

# Scotland Learns

Parents and Carers Newsletter

11 June 2020



## Issue 6

Learning activities to support children with learning at home

Hints and tips including:

- Supporting children with dyslexia
- Transitions for young people starting and leaving secondary school

A new resource for Young Carers this Carers Week

Creativity  
challenge



In this edition you will find a new set of learning activities to support your child's learning at home. There is information on 'how to support children with dyslexia' and 'transitions for young people starting and leaving secondary school'. As part of the national Carers week, we focus on Young Carers.

Don't forget to sign up to our weekly newsletter for parents and carers.

Sign up



## Learning activities



## Literacy and English



This week we have a few suggestions for helping children think about how language is used to promote a sport or place.

- Talk to younger children of nursery or early primary school age about activities they enjoy. For example, playing football, tennis, swimming or riding their bicycle. They can draw a picture of their favourite activity.
- For children in P2-P4, discuss their favourite sport and ask them to explain why it's their favourite. They can create their own sports programme.
- Older children (P5-P7) can make a programme for an event. They can write a welcome paragraph and add information about who is taking part.
- Activities for young people at secondary school encourages them to think about how language is used to promote a particular place. They can design a tourist booklet which encourages others to visit the place.

[Literacy and English activities](#)



## Numeracy and mathematics




Here are some activities for you to use in everyday situations to help children and young people practice using numbers.

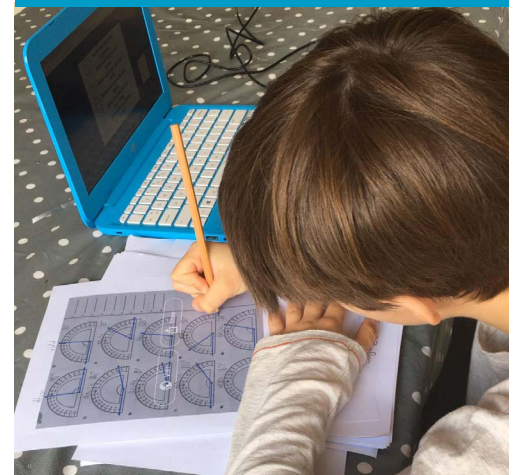
- For children in nursery or the early stages of primary school you can help them use numbers to organise their toys and other household items. They can also practice using angles and shapes.
- Children in P2-P4 can learn to share out food such as pizzas. They can also explore their local area and make a simple map.
- Older primary children can use real-life situations to work out who is the fastest and slowest. They can also use fractions and percentages to solve problems.
- Young people in S1-3 can investigate the role of mathematicians in history and think about how this affects our lives today. Playing a game of darts is a fun way of adding and subtracting numbers.

[Numeracy and mathematics activities](#)



### This week's maths words:

- Angle – The amount of turn between two lines around their common point (the vertex). 
- Percent - per cent means out of a 100 so 75% means 75 out of a hundred. What is a percentage? [Quiz Test your knowledge of percentages.](#)
- Mathematicians in History – see [Parentzone resource.](#)



Maths can be fun, and these activities are designed to be enjoyable. Sometimes we may use mathematical terms which are unfamiliar to you or your child. Please check handy hints and tips with these terms.

[Hints and tips](#) →

## Learning activities

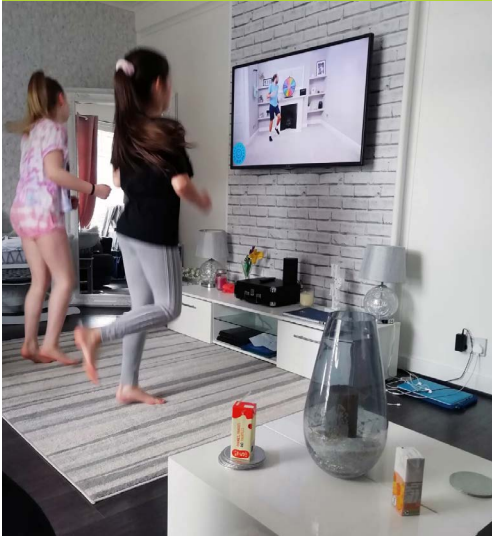
## Health and wellbeing



Looking after our health and wellbeing as best we can is really important for us all in these uncertain times. We have ideas and activities for children and young people at different ages that you might like to include in your family's daily life. These activities are designed to help think about physical activities that increase the heart rate.

- Together with your child (nursery age to P1), choose three movements that increase the heart rate and are fun for all the family.
- Talk to your child (P2 to P4) about what happens to our breathing and heart rate when we do different types of physical activity.
- You can help your child in P5 to P7 to set up a circuit or programme with different types of exercises.
- Young people in S1 to S3 can take part in physical activities that increase their heart rate. These can be activities they enjoy, such as taking a brisk walk, skipping or cycling.

[Health and wellbeing activities](#)



## Themed learning



Each week, we suggest activities that cover different curriculum areas for children and young people learning at home. This week we are providing enjoyable ways to explore and build children's curiosity about living things and explore what animals are kept in a zoo.

- Activities for children in nursery or P1 help them to find out about zoos. They can talk about what types of animals are kept in a zoo. Talk to your child about whether animals should be kept in captivity or live in the wild.
- Talk to your child (P2-P4) about animals that no longer live on our planet, such as dinosaurs. Explain that these animals are now 'extinct'.
- Children in P5-P7 can think about animals being bred and kept in captivity and any advantages of zoos keeping rare animals.
- Young people in S1-3 can explore different species of animals that exist in extreme environments. They can consider how they have evolved to survive in that environment.

[Themed learning activities](#)



## Learning activities



# Foghlam Meadhan Gàidhlig



## Gaelic Medium Education learning activities

### Learning activities through the medium of Gaelic

- In this week's #ScotlandLearns, children develop their fluency in Gaelic as they talk and write about the weather, feelings, friends and heroes. Older children can create a new character for a TV show and think about their favourite places. [Visit Scotland videos in Gaelic](#) can help with some ideas.
- For numeracy and mathematics, children can have fun putting numbers in order. They use cartons, bottles and boxes to find out more about volume. The older children learn about angles associated with parallel lines. Should we use mathematical terms that your child does not know, please check these [handy hints and tips](#). The online live support [Gaelic4parents](#) can also help.
- BBC ALBA has a lot of programmes to support your child's learning. Here are two programmes for older children to help support their learning about literature in Gaelic.
  - » **Trusadh - Bàrdachd Ghàidhlig/Gaelic Poetry:**  
Monday, BBC ALBA, 9.00-10.00pm
  - » **Leugh Mi - Book Show chat about favourite books:**  
Wednesday, 8.30-8.55pm

Share your children's successes in learning Gaelic using **#cleachdaigantaigh** **#Scotlandlearns**

Fèisean nan Gàidheal's online channel includes programmes such as Sgilean Dràma (Drama Skills) and Àm-cluiche (Play Time). Fèisean nan Gàidheal have a [mailing list](#) for updates.

Or access other Gaelic group support. This [Scotland Learns](#) activity helps you plan Gaelic activities into your day.

### Abairtean / Phrases



Dèilig ris a h-uile duine le spèis  
Treat all people with respect



Slàinte agus sunnd:  
dleastanas na h-uile  
Health and wellbeing:  
a responsibility of all



Bi socair,  
bi taiceil  
Be calm,  
be supportive

## Hints and tips

### Dyslexia

Having dyslexia means you might struggle to read, write, spell or stay organised. If your child has dyslexia, learning at home may be challenging. It can be hard to get started and they may need extra help. There is online advice for parents and young people at the Addressing Dyslexia website. The BBC has tips for learning at home with dyslexia.

Have flexible daily routines. Try to start at the same time and plan lots of breaks. Be prepared for changes.

Use games to help your child learn – on and offline. Dance mat typing is a great resource to improve keyboard skills.

Short term memory is important for reading, so try activities where they have to remember things – For example:

- Memorise a list of ingredients for cooking.
- Build a 3D shape from memory with Lego.
- Recall certain objects on a nature walk.

Audiobooks can take away frustration and may help to keep children interested in a story. Sometimes comics or picture strips are easier to read but still help children to practise reading. Talk to the school about your child's learning; they should be happy to hear from you.

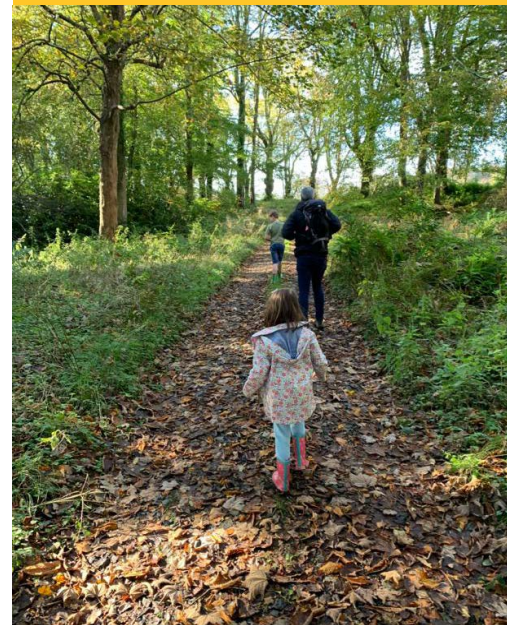
Find more information at Parentzone Scotland.



Each week we will share top tips and helpful advice for you as a family



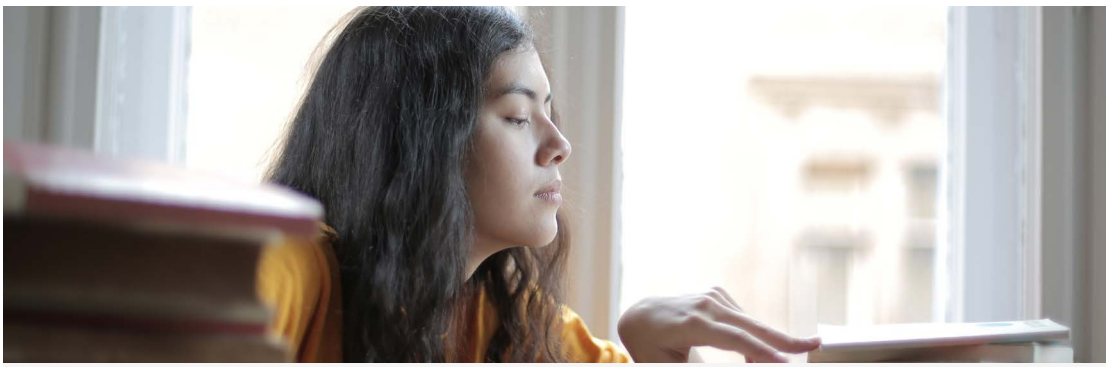
Here are our top tips for this week



### Digital Hints and Tips

Due to the Covid-19 situation children and young people are spending more time online. This can increase the likelihood of bullying and sexual exploitation. The Child Exploitation and Online Protection (CEOP) safety centre has child protection advisors who can advise and support on appropriate action if there is a danger of sexual exploitation online.

Find out more information about keeping safe when using Glow and other online resources.



## Hints and tips

### Transitions – for young people starting, in or about to leave secondary school

- [Parentzone Scotland](#) and [Parent Club](#) has useful advice and ideas to help you talk to and reassure your child about making the transition from primary to secondary school.
- [Connect](#) has useful information on transitions and next steps including during Covid-19.
- [YOUNGMiNDS](#) has a [blog](#) with helpful advice for young people worried that the exams were cancelled.

Help is available for young people leaving school. Skills Development Scotland (SDS) Career Advisors can be contacted on 0800 917 8000. SDS Covid-19 advice has information about continuing education, training, apprentices and employment. Career information and advice for young people and adults can be accessed through [My World Of Work](#). Many colleges are hosting virtual open days and are offering advice about courses. Information can be found on their websites or via social media.



## What's new



### Supporting young carers in education during COVID-19

Many children and young people are having to face new challenges because of Covid-19. Some will find themselves taking on new caring roles. Balancing learning at home and caring responsibilities may be particularly difficult for young carers.

[Find out some ideas of how young carers can be supported.](#)

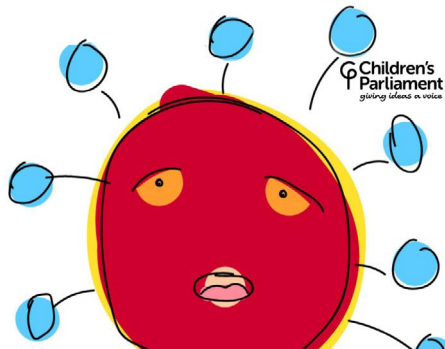
[Find out how to apply for the Young Carer Grant and find out more from other young people on their experience of being a carer.](#)



### National Qualifications 2020 update

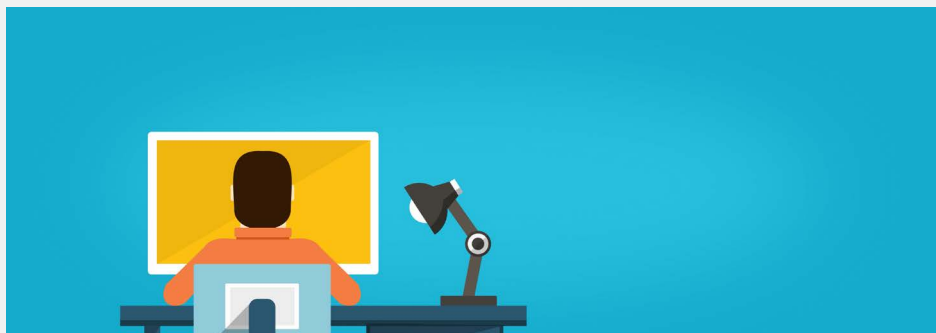
The Scottish Qualifications Authority (SQA) have posted [an update about National Qualifications.](#)

## Useful links



### Children's Parliament - new journal and survey

The Children's Parliament have published the Corona Times Journal 3 on the theme of learning in lockdown and the return to school. This and the latest Children's survey: How are you doing? can be found on the [Children's Parliament website](#).



### Online e-Learning

Heriot-Watt University's SCHOLAR provides support and online learning for young people learning at National 5 through to Advanced Higher.

### United Nations Leaders Invite Teens to Reimagine the World Post COVID-19



Save the Date for the [World's Largest Lesson Live](#), a YouTube Premiere on 16 June at 4pm. The 30 minute show features Millie Bobby Brown and others in conversation with UN Leaders including Amina Mohammed, Deputy Secretary General, reimagining education, health and activism. Young people can watch the show on [YouTube](#).



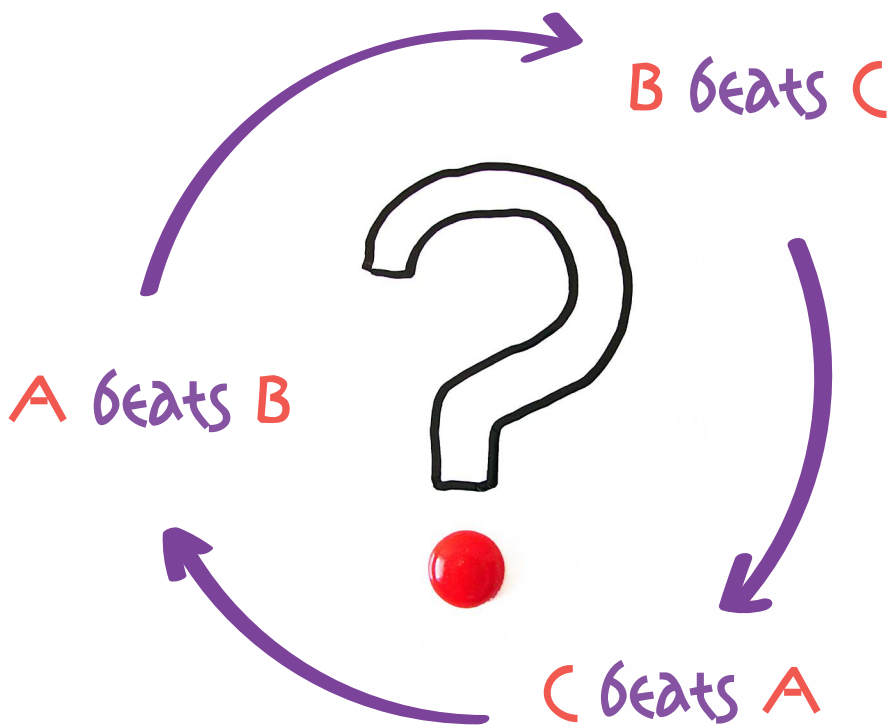
### [Wee Summer Sing](#)

### National Youth Choir of Scotland (NYCOS) wee summer sing

Wee Summer Sing is a completely free project for children aged 5–8 from the National Youth Choir of Scotland (NYCOS).

Every Monday to Thursday in June a new song or rhyme is posted with an accompanying game. On Fridays children can learn new songs, develop musical skills and gain confidence through the live sessions. Past sessions are available to catch up on and join in at a time which suits your family.

## Creativity challenge for the week



## Rock, paper, scissors!

**Create your own version of the classic game** by choosing your own three things and the actions for each of them.

Usually, paper beats rock by wrapping it, rock beats scissors by blunting them, and scissors beats paper by cutting it. Swap these for three new things, you could pick anything – toys, animals, or the elements!

If you want to have more fun you can stand up and make the actions huge! Even playing 'rock, paper, scissors' using your whole body can be hilarious!

Creating and adapting ideas are some of the most valuable skills for the future.

Children can do this on their own, with a parent, or as a family.



We would love to hear all your ideas on social media using the hashtag **#creativelearning**



Watch 'Rock, paper, scissors'

Sign up →

**Why not get this newsletter emailed directly to you each week?**  
Or pass it on to anyone you think might be interested?