or crumple. Then hold your shape in front of a light and look at the shadow it creates. Can you invent a wintery shadow puppet play using your toys and your creation?

Activities and games

There are still some restrictions to the activities we can do, but that does not have to stop the fun. [Parent Club have an activity and games section](#) to give you some ideas for all the family.

Panto time, Oh yes it is!

With many of our festive shows being cancelled this year here are a few ideas to enjoy a free family [panto experience from the comfort of your own home](#).

Movie nights

To help you select a movie that suits the needs of your family visit [common sense media website](#).

Winter activities



Support, advice and ideas for parents and carers of children and young people with additional support needs



Call Scotland

Call Scotland have a wider range of support materials to assist children and young people with additional support needs to access digital devices.

Immersive reader and translate to support English as an additional language

If you or your child requires support to read written materials or you require materials to be translated into another language then the Glow immersive reader function can help. To change the language select the translate option and choose your required language.

Enjoying a story

Everyone loves a good story. As the winter nights draw in there are many ways to enjoy a story. For a range of accessible stories try CBeebies Bedtime stories.

Sensory stories

To support children with more complex additional support needs sensory stories are effective. Sensory stories are stories where lines of text are partnered with a rich sensory experience that helps convey the meaning of the story.

Winter menu

With the festivities almost upon us, here are a few suggestions about making cooking fun and engaging for your child. Ten ways to make cooking a sensory activity for you and your child.



Social stories and comic strip conversations



Activities in Gaelic



sneachd	àlainn	còta
fuar	solais	deigh
brèagha	bleideagan	bòtainnean

Cuidichidh am faclair Learn Gaelic le brìgh agus fuaimneachadh.

An urrainn dhut smaoinichadh air facail eile agus an cur ris an liosta seo? Dh'fhaodadh tu sireadh-fhacail a dhèanamh a' cleachdadh nam facail sin agus iarraidh air buill den teaghlach agad feuchainn rin lorg. Faodaidh tu an sireadh-fhacail a dhèanamh cho furasta no cho doirbh 's a thogras tu. Gheibhear beachdan airson teamplaid sireadh-fhacail an seo.

Spòrs tarraing dhealbhan sa gheamhradh:

Dè mu dheidhinn am peann/am peansail agad a thoirt 'cuairt' air feadh duilleag gus cumaidhean a tharraing? Cuir dath agus fios mionaideach ris na cumaidhean. A bheil iad a' coimhead coltach ri nithean no beathaichean? Seall na dealbhan a rinn thu dhan teaghlach agad. Sa Ghàidhlig, bruidhinn mu na tha ri fhaicinn san dealbh agad. Is dòcha gum biodh e feumail coimhead ris a' ghnìomh seo ann an Alba ag ionnsachadh.

Is dòcha gun còrdadh e ri clann nas sine bàrdachd mun gheamhradh a sgrìobhadh sa Ghàidhlig, a bhiodh a' cleachdadh nam facal sin.

Thoir sùil air na gnìomhan eadar-obrachail a tha air an tairgse aig #cleachd i aig an taigh.

Dèan dannsa geamhraidh ri òran a thagh thu a dh'fhaodadh tu a dhèanamh air beulaibh an teaghlaich agad. Ionnsaich na gluasadan fa leth do bhuill den teaghlach agad. Cleachd a' Ghàidhlig gus na gluasadan a mhìneachadh.



Gheibhear òrain agus rannan airson a h-uile aois aig na ceanglaichean a leanas: Tràth bhliadhnaichean, Bun-sgoil, Àrd-sgoil.



Coimhead ri raon de phrògraman Gàidhlig air BBC Alba. Bruidhinn ris an leanabh agad mu na prògraman sin.

Feuchaibh ri beagan fuine a dhèanamh còmhla. Tha reasabaidhean diofraichte a dh'fhaodadh sibh feuchainn air a' phrògram 'Fuine' air a' BhBC.

Seasonal phrases in Gaelic



sneachd	àlainn	còta
fuar	solais	deigh
brèagha	bleideagan	bòtainnean

The [Learn Gaelic dictionary](#) will help with meanings and pronunciations.

Can you think of other words and add them to this list? You could make a wordsearch using these words and ask members of your family to try and find them! You can make your wordsearch as easy or as difficult as you choose. Find some wordsearch template ideas.

Check out the [#cleachd i aig an taigh](#) interactive activities on offer.

Make up a winter holiday playlist of your favourite songs in Gaelic. Songs and rhymes for all ages can be found at the following links: [Early years](#), [Primary](#), [Secondary](#).

Try some baking together. There are different recipes to try out on the [BBC Alba programme 'Fuine'](#).

Create a winter dance to a chosen song that you could perform to your family. Teach other members of your family the different moves. Use Gaelic to describe your movements.

View a range of programmes in Gaelic on [BBC Alba](#). Talk to your child about these programmes.

Older children may enjoy writing a winter poem in Gaelic, which includes these words.



Winter doodle fun

How about taking your pen/pencil 'for a walk' around a page to create some doodle shapes? Add colour and detail to your shapes. Do they look like objects or animals? Share your doodles with your family. Have a conversation about what can be seen in your doodle. It may be helpful to refer to this [Scotland Learns activity](#).



Abairtean/Phrases

Relax
Gabh fois



Merry/Happy
Christmas
Nollaig Mhath Rest



Happy New Year in several of the languages commonly spoken in Scotland

Gaelic
Bliadhna Mhath Ùr

Polish
Szczęśliwy Nowy Rok

Urdu
Naiya saal Mubarak ho

Arabic
3ām sa3īd

Punjabi
ਨਵੇਂ ਸਾਲ ਦੀ ਵਧਾਈ

Chinese (simplified)
新年快乐

Romanian
un An Nou fericit



Snow

Here is a list of words from Scots language that are all to do with snow (Find definitions and more in the [Dictionary of the Scots Language](#)) :

snaa	moor	snaw-grima,
flukra	moorie	yertdrift
yowdendrft	blind-moorie	shurl
gramshoch	skirvin	skalva
sneeslin	snaw-ba	bonfrost,
onding	snaw-ghaist	pinnishin



News and updates



Parent Club

[Find out more about Covid-19 protection levels.](#)

Protect Scotland app

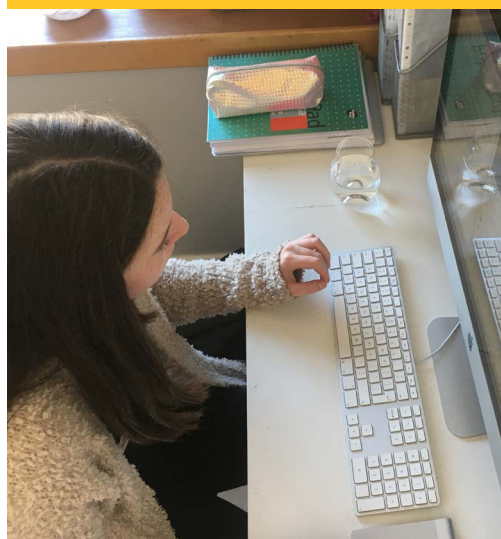
NHS Scotland's Test and Protect App is a free, mobile phone app designed to help us protect each other and reduce the spread of coronavirus. [Find out more including where to download.](#)

Scottish Child Payment

Parents and carers are encouraged to apply for the new Scottish Child Payment. This payment will be introduced on Monday 15 February 2021 and will provide families in receipt of a qualifying benefit an extra £10 per week for each child. It starts with families with a child under six. Families can apply through Social Security Scotland. [Find out how to apply and about other benefits and grants you may be entitled.](#)

Scottish Qualifications Authority

For information about national qualifications 2020/21 visit the SQA and discover more general information on their webpages for parents.



Support for families



Learning at home

Parentzone Scotland have [advice about learning at home](#).

Covid-19

Parent Club provide guidance about coronavirus including the [different measures](#) in different parts of Scotland.

Their family support directory has [contact information](#) for a wide range of support organisations that provide advice and support across a wide range of topics.

Transitions during Covid-19

Covid-19 has brought challenges and changes to all our lives. All children and young people have experienced unexpected transitions including school closures. [The transition in 2020 resources](#) look at transition issues for children and young people at all stages including ASN.

Parentzone also have information about making transitions. [Parentzone also have information about making transitions](#).

As our lives continue to change due to Covid-19 remember there is advice, support and help available.

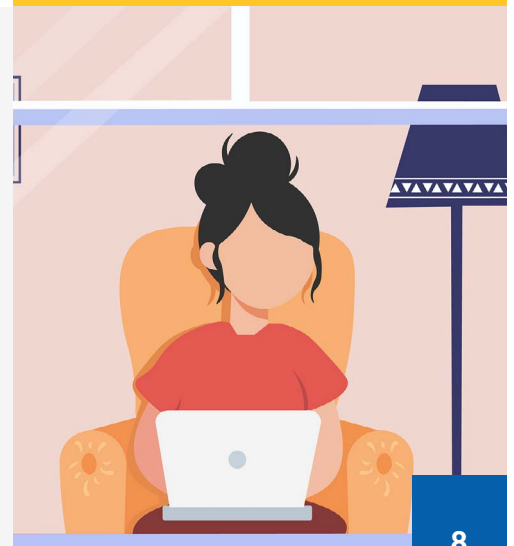


[Parentzone Scotland](#)

Mental health and wellbeing

If you are worried about your own, your child's or someone else's mental health and wellbeing you can get support at:

- [The NHS](#)
- [Healthier Scotland](#)
- [SAMH information service](#)
- Call [Breathing Space](#) on 0800838587 or go to their website



Support for families

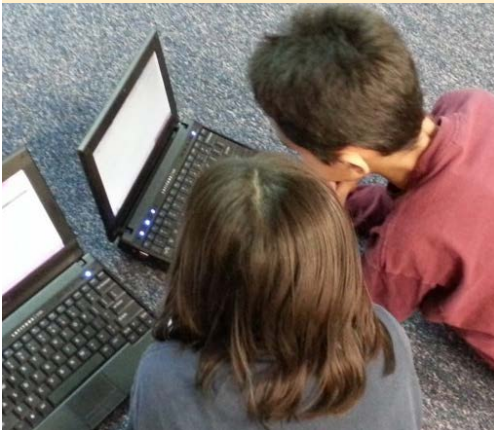
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Money worries

Sources of advice and help with money worries, including those caused by coronavirus, can be found here:

- [Citizens Advice Scotland](#)
- [Money Advice Scotland](#)



Bullying and online safety

Respectme, Scotland's Anti-Bullying Service, work to build the capacity and confidence of adults, children, young people to respond to bullying. They provide free training and resources on how to support your child if they are being bullied or are bullying others.

Bullying online can be a worry and keeping children safe online is an important task for parents and carers. Respectme provide helpful advice and further signposting to specialist organisations.

Look out for free webinars, subscribe to the respectme newsletter and get involved in the 2020 #WhatMadelItBetter? campaign running until July 2021. If you were bullied when you were younger, what made it better for you, or for your children if they've been bullied?

For a wide range of advice about age ratings and setting controls, as well as advice about popular online games visit [internetmatters](#) and the [online safety wakelet](#).

The NSPCC have guides to the most popular apps, games and social media sites.

