

Scotland Learns

Parents and Carers Newsletter

4 June 2020



Issue 5

A summary of this week's learning activities

Hints and tips and useful links including:

- Supporting a child with attention and hyperactivity difficulties with learning at home
- Transitions for children starting early learning and primary
- Preparing learners with autism to return to school
- Updated information about going outdoors

Creativity challenge

**creative
drawing**
With rules!



In this edition you will find a new set of learning activities to support your child's learning at home. There is information and advice for parents and carers on topics including supporting children with additional support needs and transitions for younger children.

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

Sign up



Learning activities

Literacy and English



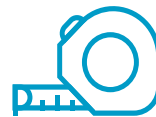
This week we have a few suggestions to help children and young people think about what they like doing and why. You can also help them to find out more about their local community.

- You can help younger children (nursery to P1) to think, talk and write about things they enjoy. Ask them to talk about what they like or don't like and what makes them happy or sad.
- Using their own drawings, children in P2-P4 can make a board game. They can think about their favourite stories and can also make puppets based on the characters. There are also ideas to help children make a simple map with street names.
- Older primary school children in P5-P7 can think about creating street names for a new housing development. There are also ideas for writing letters and creating a board game.
- Young people in secondary school can practise different kinds of writing such as letters.

[Literacy and English activities](#)



Numeracy and mathematics



This week's numeracy and mathematics activities help children to practise their mathematics and numeracy skills. Children can also learn about patterns found indoors and outdoors.

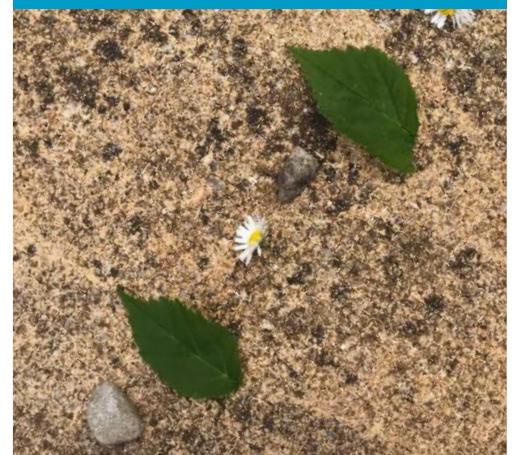
- Younger children in nursery and P1 can think about different shapes and patterns inside and outside the home. They can learn to add up numbers by making a game such as snakes and ladders.
- Primary school children in P2 to P4 can explore different patterns using stones, twigs and leaves. They can also find out what toys and other household items cost.
- Older primary school children (P5 to P7) can plan how to spend money. They can try out a few maths puzzles by identifying and measuring objects.
- Thinking about the role of mathematics in everyday life will help young people in secondary school to solve problems. They can begin to think about and apply their skills to measure things that have more than one dimension.

[Numeracy and mathematics activities](#)



This week's maths words

- Patterns – numbers or objects which relate to each other following rules
- Fractions – a number of equal parts of a whole such as $\frac{1}{2}$ or $\frac{3}{4}$
- Dimensions – the measure of an object or space in one direction (for example the length, height or width)
- Common 2D shapes - circle, square, rectangle, triangle
- Common 3D objects – cube, sphere, cuboid, cone



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 the use of digital technology and keeping in touch with family and friends.

- Ask your child (nursery age to P1) who they would like to talk to that they have not talked to for a while. Talk about different ways that your child could contact them.
- Ask your child (P2 to P4) about how they use computers, laptops and phones and talk about what it means to keep safe online. Ask them to think about ways to keep in touch with friends and family members without using technology.
- Ask your child in P5 to P7 about how much time they spend online. Talk about how they could keep in touch with people who don't use technology.
- Young people in S1 to S3 can take part in activities that will help them to think about the importance of keeping connected to friends and family. They can think about the positive and negative effects of digital technology.

[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 some ideas to explore toys and how they work.

- There are ideas to help younger children (nursery to P1) think about how toys work. Ask your child to choose a favourite toy and talk about it. You can sort toys with your child and talk about differences.
- Children in P2 to P4 can draw their favourite toy. Talk about the shapes, colours and size. Ask them to write about why it's their favourite. They can think about how different toys work.
- With your older children (P5 to P7) you can talk about the different types of toys that are popular with children of different ages. Test out toys on different surfaces to find out how they stop or slow down.
- Young people in secondary school can think about the use of natural shapes, like feathers or leaves, in design. They can create a logo for a food company that only uses natural items.

[Themed learning activities](#)



Learning activities



Foghlam Meadhan Gàidhlig



Learning activities through the medium of Gaelic

- This week, children can develop their fluency in Gaelic by using song, rhymes, text and photographs to help with talking and writing. Older children are asked to plan a mobile phone of the future. They can also find out about the Gaelic organisation, Fèisean nan Gàidheal.
- The numeracy and mathematics activities look at routines and time. Children think out how to cut up food, such as cakes and pizzas, to help them understand fractions. Older children can plan across different time zones.
- For health and wellbeing, children can find out more about food they like or don't like to eat.

Foghlam Meadhan Gàidhlig

Gaelic Medium Education learning activities



Abairtean/Phrases



Smaoinich air daoine a tha thu taingeil air a shon
Acknowledge people to whom you are grateful



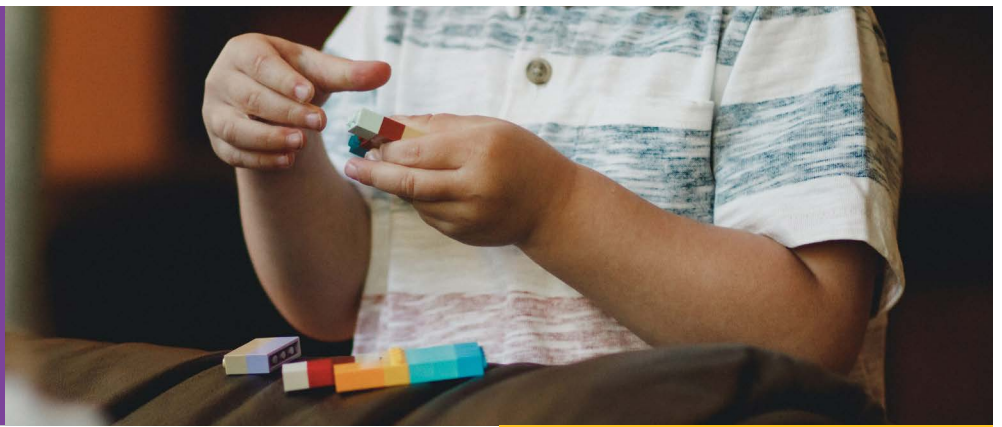
Nigh do làmhan tric le siabann
Wash your hands regularly with soap



Fuirich 2m bho dhaoine eile
Stay 2m away from people



Hints and tips



Supporting a child with attention and hyperactivity difficulties

Does your child have a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD)? If so, it might be hard for them to concentrate. They might be 'on the go' when you want them to work. Try to stick to a routine and let them know their learning is valuable..

How you can help your child to learn at home:

- Try as much as possible to have a calm, quiet atmosphere.
- Give short instructions, one at a time, and check they have understood.
- Make a checklist of things they need to do. Get them to tick things off during the day.
- Make sure they have what they need to do the task.
- Tell the school what does and doesn't work. They appreciate your feedback.
- Take a break if either of you needs one.

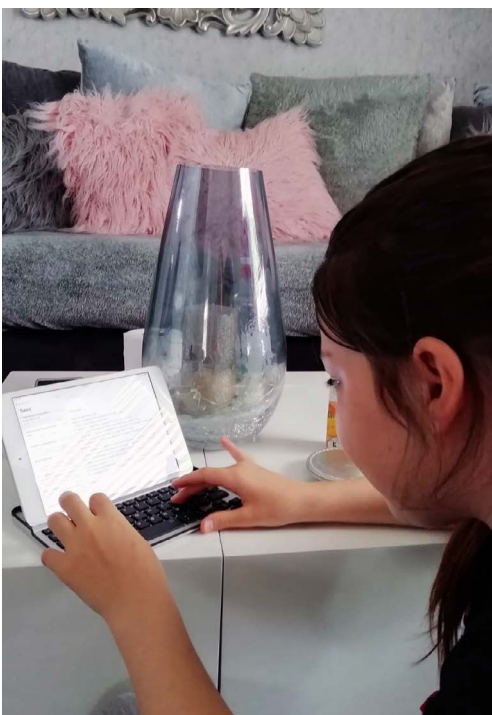
To find out more about ADHD visit [YoungMinds](#)

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



Here are our top tips for this week

['Living with ADHD' hints and tips](#)



Tips for handling bullying when we are online

As a result of the Covid-19 situation children are online more than ever. This has increased the risk of bullying and unkindness. Useful resources and information can be found at:

- [Trend Micro](#)
- [Respect me](#)
- [The UK Safer Internet Centre](#)
- [Internet matters](#)

Hints and tips



Transitions for children starting early learning and primary school

- Last week we told you about [new information](#) for parents about transitions. This week we have more information for those of you with children starting or returning to an early learning or childcare (ELC) setting or primary school.
- Useful links include Parent Club's [frequently asked questions](#) about the reopening of schools.
- Bookbug suggest books about [starting school](#).
- Parent Club has helpful [hints and tips](#) to help you both get ready for your child's new adventure.



Going outdoors

Parent Club have updated their [advice on going outdoors](#) following the Scottish Government's changes to outdoor restrictions. Advice includes some top tips on how to make distancing easier for children. For example:

Getting children to stay 2 metres apart is easier said than done, especially if they're excited to see people they've not seen for a long time. To make it easier for them, try to turn it into a game. Use chalk or toys to make lines they need to stay behind – they can help you make colourful rainbow lines or set the toys up.



More
[advice on
going outdoors](#)

What's New?



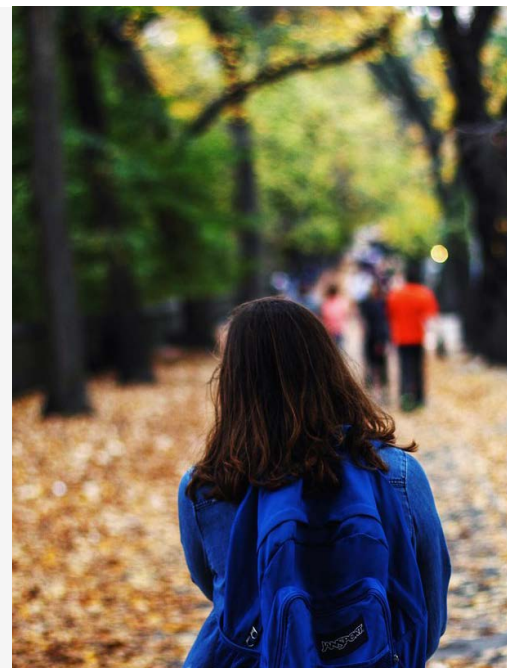
[Sign up](#)

'Learning Together' in numeracy and mathematics

From Friday 5 June, the National Parent Forum of Scotland, in partnership with Education Scotland and 'Count on Us', are delivering a series of eight 'Learning Together' events. These 45-minute numeracy and mathematics sessions will help you to support your child's engagement whilst learning at home.

Supporting learners with autism to return to school

Learners with autism and their families may need individualised planning for the transitions ahead. The National Autism Implementation Team (NAIT) have created [a range of resources](#) to support with transition. Further resources are available in the [Autism Toolbox](#) and on the [National Improvement Hub](#).



Useful Links

Scottish Government re-opening schools guide

The Scottish Government has published [guidance for local authorities and schools](#) in their planning for a safe, phased opening in August 2020.



Useful Links



Connect resource for parents and carers

Connect have produced up to date information for supporting children requiring additional support.



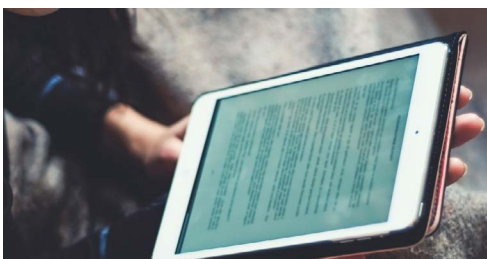
Aim Hi

Aim Hi offer free activities for children aged 8+. Parents and children may be interested in a session with Dr. Jane Goodall: Wednesday 10 June at 3.30pm.

Image: "Dr. Jane Goodall, My Way Preisträgerin 2015" by Franz Johann Morgenbesser. Follow is licensed under CC BY-SA 2.0.

Dragon's Den Competition

Does your teenager have an idea to start their own social enterprise? If so, they can enter the Social Enterprise Academy's Virtual Dragons' Den competition for a chance to win £100 start-up funding and support to take their idea forward. Deadline for entries is 12 June 2020.



A good Gaelic read!

Giglets have published their 100th Gaelic ebook. If your child does not already have access to Giglet's online library, please get in touch with your school. This #ScotlandLearns learning activity has ideas to support your child's reading.

Comann nam Pàrant supporting parents in Gaelic Medium Education



Comann nam Pàrant (@CnPNaiseanta) provides advice and support on Gaelic Medium Education to parents. Comann nam Pàrant have labels that you may use round the house to increase children's exposure to Gaelic along with other learning at home resources.

Follow #cleachdaiantaigh #ScotlandLearns to share your learning at home.



Creativity challenge for the week

creative drawing With rules!



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

You can draw on any piece of paper you have to hand – even a post-it!

Look around the room you are in. Draw a picture of everything you can see – the people, the furniture, the windows.

There's only one rule: you can only use squares, circles and triangles.

No lines, no wiggly bits, no colouring in, no rectangles and definitely no dodecahedrons.

See if others can guess what you are drawing or try doing this as a family and compare pictures. You can also try drawing your favourite scenes from a book or film, or something really challenging – like a plant!

Sometimes, more rules means you have to be more creative – developing your problem solving and open-mindedness by adapting a new approach to an every-day task.

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



Watch
creative drawing –
with rules!



Sign up →

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