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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 whichever online platform the school/class/ELC are using (Teams, Google Classroom, SeeSaw etc.). 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. They will check in to see how your child is doing, not only in terms of their school work but their general wellbeing. 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. 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@busby.e-renfrew.sch.uk.

School websites and Twitter feeds will have helpsheets and guides on specific areas such as accessing Glow and Google Classroom etc.

If you prefer not to use the internet and have requested paper based activities, you can still contact your child's school either by emailing the school mail address or by phoning the 'hub' school that your child's school is aligned to where you will be able to leave a message for a member of staff to contact you. Please see the list of hub schools at the end of this document. For families who have requested paper based activities, a member of the school management team or your child's teacher will contact you periodically to check if any advice or support is required.



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://abctoes.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'



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>



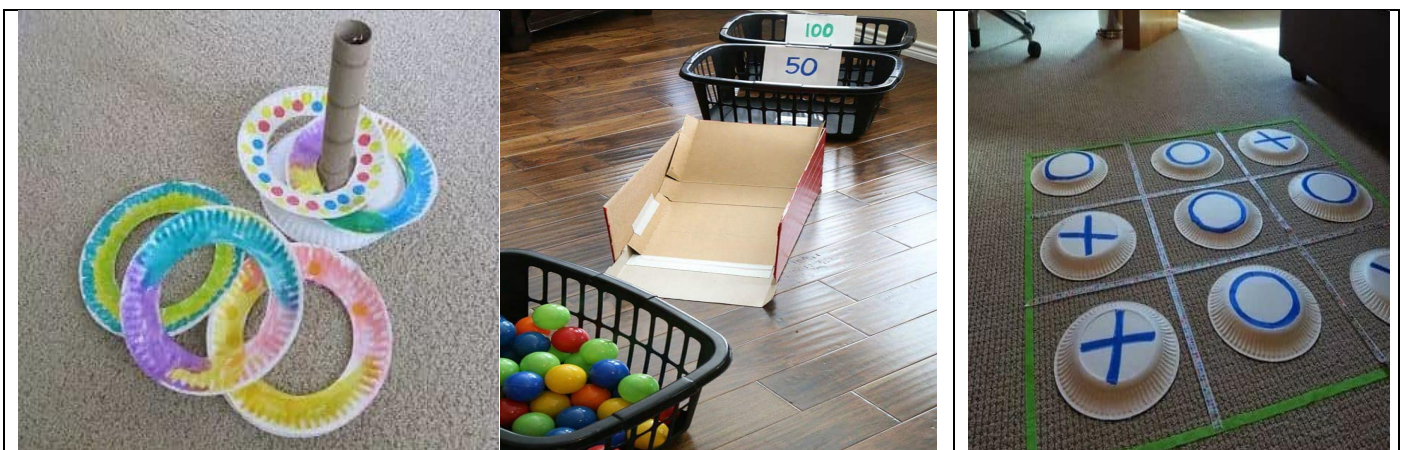
BBC Gardening - if you are lucky enough to have a garden, make the most of it as spring kicks in. It's good exercise and any fresh air is good. http://www.bbc.co.uk/gardening/gardening_with_children/

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!





MOTHERCOULD
PLAY DOUGH

YOU'LL NEED:

- 1 cup flour
- 1/2 cup table salt
- 2 tbsps cream of tartar
- 1 tbsps oil
- 1 cup boiling water
- Food coloring

INSTRUCTIONS:

1. In a bowl, combine the flour, salt and cream of tartar. Mix well.
2. Add the oil
3. Mix a few drops of food coloring into the boiling water and add to the bowl.
4. Mix everything very well and massage with your hand until it is no longer sticky.
5. Once it has fully cooled, wrap in plastic and put in an airtight container. Store at room temperature for about 6 months.



MOTHERCOULD
FIZZY BLOCKS

YOU'LL NEED:

- 1 cup baking soda
- 1tsp clear gelatin
- 1/4 cup water
- Food coloring
- Ice cube tray
- Vinegar

INSTRUCTIONS:

1. Mix together the baking soda and gelatin.
2. Add a few drops of food coloring to the water and pour into the baking soda mixture. Mix well.
3. Separate the mixture evenly into the ice cube tray.
4. Freeze overnight.
5. Remove the cubes from the tray and pour some vinegar on top. Watch it fizz.



**MY 2020
COVID-19
TIME CAPSULE**



BY: _____

INDOOR SCAVENGER HUNT

- Find a fork.
- Find something that is red.
- Find a tissue box.
- Find 3 things that have wheels.
- Find an orange crayon.
- Find something that is very soft.
- Find a band-aid.
- Find a key.
- Find 2 socks that match.
- Find something round.
- Find a sticker.
- Find a rubber band.
- Find a pair of glasses.
- Find an envelope.



RAINBOW SCAVENGER HUNT

- 🌈 Find something red.
- 🌈 Find something yellow.
- 🌈 Find something orange.
- 🌈 Find something green.
- 🌈 Find something blue.
- 🌈 Find something purple.
- 🌈 Name a Fruit that is red.
- 🌈 Name an animal that is yellow.
- 🌈 Name a vegetable that is orange.
- 🌈 Name a plant that is green.
- 🌈 Name a flower that is purple.
- 🌈 Name something outside that is blue.



INVENTOR SCAVENGER HUNT

- Find something that you can turn.
- Find something that is bumpy.
- Find something that is metal.
- Find something you put together.
- Find 3 things that are round.
- Find something you twist.
- Find something shiny.
- Find something you can roll.
- Find a tube.
- Find 3 things that are squishy.
- Find something clear.
- Find something that can bounce.



MATH SCAVENGER HUNT

- Find 2 pencils and 1 blue crayon. How many items do you have now?
- Find 5 blocks and 2 pennies. How many items do you have now? Take away 3 blocks. How many items are left?
- Find 4 socks and 2 stuffed animals. How many items do you have all together?
- Find 8 crackers. Eat 4 of them. How many are left?
- Find 3 spoons, 4 books and 2 orange crayon. How many items do you have all together?



BOOK SCAVENGER HUNT

- Find an animal in a book.
- Find the word spring in a book.
- Find someone helping someone in a book.
- Find a picture of a sun in a book.
- Find a book that makes you laugh.
- Find a bug in a book.
- Find someone sleeping in a book.
- Find a character eating in a book.
- Find a pet in a book.
- Find a cat in a book.
- Find a superhero in a book.
- Find a bike in a book.



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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • School work packs • Numeracy, Writing/Reading- independently/shared • <i>Include brain breaks and snack to chunk focus time</i>
Creative Time	I can do this by myself I can do this with a sibling I need adult support	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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)

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	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-URP49TgSgyIU1rgh2m7A/	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 Elevenses 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/UCQh2wgJ5tOrixYBn6jFXsXQ	Join Myleene for her music class
Live at 1:30pm	Dance With Darcey Bussell	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 Authorfy 10 minute challenge	https://authorfy.com/10minutechallenges/	Video from famous authors talking about their book then setting a writing challenge.