



Dear Parents/Carers,

We hope you and all your families are all well. We would like to share some more useful websites and fun ideas for you to try at home. I hope that this will continue to help keep your children active over this time of uncertainty. Can I just remind parents that we would love to see photos etc of children during this time and feedback about our YouTube channel please? All photos and videos can be emailed to gw10mccallumtracey2@ea.n-ayrshire.sch.uk. Do not be worried about covering the curriculum during this time of closure as much of what we do is from real life experiences, learning through play within your home. Not all activities will suit the needs of every child therefore; they can be adapted to suit. Please remember we are here to help. So firstly:

Let us Keep Fit:

CLASSES LIVE ON FACEBOOK
Mon 22nd - Sat 27th June

MONDAY	
Nursery Rhymes / Baby Ballet with Vanessa (15 mins each)	9.45am - 10.15am
Stress Less with Carole	2pm - 2.30pm
Evolve (Indoor Cycling) with Erin	5pm - 6pm
Booty Blast with Lindsey	7pm - 8pm
TUESDAY	
Yoga with Eleanor	9.30am - 10.45am
Walking for Weight Loss with Louise	2pm - 2.30pm
Fatburn with Claire	6pm - 7pm
WEDNESDAY	
Body Combat with Erin	9.30am - 10.30am
Chair Exercises with Kirsty	12pm - 12.30pm
Yoga with Eleanor	6pm - 7pm
THURSDAY	
Keep Fit Low with Kirsty	10.45am - 11.15am
Dance for All with Claire	2pm - 2.30pm
Body Attack with Danielle	5pm - 6pm
FRIDAY	
HIIT with Mark	9.30am - 10am
Family Workout with Nikki & Lilly	11am - 11.30am
	PRE-RECORDED
SATURDAY	
Abs Blast with Kirsty	10am - 10.30am

KA | leisure #StayHomeStayActive

KALeisure: Which Facebook Live sessions have you been enjoying the most?

We offer a range of sessions from yoga and relaxation to high energy HIIT with a variety in-between!

Below is your timetable for the week ahead - let's make this an active week!

[#StayHomeStayActive](#) [#ElevateTheEveryday](#)

Please make sure you're ready to exercise and check out our Health Commitment Statement at <https://bit.ly/2V5tEXdPeople>

Is your child
not sleeping well
since the Lockdown?

We can give you advice
and support.

If you are a parent or
carer living in Scotland,
email our Sleep Support
Line and we will call you
back

sleepsupport@sleepscotland.org

Sleep Scotland works across the UK
to address sleep issues in children and
young people and to support their
parents and carers and other
professionals.

www.sleepscotland.org

The logo for Sleep Scotland, featuring the word "Sleep" in a large, blue, sans-serif font with a blue crescent shape to its left. Below "Sleep" is the word "Scotland" in a smaller, blue, sans-serif font.

Sleep
Scotland



☞☐ It's hard to over-state the positive impact that parents and carers have on their young children's learning, just by making the most of day-to-day activities.

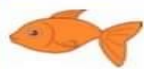
☞☐ What do we mean by 'making the most'? Well, basically it's trying to remind yourself about the opportunities in what you're already doing - such as those below at bath time - and focusing on one or two of them (and definitely NOT feeling you have to do everything all the time!). It's often things we already do - but maybe instead of just thinking "Aww, she's splashing the bubbles", we say it out loud, so she hears and learns the words, or feels more encouraged to grab the bubbles, strengthening her fingers. ☞

[#FamiliesCount](#)



Things to do
at home

Bath time? Anytime!



Playing in and with water is a fun learning experience for children of all ages. Playing with your little one during bath time is a great opportunity for quality time together to chat and have fun.



If your little one is unsettled or feeling easily upset, a calming bath time can be a wonderful, soothing distraction.

Often families have bath time as part of a routine at the beginning or end of the day, but if a 3pm bath helps to settle or break up a difficult day - so be it!



Bath time will help your child develop gross motor skills - using larger muscles, as they kick and splash - as well as fine motor skills for dexterity, as they try to grasp bubbles, or squeeze a sponge. Small toys such as cups and spoons offer opportunities for pouring and mixing fun!



Little ones love music, and singing songs at bath time helps develop language skills. A great time for practising nursery rhymes or thinking of water-themed songs: 5 Little Ducks, 1, 2, 3, 4, 5, or 5 Little Speckled Frogs.



peep supporting parents and
children to learn together
www.peeple.org.uk

Find more things to do at home:



@PeepleCentre

Exploring the world outdoors:



Plant a Sunflower

Plant 3 or 4 sunflower seeds
and see which one grows first or
tallest.



For more
challenge
you can
encourage
the child to
keep a
Sunflower
growing
diary.
Younger
children
could
draw
pictures
of the
growth.

At home with Mrs H

Science Saturday has come around again and today's activity is about growing a sunflower. Dig deeper into the science by planting 3 separate seeds and measure how factors of environment affect growth. Give the first seed everything it needs; warmth, light and water. Second seed, don't give any water and the third seed, put in a dark cupboard, so it gets no light. Investigate over the next few weeks and talk about you find. Enjoy! [#earlylearning](#) [#outdoorfun](#) [#outdoorlearning](#) [#nature](#) [#learningathome](#) [#learningthroughplay](#) [#makinglearningfun](#) [#KS1learning](#) [#becreative](#) [#eyfs](#) [#problemsolving](#) [#science](#) [#STEM](#) [#seeds](#) [#sunflowers](#) [#planting](#) [#understandingoftheworld](#)



Size Ordering

Children enjoy ordering objects in size, whether that's largest to smallest or smallest to largest. In this activity it's important to develop mathematical language and to encourage children to use the correct words.



Key words to use : small, smallest, smaller, bigger, big, biggest, long, longer, longest, tall, taller, tallest etc.

[At home with Mrs H](#)

This activity is about developing children's vocabulary and being able to recognise differences in their surroundings. Using the correct words to describe the size of objects can be a challenge for small children, so try to develop and use it whenever you can. [#maths](#) [#shapeandmeasure](#) [#learningathome](#) [#learningthroughplay](#) [#eyfs](#) [#becreative](#) [#KS1learning](#) [#earlymaths](#) [#earlylearning](#) [#sizeordering](#) [#vocabulary](#)



Water Xylophone

Carefully measure different amounts of water into your jars. Add food colouring at this point if you wish. Use your spoons to tap the side of each jar, creating different sounds.



The science.... sound waves can travel through water. The amount of water in each jar determines the sound that is made. The glass with the least amount of water has a high pitched sound. Most amount of water, lower pitched sound. Have fun!

[At home with Mrs H](#)

A nice activity which can be done indoors and outdoors. Although initially a science idea, I found I was able to use it in other areas of learning. Obviously there is a music link, where children can be encouraged to listen for the sounds and to potentially make a little tune. But you can also use it as a maths resource for discussing capacity, developing vocabulary by using empty, half full, full etc. ■ Top tip use normal size jam jars if you have them or glass bottles, as the sound is better. [#maths](#) [#shapeandmeasure](#) [#learningathome](#) [#learningthroughplay](#) [#makinglearningfun](#) [#KS1learning](#) [#eyfs](#) [#becreative](#) [#capacity](#) [#music](#) [#science](#) [#STEM](#) [#sound](#) [#outdoorfun](#) [#outdoorlearning](#)



Pasta Necklace

You will need:

- * Penne Pasta
- * White Vinegar
- * Food Colouring
- * String or Ribbon.



Instead of food colouring you could paint the pasta or colour with pens. Have fun!



To colour the pasta, decide how many colours you want in your necklace and separate into individual freezer bags. Amount of pasta depends on how many necklaces you want to make or length. Put a splash of the Vinegar into each bag along with the food colouring, close the bag and work it into pasta. Tip out the pasta onto some kitchen roll and leave to dry.

When dry, thread the pasta onto string or ribbon and there you have a necklace.

PIC•COLLAGE

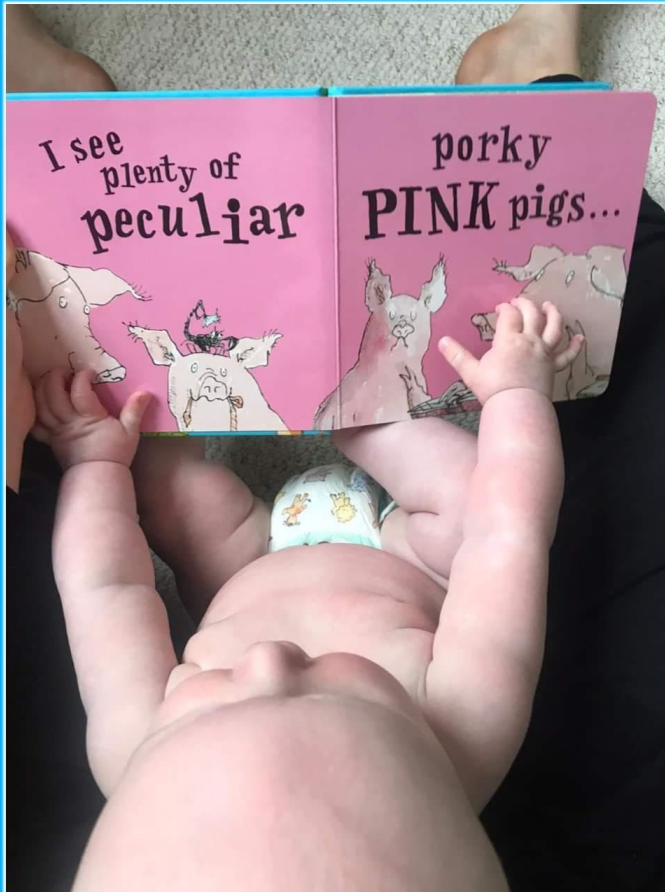
[At home with Mrs H](#)

Nice activity to share. Be creative!

[#creative](#) [#learningathome](#) [#craft](#) [#eyfs](#) [#threading](#) [#childrenathome](#)

Story time:

Little things make a big difference
to children's learning



Sharing
books
together

#FamiliesCount

people supporting parents and
children to learn together

A lovely video to explain social distancing to children 🐾. Hedgehog and Tortoise want to give each other a great big hug, but they're not allowed to touch. <https://www.facebook.com/113162570107145/posts/242866403803427/?vh=e&d=n> While We Can't Hug <https://youtu.be/2PnnFrPaRgY>

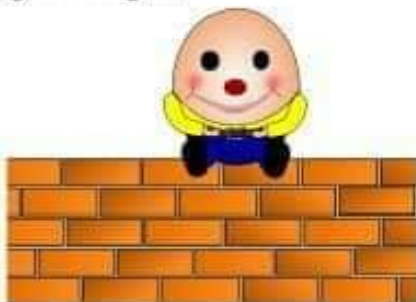
Singing and Rhyming Time: **Rhyming at home can have many benefits such as:**

- . It assists in children's social skills.
- . A familiar voice singing to children can have a calming effect on a child.
- . It develops skills to communicate properly.
- . Will enhance vocabulary.
- . Promotes quality interactions.
- . They learn to play with words.
- . A child who knows four nursery rhymes by the time they are four will naturally be a better reader at eight years old.
- . Hearing different sounds assists children to learn how sounds combine and blend together to form a word.
- . Children learn about different beats and rhythms.
- . Promotes eye-contact and assists in non-verbal communication.
- . Studies have shown that children who hear rhyme and enjoy rhyme tend to speak more easily.
- . Most importantly it gives children a love of language and helps them become confident learners.

Humpty Dumpty

Humpty Dumpty sat on a wall.
Humpty Dumpty had a great fall.

All the King's horses
And all the King's men
Couldn't put Humpty
Together again.



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Twinkle, Twinkle Little Star

Twinkle, twinkle little star,
How I wonder what you are.
Up above the world so high,
Like a diamond in the sky.
Twinkle, twinkle little star,
How I wonder what you are.



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The Wheels on the Bus

The wheels on the bus
Go round and round,
Round and round,
Round and round.
The wheels on the bus
Go round and round,
All day long.



The wipers on the bus
Go swish, swish, swish...



The children on the bus go
Wriggle, wriggle, wriggle...



The bell on the bus
Goes ding, ding, ding...



The driver on the bus
Goes, "Move on back!"...



The doors on the bus
Go open and shut...



The people on the bus
Go chatter, chatter, chatter...



The horn on the bus
Goes beep, beep, beep...



The money on the bus
Goes clink, clink, clink...



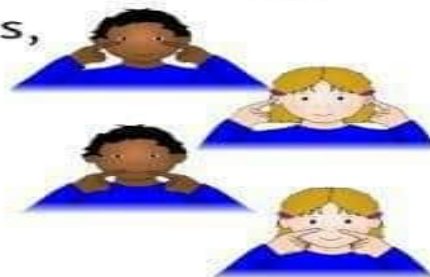
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Head, Shoulders, Knees and Toes

Head, shoulders,
Knees and toes,
Knees and toes.
Head, shoulders,
Knees and toes,
Knees and toes.



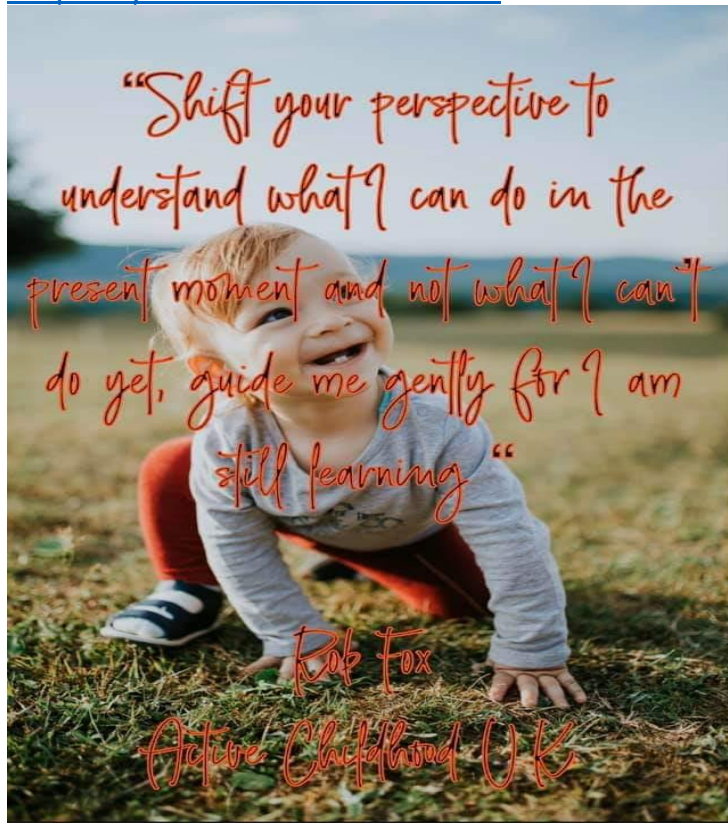
And eyes and ears,
And mouth,
And nose.
Head, shoulders,
Knees and toes,
Knees and toes.



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10+ Fun Indoor Games and Activities for Pre Schoolers

<https://youtu.be/3vAfbUYFDew>



If there is anything else, you need support with, please feel free to contact us.

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Remember we are here to help. Please stay safe and take care.



Sending love from all at Loudoun.

