

Scotland Learns

30 July 2020

Parents and Carers Newsletter - **Back to School Edition**



Issue 10

Frequently asked questions
(FAQs)

Scotland Learns back to
school activities

Hints and tips, including
getting a good night's sleep

Advice for parents of
teenagers getting SQA results

Information for young carers

Creativity challenge

*Ask Good
Questions* 

In this special edition you will find information to support you and your child as early learning and childcare settings and schools reopen. There is information and advice for parents and carers on topics including supporting children and young people to get a good night's sleep, information about Scottish Qualifications Authority (SQA) Results Day and a feature for young carers. [Go to Scottish Government's information about Covid-19](#) for more advice. This is the [latest guidance](#) about schools re-opening.

FAQs

Frequently asked questions

We know from listening and working with parents that there are some common questions you might have. These include: Is it safe for my child to go back to school? What will schools be like when they re-open? My child is due to start primary or secondary school; how will they be supported? Will schools shut again if the virus gets worse? The answers to these and many more questions can be found on the Parent Club webpage [reopening school's FAQs](#). Parentzone Scotland also have a [FAQs webpage](#). We offer more help and links to other organisations below.

Question 1: My child has additional support needs, where can I get advice about my child returning to school?

The National Autistic Society has a helpful [back to school guide](#). You can access support about the law and changes to guidance in relation to additional support needs at [Enquire](#). Connect have a webpage with lots of [useful information on additional support for learning](#). You can also check your local authority's website if you are not sure what is happening in your area.



Question 2: English is not my first language. What can I do to support my child's learning at home or at school?

You can find out more at Parentzone Scotland's page [Support for families for whom English is an additional language](#). Scotland's [National Centre for Languages and Education Scotland](#) also has information to guide parents in supporting their child's learning.



Question 3: What will the curriculum look like?

The curriculum will prioritise the wellbeing of children and young people to help them to engage in their learning. Teachers will also take account of the circumstances of children and young people and of their families. Schools will provide more information as they reopen.



Question 4: I am not sure I can afford to buy new school uniform or the IT equipment my child may need, what should I do?

Find out about the range of financial assistance that is available to help with the cost of attending school. Many schools have spare uniforms or carry a small stock. Local authorities, schools and Scottish Government are working to tackle digital exclusion, including providing many new devices. You should contact your child's school with any questions or concerns you may have.

Young Scot's [How is Coronavirus \(COVID-19\) Impacting Education?](#) webpage answers many questions young people may have.

Learning activities

Literacy and English



In literacy and English we have activities using language to talk and write about the return to school.

- Younger children can discuss what they are looking forward to when they go to nursery or start P1 and talk about any questions they might have.
- Children in P2-P4 can use the letters of their school name to make an acrostic poem (where each letter in the school name starts a new line of the poem).
- Children in P5-P7 can talk about the types of poetry they have learned and choose one of these to use for their own poem about school.
- Young people in S1-S3 can write a letter to support a primary school pupil preparing to start secondary school.

[View activities →](#)



Numeracy and mathematics



In numeracy and mathematics there are activities in a range of topics, including time.

- Children in nursery or P1 can use 'time' language such as days of the week, morning, afternoon and evening. They can talk and play games to think about the routines they have at school or nursery and how these are different to home.
- Children in P2-P4 can think about how long tasks might take and then make a plan for some tasks that will take an hour or two hours.
- Children in P5-P7 can make a plan for a whole day including things such as eating, dressing and sleeping.
- Young people in S1-S3 can create a weekly planner to help them to manage their time effectively when they return to school.

[View activities →](#)

Learning activities



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



In health and wellbeing, activities are focused on topics such as new routines, transitions and friendships as well as managing change.

- Children in nursery or P1 can prepare for going to nursery or school by talking about the different people who work there and the job that they do. They can draw a picture of them going to nursery or school and talk about their feelings.
- For children in P2-P4, they can make a chart of their feelings, questions, things they are looking forward to and things they want to tell people when they go back to school.
- Children in P5-P7 can explore what we mean by resilience and think of examples of times they have shown this. The resilience alphabet will help.
- Young people in S1-S3 can prepare for going back to school by thinking about things they are looking forward to, things they need to do and anything they are worried about. They can plan some actions that might help them prepare.

[View activities →](#)



Themed learning

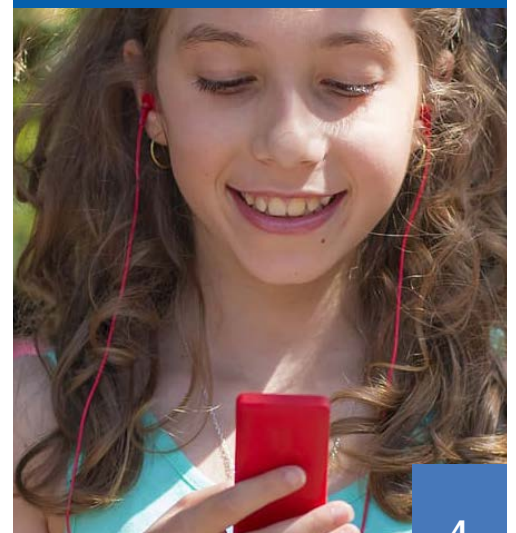


The activities in themed learning cover areas such as new beginnings and moving on, transitions, changes and include a music focus.

- Younger children in nursery or P1 can think about their favourite songs and listen to or sing them. They can make a game by using their name or names of people they know in songs they like to sing.
- For children in P2-P4, they could create a song about themselves and things that matter to them. They could add a dance to go along with their song too.
- Older primary school children, P5-P7, can create a radio playlist of songs they like and think about how they would introduce them if they were a radio DJ.
- Young people in S1-S3 could explore motivating music and create their own composition which might inspire P7 pupils as they make the transition to secondary school.

[View activities →](#)

Learning activities



Foghlam Meadhan Gàidhlig



[Online support, Gaelic4parents](#)

Learning activities through the medium of Gaelic

- For advice and to discuss Gaelic Medium Education, please contact [Comann nam Pàrant](#).
- The Highland Council video, [Educational Growth](#) explains the benefits of Gaelic Medium Education and of being bilingual.
- There is more information on [Parentzone Scotland](#) about the benefits of [Gaelic Medium Education](#).

Image: "File:Coll map (duns, hillforts, and crannogs)" by Brianann MacAmhlaidh. This work is licensed under the [Creative Commons Attribution-ShareAlike 3.0 License](#).

Are you thinking of getting back into routines for school?

- Stòrlann Nàiseanta na Gàidhlig have uploaded [Storyworld reading books](#).
- Audio files for the books can be found at [Gaelic4parents](#) who also have an instant messaging 'homework help' service for parents. Live online help is available Monday to Thursday, from 5.30 pm to 7.30 pm.
- Gaelic groups also offer children [support with homework](#).



Abairtean / Phrases: (The Learn Gaelic Dictionary also has sound files)



Fàilte chridheil
A warm welcome,
a heartfelt
welcome



Ciamar a
tha thu?
How are you?



Tha e math
d' fhaicinn
It's good
to see you

Hints and tips

Getting ready to go to school

Many of us are thinking about how well children will adjust to returning to school. The Parent Club FAQs includes a section on [What if I or my child has concerns about going back to school or ELC?](#) which answers many questions you may have.

Going back to school, early learning or childcare may make your child feel uncertain and anxious about leaving you. Here are some tips to support you to help your child.

- Focus on the positive aspects of returning to school and let them know that school staff will be helping everyone to return safely.
- Parent Club have [fun games](#) for children starting school for the first time.
- [Childline](#) have advice for children and young people feeling anxious about going back to school.
- The NHS [flourishing families clinic](#) website has a useful article about talking to your child about Covid-19.



Getting a good night's sleep

Getting into a routine after such a long break from school can be hard. But good sleeping habits can really improve mental health and help everyone cope with life.

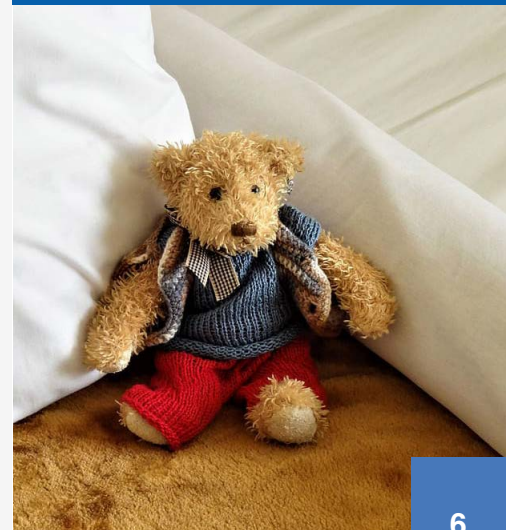
The amount of sleep we need changes throughout our lives. [Sleep Scotland](#) recommends:

New-borns 0-3 months	14 to 17 hours
Infants 4-11 months	12 to 15 hours
Toddlers 1-2 years	11 to 14 hours
Pre-schoolers 3-5 years	10 to 13 hours
School-aged children 6-13 years	9 to 11 hours
Teenagers 14-17 years	8 to 10 hours
Young adults 18-25 years	7 to 9 hours

Our 'body clock' works best if we stick to routines and prepare our environment to encourage good sleep. Sleep Scotland suggest [11 ways to get a good night's sleep](#). They also run a support line for parents offering advice about sleep for any child from 18 months to 18 years. They can be contacted on 0800 138 6565 from Monday – Thursday, 10.00 am to 4.00 pm.



Hints and tips



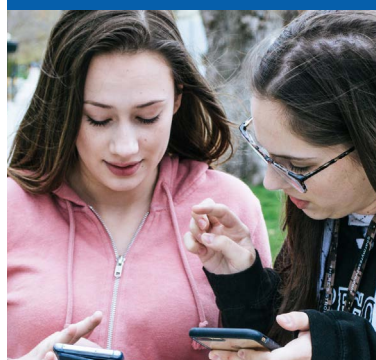
Coping with stress

- Stress can make you, and others around you, feel unwell. [HealthScotland](#) and [ParentingAcrossScotland](#) have lots of advice to help.
- Eating well, being active, talking to friends or family and being kind to yourself will also help. You can access advice to support you and your child's wellbeing from a range of organisations at the [Clear Your Head](#) website.
- The NHS also has a resource pack for teenagers [It's ok to worry about Covid-19](#) and one for [parents](#).

Hints and tips



What's next?



Advice for SQA Results Day

Results for National Qualifications, Courses, and Awards including National 4, National 5, Higher and Advanced Highers will be issued on 4 August 2020 by the Scottish Qualifications Authority (SQA). Every candidate will receive a copy of their Scottish Qualifications Certificate delivered by first-class post to their home address on 4 August. Many will also have signed up to MySQA and will receive their results via text and/or email from 8am onwards that morning.

If they have any questions about their results, or if there are results missing from their certificate they should contact their school in the first instance. If they have any questions about their certificate, they can contact SQA's Candidate Advice Line on 0345 279 100. The helpline runs from 8am – 6pm on Tuesday 4 August, and from 9am – 5pm Wednesday 5, Thursday 6, and Friday 7 August. Or go to [SQA results](#) for further information.

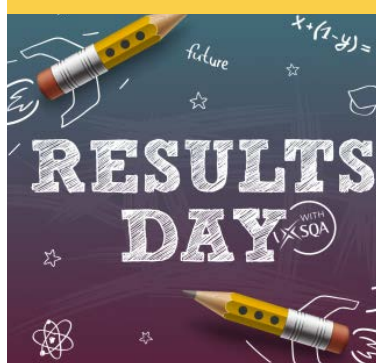
There is a lot of support available to help young people make the right choices once they know their results, even if they were not quite what they had hoped for.

Skills Development Scotland is running its Results Helpline (0808 100 8000), that will be open from 8.00 am on results day. You can also go to the [Skills Development Scotland](#) (SDS) and [UCAS](#) websites. Or young people can call their local [college](#).

Results day can bring about a range of emotions in young people and their families. Remember that results only tell part of your young person's story. Here is more advice on [mental wellbeing](#).

Prepare to support your child with their #SQAResults by understanding the SCQF Credits and Levels on their certificate. This knowledge can make a real difference when making choices. @scqfpartnership

Connect are running a free online information session for Connect Parent Council and PTA Members [Results Day: Q & A with Skills Development Scotland](#), 4 August.

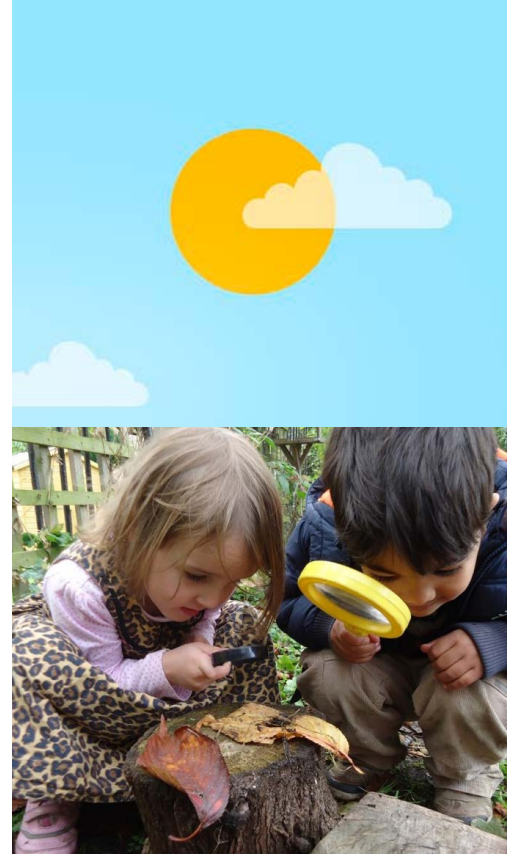


What's new



Family Fun Outdoors

- In our last newsletter we introduced a website for parents with [Outdoor activities for families](#) to enjoy together over the summer. This has been updated with new links and ideas for being active, spending time outside in nature and learning outdoors.
- Education Scotland and the National Parent Forum of Scotland have created '[STEM in a nutshell](#)'. Further information is available on the [Supporting science, technologies, engineering and mathematics \(STEM\)](#) at [home pages of Parentzone Scotland](#).
- If you are worried about your child gambling there is new [advice for Parents and Carers about gambling and young people](#) on [Parentzone Scotland](#).



Useful links

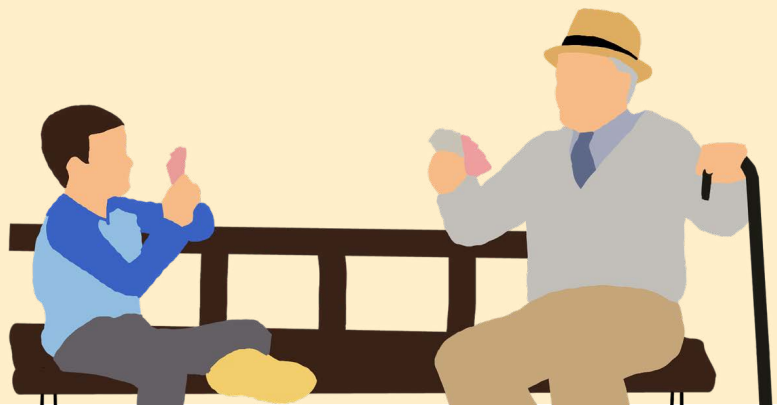
- **Edinburgh International Book Festival** is moving online for 2020. They are offering free sessions, including ones for families. Find out more at [Ed Book Fest August 2020](#).
- [Deaf roots and pride transitions Scotland](#) have a new webpage, find out more on [Parentzone Scotland](#).
- The United Nations hold their annual [international youth day](#) on 12 August.
- BBC bitesize is not just for children. Why not have a look at their [parents toolkit](#).

*The World,
in Words.*

Young Carers



Message from
Nicola Sturgeon,
the First Minister



- Covid-19 is a particularly challenging time for young carers. It is estimated that there are 44,000 young carers in Scotland at the moment. Being a young carer means that you are under 18 and care long term, unpaid for a family member or friend due to illness, disability, mental health or addiction. We know many young carers help look after younger brothers and sisters and for some this has included helping with their learning at home. If you have a young carer in your family please share the following information with them.
- Local health and social care services can offer services to the person a young carer looks after, which will help them. Ask your local authority's social work department for a Young Carer Statement.
- Young carers can apply for a Young Scot Carers package which are benefits for young people aged 11-18. It recognises the important role that young carers play, particularly at this difficult time and helps them make the best of the leisure time that they have.
- Due to the Covid-19 and social distancing restrictions, caring responsibilities may have changed. Young carers might need to take some precautions to protect themselves and the person they care for. Find out more about the Covid-19 and how it might affect you here.
- The Reach website provides information to support young carers, including how young people can continue their own learning whilst caring for others.

Across the country there are carers' centres and young carers' centres that can also provide support in your area.



Creativity challenge for the week

Ask Good Questions

Think of something you're interested in – it could be anything from the Romans to Disco Music. Come up with as many questions as you can about this thing. They could start out small like 'What were the Romans' favourite colours?' to huge questions like 'What if the Romans had invented Disco Music?' Try to come up with the most interesting, funny and exciting questions you can.

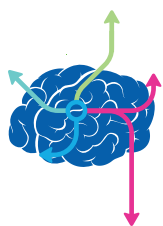


How many of the creativity challenges did you do? Don't forget to share your responses, lists and ideas using the hashtag #creativelearning

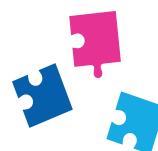
Curiosity



Imagination



Open-mindedness



Problem-solving

Find all [26 creativity Toybox challenges](#).



Did you know that Tyrannosaurus Rex (T-Rex) and Velociraptors were probably creative? Imagine a T-Rex inventing tools! What would they create?

Which animals are creative?

It's not just humans that are creative. Scientists generally agree that three other types of animals are creative. Can you decide which animals they might be? Which animals invent tools? Which animals can imagine different futures? Which animals invent their own name?

- You can find out more about creativity across learning from the National Parent Forum of Scotland guide [Creativity in a nutshell](#).
- Finally our summer challenge fun activities continue during August, find out more here: [Twitter account @ EducationScot](#) & [Facebook](#)