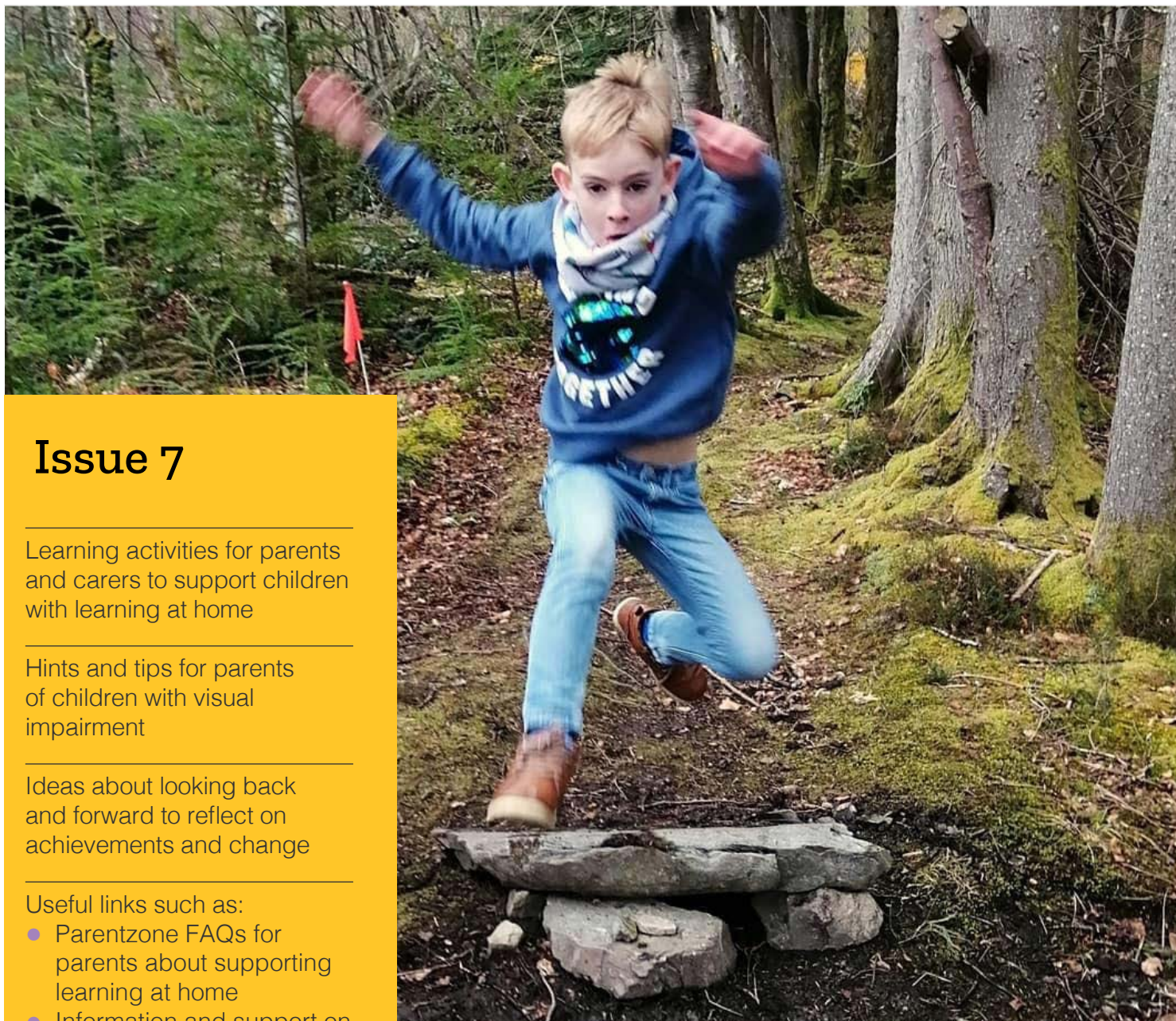


# Scotland Learns

Parents and Carers Newsletter

18 June 2020



## Issue 7

Learning activities for parents and carers to support children with learning at home

Hints and tips for parents of children with visual impairment

Ideas about looking back and forward to reflect on achievements and change

Useful links such as:

- Parentzone FAQs for parents about supporting learning at home
- Information and support on dealing with racism from Young Scot and Childline.

Creativity challenge



CHANGE AS MANY  
THINGS AS  
POSSIBLE!

In this edition you will find a new set of learning activities to support your child's learning at home. This includes a focus on the theme of space. There is information for parents to support a child who is visually impaired, along with hints and tips on how to celebrate children's achievements.

Sign up 





## Literacy and English

This week we have a few suggestions to help join storytelling with children and young people's creativity and imagination.

- Look at a picture book or comic strip with your child. Ask them what the story is about.
- Support your child in P2-P4 to make a comic strip of their favourite story or a new story.
- Older children (P5-P7) can think about how their comic strip story could be told in pictures with only a few words. They could use speech bubbles for the characters to tell the story.
- Young people (S1-S3) are asked create an alternative ending to a film or TV programme.

[View activities →](#)

## Learning activities



## Numeracy and mathematics



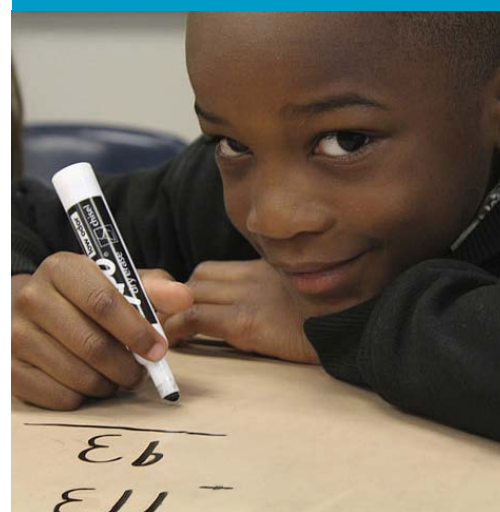
Here are some activities for you to use in everyday situations to help children and young people practice using numbers. They can develop their understanding and use of estimation to solve problems.

- Talk to your child in nursery or the early stages of primary school and help them to guess how much liquid a cup holds. This can help them to learn about estimation.
- Children in P2-P4 can fill a container with enough pasta for one person to help learn about estimation. They can develop their ability to add and subtract using mental strategies.
- Older primary children (P5-P7) can use bus ticket prices to calculate the cheapest way for a family to travel. They can estimate the total weight of a truck and its load.
- Young people in in S1-S3 can calculate the difference between the highest and lowest temperatures in a table. This will help them learn about addition and subtraction.

[View activities →](#)

### This week's maths words:

- Estimate: to make a reasonable guess using the information you have.
- Calculate the difference: subtract the smaller number from the larger one.



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 can help children to understand their emotions, feelings and think positively about their abilities.

- Ask your child (nursery age to P1), to make different faces showing a variety of emotions. Talk to them about how each emotion makes them feel.
- Talk to your child (P2 - P4) about two good things that have happened to them in the last week. Ask them about these events and how they made them feel.
- Talk to your child (P5 - P7) about the range of feelings they have gone through in the last few weeks. They could write a list of their positive and negative feelings.
- Encourage young people (S1 - S3) to think about the skills they have learned in the last year. Ask them to select three and make a plan for how they can develop them further. They can make a 'Well Done' certificate for every skill they have.

[View activities →](#)



## Themed learning

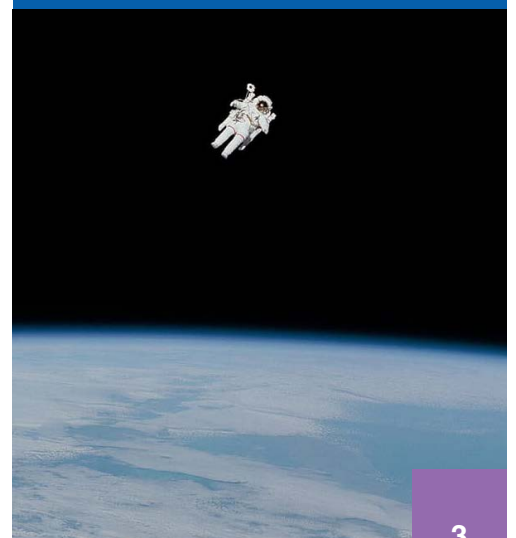


This week we look at space and have some ideas of how to explore the topic with children and young people.

- For children in nursery to P1 there are some ideas to help them find out about space travel and astronauts. They can then make their own space rocket from any items you have at home.
- Children at the early stages of primary school (P2-P4) can find out about the solar system. They can explore the different types of jobs that people working in the space industry do.
- Older children (P5-P7) can make their own advert for jobs in a space station. They can then find out more about Tim Peake, the British astronaut.
- Young people (S1-S3) can investigate the challenges that humans face in space. This can help them think about mental health and how it affects people in difficult situations.

[View activities →](#)

## Learning activities



## Foghlam Meadhan Gàidhlig



### Learning activities through the medium of Gaelic

- This week, children can develop their fluency in Gaelic through talking about climate change, planning ideas for improving their bedrooms and building their skills for working in teams.
- There are also new activities for numeracy and mathematics. 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.



[Gaelic Medium  
Education learning  
activities](#)

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

### Support for reading

Stòrlann Nàiseanta na Gàidhlig have uploaded [Storyworld reading books online](#) (they are available as PDF files).

Accompanying audios files for all of the books can be found at [Gaelic4parents](#).



### Abairtean / Phrases



Iarr taic bho do  
theaghlach is do  
charaidean

[Ask your family and  
friends for support](#)



Thoir seachad moladh  
agus misneachd gu  
cunbhalach

[Praise and encourage  
regularly](#)



Bi misneachail  
[Be confident](#)



## Support for individual concerns and questions

Have you used the online dictionary [Learn Gaelic](#)? If you need help with translating words and short phrases, and how to say words.

Did you know [Gaelic4parents](#) has an instant messaging 'homework help' service for parents? Live online help is available Monday to Thursday, from 5.30pm to 7.30pm.



## Hints and tips

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

Here are our top tips for this week



## Looking back, looking forwards!



At this point in the year many children and young people would have been celebrating their achievements and milestones. Many will miss activities such as nursery events, leaving ceremonies, sports days and school dances. Why don't you as a family, celebrate achievements in other ways. You could make a memory box or time capsule with items that remind you of 2019-20, or why not write a list or create a book as a reminder of all the good things and family activities that you have enjoyed.

It's also a time to reflect on some of the changes and learning that has taken place during lockdown. Did you or your children learn a new skill, look after a neighbour, clap for the NHS? In future years, you can look back and remember this unique year. It may also be a useful source of information for future generations of your family! Homestart have useful advice for parenting teens during Covid-19 including helping them cope with change.



## Hints and tips

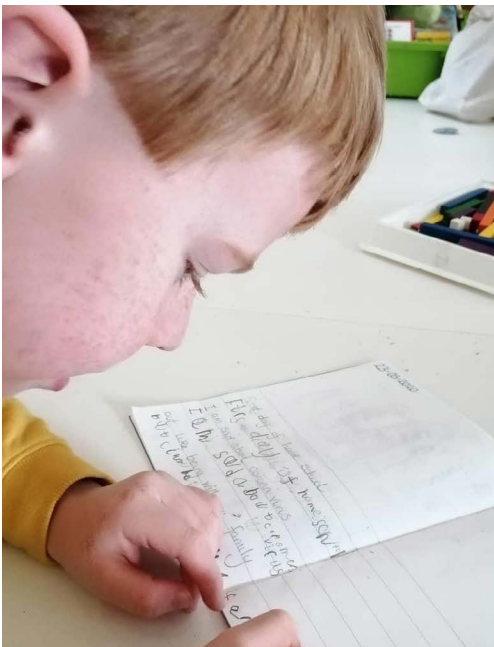
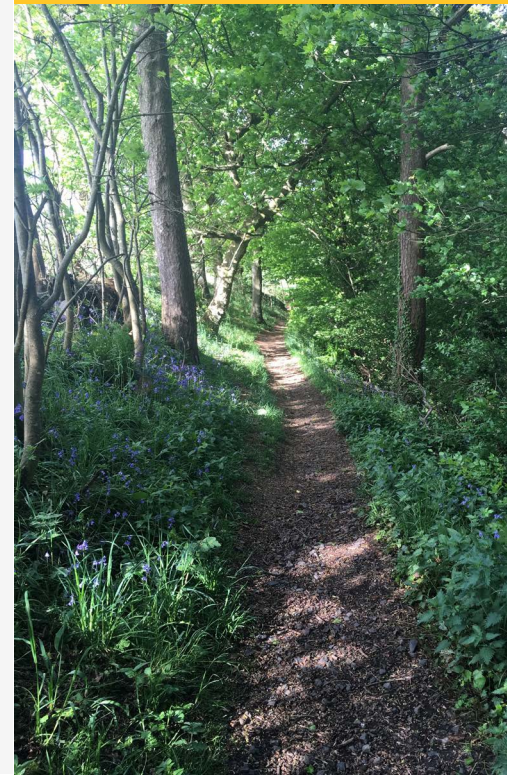
### Hints and tips for parents of a child who is visually impaired

- Allow your child to explore their surroundings. They can help you with jobs around the house such as loading the washing machine, putting food items away and helping to prepare food.
- Explore cooking utensils, buttons on washing machines, dishwashers and so on.
- Explain to your child what things are used for, how they work and what they are made from.
- Help your child to ask questions such as 'what do you think that is made from?' and 'is that lighter or heavier than the other item?'.
- You can use baskets or boxes to gather lots of different items with different textures, smells and sizes. For example, empty shampoo bottles, scented candles or sponges are all good for helping your child to use their different senses.
- Plan a route together to a shop or park. Talk to your child about what they are hearing, feeling and smelling. Discuss the things that are there to help them such as textured pavements leading to road crossings and audible pedestrian crossings.

The [National Accessible Library](#), [Young Calibre](#) audio library and [Listening Books](#) can provide access to books for those with visual impairments, including children and young people.



[Sight Advice](#) provide advice and ideas to support learning.



## What's new this week?

### Frequently Asked Questions about supporting learning at home during COVID-19

A new page on Parentzone Scotland answers frequently asked questions about learning at home during the Covid-19 crisis. This [FAQ learning at home](#) also provides some top tips on how you can continue to support your child's learning.



## What's new this week?

### Parentzone advice for parents who do not live together

We know the last few months have had added challenges for parents who do not live in the same household. If you are looking for advice [check out these pages](#) on Parentzone Scotland.

### Support for parents in Gaelic Medium Education

**Comann nam Pàrant** (@CnPNaiseanta) provides advice and support on Gaelic Medium Education to parents.



### Useful links



### Anti-racism information

**Young Scot** spoke with Intercultural Youth Scotland's Anti-racist Ambassadors Themba and Ciara. They discussed what it's like being a black Scot, how white people can be better allies and the changes they want to see. Young people (and not so young) can read the interview at [What It's Like to Be Young and Black in Scotland](#). Childline has useful information to support those worried about [racism and racial bullying](#).



### Money matters

Are you worrying about money because of coronavirus? For help you can contact Children 1st Money Advisors by calling Parentline on 08000 28 22 33 or go to their [website](#) for guidance and advice about money worries. Parent Club also [advice about money and your rights](#).

Did you know you can get a Best Start school age payment even if you are deferring entry to school? The grant depends on the age of your child, not when they start school. Applications are open now for children born between 1 March 2015 and 29 February 2016. [Find out more](#).



## Creativity challenge for the week

# CHANGE AS MANY THINGS AS POSSIBLE!

We all need routines to help organise our days, but your challenge is to **think of as many ways to change your daily routine as you can**. Take all of the everyday, normal things that happen, from getting out of bed to brushing your teeth at night, and change them. They could be tiny little changes, or big changes. You don't have to do any of them – the point is to imagine as many as possible. How many can you come up with? 10? 20? 100?

Perhaps you could brush your teeth using a different hand, wear somebody else's clothes, write a letter instead of texting, have a dance at lunchtime. Make them as fun and as wild as possible without being impossible.

You can write them down, or just shout them out. If you get stuck – keep thinking, creativity is all about sticking with a problem until the ideas start flowing again.

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**



View [change as many things as possible](#).



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Make sure you sign up to receive our summer special edition next week!

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