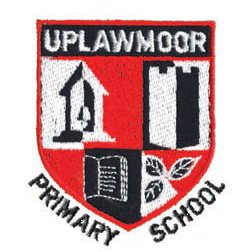
Uplawmoor Primary School

East Renfrewshire Council

East Renfrewshire Council

learning at home guide





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Learning at Home   
Hints and Tips for Parents and Carers

As we enter into a more prolonged period where children and young people will be expected to undertake learning activities at home, this document aims to reassure you and provide you with suggestions and ideas to ensure that your child benefits as much as possible in these circumstances.

We know that the idea of supporting your child’s learning can seem daunting. 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 or nursery. The most important aspect is the relationship that you already have with your child, this will enable you to support and reassure them during this unusual time.

Whilst your child is used to structure and routine at school or nursery and it is important that some of this is provided at home in order to support them to adapt to change, above all, ensuring that a sense of fun is retained through all activities that you share with your child is vital. A variety of different activities such as board games, puzzles or outdoor games can help your child to further develop skills such as problem solving, turn taking, cooperating with others and resilience. There is no right or wrong; playing a board game in the evening can be just as valuable as completing a maths worksheet.

All children and young people will routinely be provided with work from their school. This should form the basis of your child’s day around which you can plan other activities. On a typical day, teachers will set literacy and numeracy work and activities from one or two other curricular areas such as social studies or health and wellbeing. Across the week, your child will have been set a variety of activities from most curricular areas. However, there is no expectation that children should be undertaking formal learning activities all day every day from 9am-3pm. 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.

Not all activities should require direct adult support, plan so that children can undertake some activities independently 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. 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 Google Classroom comments. It may be best to put the task on hold and move on to something else until their teacher responds. Teachers will interact with your child through the online platform that the school is using, Google Classrooms in the case of Uplawmoor Primary School. Teachers will provide feedback on completed activities and will be on hand to offer support, advice or reassurance when required. **Please be aware that teachers may not respond immediately, they will be busy working on other activities but will respond when they can between the hours of 9am-3pm.**

Some children (and parents/carers) may feel overwhelmed at times by the amount of work that has been set for them. Check the expected timescales and set agreed time slots for each piece of work. In Uplawmoor Primary School a STAR system has been adopted to help learners and parents prioritise tasks. When children are at school or nursery, they are not expected to work on one task for hours at a time, mirror this at home to ensure a balance. Examples of some possible timetables are shown on the following pages.

**Finally and most importantly, remember that you are not alone.** School/ELC 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 online platforms to communicate with staff or for specific issues linked to Glow access or IT please email the ‘School Mail’ address for your child’s school e.g [schoolmail@uplawmoor.e-renfrew.sch.uk](mailto:schoolmail@uplawmoor.e-renfrew.sch.uk). School websites and Twitter feeds will have help sheets and guides on specific areas such as accessing Glow and Google Classroom etc.



**Imaginative play**

Play materials which are common, household objects are just as educational and can actually be more fun and helpful for promoting imagination and creativity than expensive toys from shops.   
<https://www.playscotland.org/parents-families/loose-parts-play/>

<http://www.hanen.org/Helpful-Info/Articles/Toys-that-kick-start-the-imagination!.aspx>

When playing with children, **particularly young children**, commenting on what you see rather than asking too many questions shows them that you are really interested and paying attention. This really does work – try it! (E.g. “You’ve worked so hard on that. I love the colours you’ve used!”)

**Home learning ideas for younger children**:

<Https://abcdoes.com/home-learning/>

It’s never too late to develop your playful, humorous side. You can reclaim your inner child by setting aside *regular, quality* *playtime*. The more you play, joke, and laugh - the easier it becomes. <https://www.playscotland.org/parents-families/>

**Family Lockdown Tips & Ideas** – a new and very popular Facebook group set up to share ideas for indoor and garden activities – it is a private group which you need to join in order to access the resources. <https://www.facebook.com/groups/871176893326326>

**Other ideas for imaginative play**

Children should be encouraged to use simple ‘junk’ materials to allow them to create and make things using their own imagination. Cardboard boxes/tubes, yoghurt tubs, paper, material and clothes can all be used to create imaginative worlds, toys and objects which allow children to develop fine and gross motor skills as well as problem solving skills.

Some ideas include:

Creating a car, boat, rocket or imaginary vehicle. Encourage children to describe an imaginary adventure.



Create a puppet theatre, perform a puppet show, write a script!



Create a robot using cereal boxes and other materials. Make a comic strip telling a story about the robot.



Set up a restaurant. Junk could be used to create food and other items like a pizza oven. Children could create a menu and posters for their restaurant and design a logo or uniform.



Design and build a ‘Fairytale’ Castle or a house for a character from a story such as ‘3 Little Pigs’

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**Outdoor Learning**

Ideas and useful websites:

<https://www.outdoorlearningmadeeasy.co.uk/>

<https://www.ltl.org.uk/parents/>

<https://www.twinkl.co.uk/resource/t-t-2546530-summer-outdoor-learning-activities-parent-and-carer-information-sheet>

**BBC Gardening** - if you are lucky enough to have a garden, make the most of it as spring kicks in.  It’s good exercise and any fresh air is good.  <http://www.bbc.co.uk/gardening/gardening_with_children/>

|  |
| --- |
| **Some other simple ideas:**   * Go on a mini beast hunt. Count the number of mini beasts you find and record using tally marks. Create a graph to show your findings. Carefully observe and draw your favourite mini beast. Create and label a diagram of a mini beast. Create a mini beast hotel. <https://www.wildlifebcn.org/blog/helen-daniel/30-days-wild-day-eleven-build-bee-hotel> |

* Build a den with natural resources. Read stories with and to your family in the den.
* Talk with family and friends about games they used to play outside. Try playing these together as a family. Invent new family games to play outside.

**Games/Activities**

**Below are some other activities and games that could be made using household materials and some that need no resources at all!**

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Example Timetable- Primary- This is not prescriptive- just to give ideas of how a day might be structured

Within the ‘School work block’ you may want to do a selection of the activities that the teacher has set in order to break up the block.

In the ‘Do I need help? column, you may want to discuss with your child and decide between you, the times when they will be able to work independently.

|  |  |  |
| --- | --- | --- |
| **Activity** | **Do I Need Help?** | **What We/I Might Do** |
| Morning Routine | I can do this by myself  I can do this with a sibling  I need adult support | * Have breakfast * Get washed * Get dressed * Brushed teeth * Make your bed * Tidy your room |
| Exercise Time | I can do this by myself  I can do this with a sibling  I need adult support | * Scooter or bike ride * Walk round the block * Indoor exercise – The Body Coach PE Workout * Sensory activities, cosmic yoga, Zen Den * Jacks, running on spot/up and down stairs, squats… * Exercise ideas – see separate page |
| School Work | I can do this by myself  I can do this with a sibling  I need adult support | * School work packs * Numeracy, Writing/Reading- independently/shared * *Include brain breaks and snack to chunk focus time* |
| Creative Time | I can do this by myself  I can do this with a sibling  I need adult support | * Lego, drawing, colouring * crafting, singing, music * cooking/baking together * jigsaw, puzzles, junk modelling * clay/playdoh/plasticine * Help prepare lunch |
| Lunch/Free play | I can do this by myself  I can do this with a sibling  I need adult support | * Controlled Electronics * Ipads/Kindle/tablets/computers/consoles |
| Quiet Time | I can do this by myself  I can do this with a sibling  I need adult support | * Relaxing music * Read a story * Watch a TV programme * Play a game * Do a jigsaw |

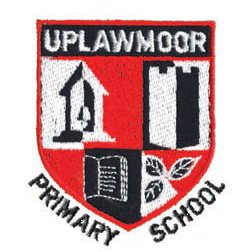
**East Renfrewshire Hub Arrangements- Hub School in bold**

**Neilston/Uplawmoor**

**Neilston PS (0141 570 7240)**

We are working within this hub.

**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

**Possible Daily Online Activities**

**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**](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**](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**](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-URP49TgSgyIU1rgh2m7A/**](https://www.youtube.com/channel/UCm-URP49TgSgyIU1rgh2m7A/) | Live wildlife Q&A on youtube |
| **Live at 10 am or Interact anytime** | **Maths**  **Mathsfactor** | [**https://www.themathsfactor.com/**](https://www.themathsfactor.com/) | Sign up for free access to Carol Vodermann’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**](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 Elevenses with David Walliams** | [**https://www.worldofdavidwalliams.com/**](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/**](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/UCQh2wgJ5tOrixYBn6jFXsXQ**](https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ) | Join Myleene for her music class |
| **Live at 1:30pm** | **Dance With Darcey Bussel** | [**https://twitter.com/diversedancemix/status/1241098264373592065**](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**](https://tv.historyhit.com/signup/package) | Free for 30 days |
| **3pm** | **Story time for Home Time** | [**https://www.youtube.com/watch?v=awVpVMHFl5Y**](https://www.youtube.com/watch?v=awVpVMHFl5Y) | James Mayhew author and illustrator tells a story daily |
| **View daily** | **Literacy Writing**  **Authorfy 10 minute challenge** | [**https://authorfy.com/10minutechallenges/**](https://authorfy.com/10minutechallenges/) | Video from famous authors talking about their book then setting a writing challenge. |