



Learning at Home

Supporting Parents and Carers

APRIL 2020

As we enter into a longer time of school closures this booklet aims to reassure you and provide you with suggestions and ideas to help you support your child's learning at home.

It is important to remember that you are not expected to become a teacher and that your child does not need to learn in the same way as they do in school.

Even although schools are closed ...remember that you are not alone. School staff are keen to support you and your child wherever they can. There's no such thing as a 'silly' question. If you are in doubt, please use the Google classroom to communicate with the class teacher about your child's learning and how they are getting on or school mail for other enquiries. Someone will get back to you as soon as they can. If any of your contact details have changed it is really important to let us know by sending a message to Schoolmail@carlibar.e-renfrew.sch.uk

The health and wellbeing of everyone has to be our key focus at this time and it is important that we all look after ourselves and our families. The school website has information about sources of help and advice from a range of agencies on coping with our current situation. This section will continue to be updated during the school closure as there are so many agencies offering useful resources and advice on a wide range of topics. <https://blogs.glowscotland.org.uk/er/Carlibar/health-and-wellbeing/>

To give you as much support as possible we have put the following things in place

- The Carlibar website has a revised learning from home section that we will continue to update with links to a wide range of educational websites and useful guides for parents and carers.
<https://blogs.glowscotland.org.uk/er/Carlibar/pupil-zone/>
- The School App will be used to communicate information. If you have not downloaded the App yet you can get it free. A text message has been sent to all parents/carers with the code that you need to access the information on the app when you have downloaded it. Info on website on how to get it can be found [here](#)
- The Carlibar Twitter account will regularly tweet a range of activities that you might be interested in. Please follow us on Twitter @CarlibarPS to get notifications. You can also let us know what you have been doing at home if you do something linked to a particular tweet we have made. You can do this by replying to our tweets or including @CarlibarPS, @CarlibarCCC in your tweets.
- All classes have a Google classroom set up. Details of how to log onto this were sent home when we closed. There is also a guide on the school website to help you find your way around the Google classroom.
<https://blogs.glowscotland.org.uk/er/public/Carlibar/uploads/sites/78/2020/03/25130326/Google-Classroom-Pupil-Guide1.pdf>
If your child has forgotten their Glow log in that they need to access Google classroom please request a password reset here
<https://docs.google.com/forms/d/e/1FAIpQLSd5CYRryCuC9E52i7vXaV9f69IIG-sJv5eL7svg3dH6znul4g/viewform>

On a typical Google classroom day, teachers will set literacy and numeracy work and on some days activities from other curricular areas. In school not every curricular area is taught every day or every week and this will be the same at home. Balance of curricular areas is over a longer period of time. Some Google classroom activities will refer to the paper home learning packs that were sent home. Teachers will respond to your child's messages on the Google classroom and comment on work submitted between 9am and 3pm. Teachers will be working on other things so it will not always be an immediate response.

We have a subscription to Active Learn Primary and teachers will allocate activities and games for your child. Log in details were sent home as each child has their own area for their work, if you have issues with log in just get your child to message the teacher on Google classroom. Active Learn help can also be found at <https://www.activelearnprimary.co.uk/login?c=0> You can check your device will work and access guides for using Active Learn.

- Home learning packs were issued in March and we will issue another pack for the new term for all parents/ carers who want one, We have started working on these. In school we take part in national and international awareness days and weeks so some activities in your pack will be linked to these and will be suitable for all ages to take part in. You will get a message from the school when the packs are ready and details of how you will get them. This will be done in line with the government's social distancing rules that are in place at the time of issue.

DAILY ROUTINES

Your child is used to structure and routine at school and it is useful to have one at home as well but this will not be the same as the school routine and every day can be different. It is important to have fun learning at home and not to place additional pressures on your child or yourself.

You know your child best and what they need/can cope with. They need down time to relax and learn through free play as well as completing tasks allocated by teachers. There are so many really valuable life skills that they can also learn at home linked to preparing food, helping with tidying, making beds, washing dishes etc. and this can be part of the daily routine or schedule.

It is also important to build time into the day to talk to each other and share activities that you enjoy. Learning is everywhere.

There is no expectation that children should be undertaking formal learning activities all day every day from 9am-3pm. Teachers are providing work for children but we understand the pressures on life just now and it is up to you to decide what you can do with your child each day. With your child, plan the day out in advance, doing this will help to reduce pressure or anxiety. Ensure that they have a range of short 'chunks' of time when they are engaged in an activity. We have provided some blank timetables in their learning packs that you can use if you wish to help organise your child's day/week.

Not all activities should require direct adult support, plan so that children can undertake some activities on their own in order to ensure that you can continue to work at home if necessary. It is important to make sure that your child isn't sitting working online all day- factor in time for breaks, lunch, shared activities, time outdoors and fresh air. Children also need time to explore their own interests and hobbies. Keeping in touch with friends and family through social media or telephone is also really important at this time.

Some children (and parents/carers) may feel overwhelmed at times by the amount of work that has been set for them. When children are at school, they are not expected to work on one task for hours at a time, mirror this at home to ensure a balance. Remember that we are trying to give enough tasks to support you so that you have plenty to choose from so please don't stress about online tasks or deadlines these are intended as guides for you, choose what you can do on any given day.

If you feel that your child is losing focus or not engaging, respond to this and take a break. Nothing has to be set in stone. Children should understand that it is OK to get stuck or to be unsure at times. On these occasions, if you are unsure as to how to best help them become 'unstuck', they will be able to contact their teacher through their Google Classroom. It may be best to put the task on hold and move on to something else until their teacher responds.

Please keep in touch with us.

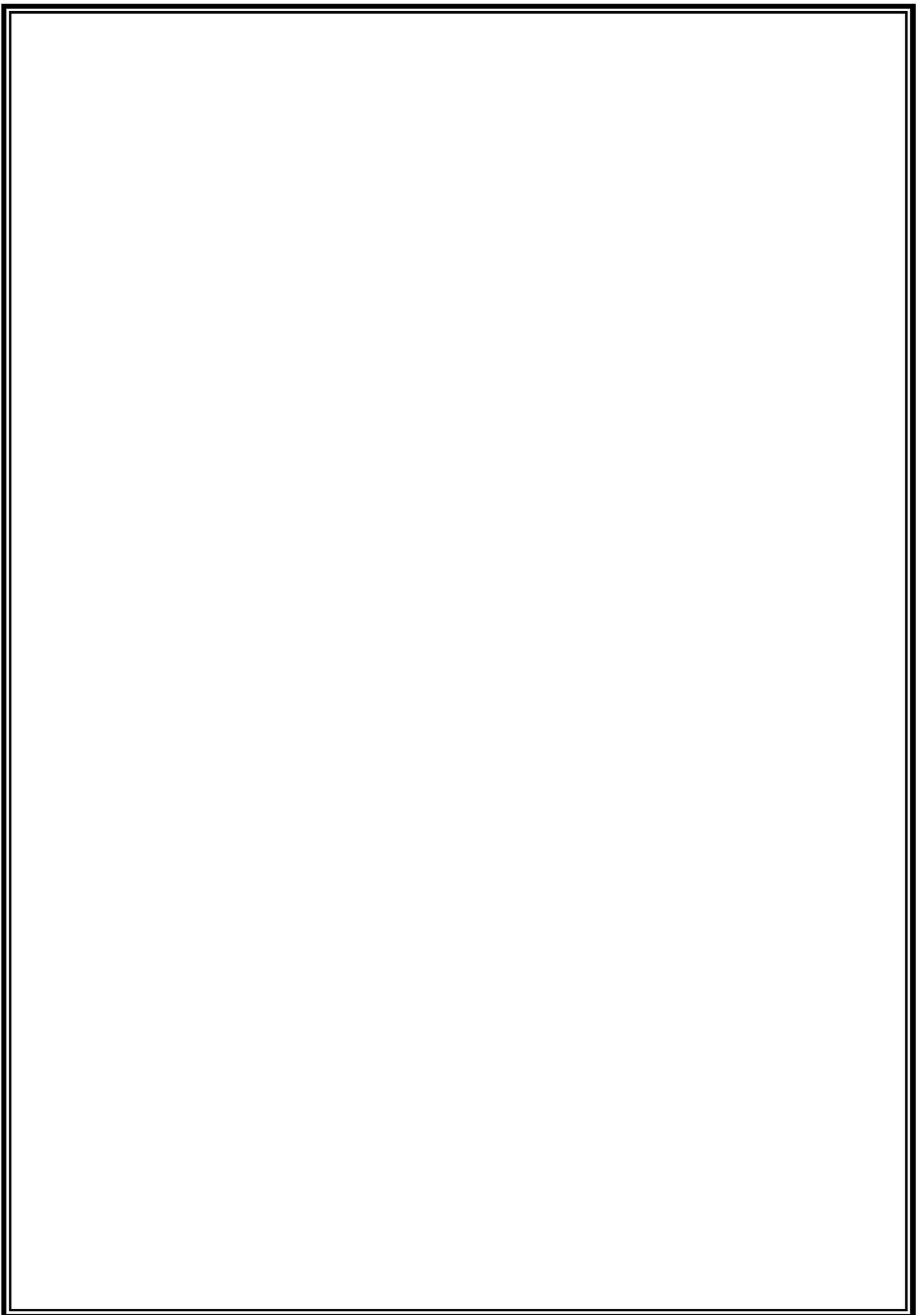
In your packs we have given you some blank weekly timetables that you can use to help you and your child plan your days if you want to use these. You could plan at the end of the day for the following day or set up a weekly plan at the start of the week – but remember this needs to be flexible to suit you and your family, the time slots that you put on this are up to you. You might decide to spend a whole morning baking or playing outside, phoning family or watching a film and this is ok. Aim to get a balance over the week you don't need to cover everything every day. Making a timetable helps your child learn about telling the time, time durations and develops their understanding of schedules and also allows you to plan with them for things that interest them. For older children times can be written in 24 hour time e.g. 13:00 instead of 1pm. Plan a mix of online activities, paper based/ practical activities, indoor and outdoor, and don't forget about the BBC learning programmes now being shown on TV. The school website has loads of links in the learning at home section giving ideas for activities to help you plan your day.

EXAMPLE FOR MONDAY		
Time	Activities	How did I get on?
8.15am	<ul style="list-style-type: none"> • Have breakfast • Get washed • Get dressed • Brush teeth • Make bed 	Use this box after each block of time or at the end of the morning/afternoon. Talk about what they have done and how well they think they did. Your child can then show what they think in the box by putting a traffic light colour in this box, draw a face/star/ get a sticker or write a comment.
9am	<p>Block 1 Start this block talking to your child about the plan for the day and how they feel. Try fitness activities / exercises there are lots online to choose from and links on school website eg Joe Wicks(The Body Coach) daily work out every day at 9am or you can watch the recorded sessions any time.or use the fitness activities Mr Moffat has made up that are in your learning packs.</p> <p>Choose one or two activities that have been set in Google classroom /Activelearn by the teacher for maths. Play a maths game on Sum Dog or other online maths game of your choice.</p>	
10.15am	<p>Free Play - Own choice Indoors or outdoors</p> <p>Snack time</p>	
11am	<p>Block 2 - Try some language activities set by your teacher in this block. Read a book of your choice/ listen to a story being read by an adult/sibling or read/watch an e-book online.</p> <p>Relaxation time – try some drawing, mindful colouring or another activity that helps your child to relax, construction/ puzzles, games, sensory activities etc.</p>	
12 noon	<p>Help to prepare lunch, have lunch and wash the dishes/tidy up. You might have some chores that children have to learn to do or life skills that you want to teach them. Ideas for age related life skills on school website</p> <p>Daily outdoor time/ exercise – go for a walk, scoot, cycle, play in the garden.</p>	
1.30pm	<p>Block 3 - Choose an activity from learning packs sent home. Or choose any area e.g music, drama, dance, history, geography, coding, science, art/craft, French/Mandarin, and try out an activity from the suggestions on twitter or school website. Or child lead learning on topic they are interested in.</p>	
2.15pm	<p>Chat about the day and talk about tomorrow's plan, make timetable or rough plan for the next day.</p>	

Possible Daily Online Activities – These are just a few suggestions – lots more will be added to CarlibarPS Twitter and school website under the curricular areas sections on a regular basis.

Remember: Not all activities should be ‘online’

Time	Subject/Activity	Link	Description
Live at 9am or view recorded episodes anytime	Health and Wellbeing PE with Joe Wicks	https://www.youtube.com/user/thebodycoach1	Half hour live daily PE video on youtube with Joe Wicks
Live at 9am	Health and Wellbeing Jumpstart Jonny	https://www.youtube.com/watch?v=IDuWSTyM8RA	Very energetic start to the day. Exercise class with Jumpstart Jonny.
9.15am	Social subjects Newsround	http://www.bbc.co.uk/newsround	News programme for children
9:30am 10am 11am	Twinkl Home Learning Age3-5 Ages 5-7 Age 7-11	http://www.twinkl.co.uk/home-learning-hub	A range of learning activities if you are looking for support
Live at 9:30am	Science Wildlife with Steve Backshall	https://www.youtube.com/channel/UCm-URP49TgSgylU1rgh2m7A/	Live wildlife Q&A on youtube
Live at 10 am or Interact anytime	Maths Mathsfactor	https://www.themathsfactor.com/	Sign up for free access to Carol Vordermann's maths website. Let Carol teach your children maths. Age 4-12
10am live	Science Live from Glasgow Science Centre	https://www.youtube.com/user/scienceshowbob	A series of videos from Glasgow Science Centre hoping to spark your imagination to explore the world
10am onwards	BBC Scotland Educational programmes	BBC Scotland channel (TV)	A variety of programmes from across the curriculum see your tv guide for details
Live at 11am	Literacy - reading Audio Elevesens with David Walliams	https://www.worldofdavidwalliams.com/	David Walliams is releasing an audio story every day for the next 30 days for free.
Live at 12pm	Health and Wellbeing Lunch with Jamie Oliver	https://www.jamieoliver.com/features/category/get-kids-cooking/	Range of recipes, ideas and videos
Live at 1pm	Music With Myleene Klass	https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6iFXsXQ	Join Myleene for her music class
Live at 1:30pm	Dance With Darcey Bussel	https://twitter.com/diversedancemix/status/1241098264373592065	Join in for a facebook shake up
Live at 2pm	History with Dan Snow	https://tv.historyhit.com/signup/package	Free for 30 days
3pm	Story time for Home Time	https://www.youtube.com/watch?v=awVpVMHF15Y	James Mayhew author and illustrator tells a story daily
View daily	Literacy Writing 10 minute challenge	https://authorfy.com/10minutechallenges/	famous authors talk about their book then setting a writing challenge.



East Renfrewshire Hub Arrangements- Hub School in bold

Neilston/Uplawmoor

Neilston PS (0141 570 7240)

Madras FC

St Thomas' PS

Uplawmoor PS

Giffnock & Thornliebank

Glen Family Centre (0141 570 7510)

Our Lady of the Missions PS (0141 570 7280)

Braidbar NC & PS

Giffnock NC & PS

Glenwood FC

Thornliebank NC & PS

Woodfarm HS

St Ninian's HS

Barrhead

Carlibar NC & PS (0141 577 4100)

Arthurlie FC

Cross Arthurlie PS

Hillview PS

McCready FC

St John's PS

St Mark's PS

Barrhead HS

St Luke's HS

Clarkston & Busby

Netherlee NC & PS (0141 570 7260)

Busby NC & PS

Carolside NC & PS

Cartmill FC

Williamwood HS

Newton Mearns (North)

St Cadoc's NC & PS (0141 570 7340)

Crookfur NC & PS

Mearns NC & PS

Eastwood HS

Newton Mearns (South)

Calderwood Lodge NC & PS * (0141 570 7060)

St Clare's PS *

Eaglesham NC & PC

Hazeldeane FC

Kirkhill PS

Maidenhill NC & PS

Mearns Castle HS

* campus local

