



Dear Parents/Carers

I know this is a very stressful time for everyone and you may be very concerned about your child's learning and development. There is lots of advice and ideas available online and I'd strongly recommend you follow us on Twitter @RochsollochN where we will be sharing any useful ideas we come across. Please also check the school and nursery class website File Store page for more information on home learning for children at Early Level.

We also know that the pressures of dwindling childcare options and the necessity for many to work from home means that home learning may, understandably, not be top of the priority list for our families at this time.

We have worked together as a team to come up with some advice for supporting your child's learning through day to day activities. Young children learn in everyday situations that we do not always recognise. You do not need expensive toys, games and lots of materials. Sometimes you just need to think outside the box and involve your children in everyday activities around the house. Here are a few ideas to help you recognise how much your children learn from you. The list is not exhaustive but will hopefully provide a starting point for you as you try to support your child's learning in a way which is manageable at a very difficult time.

Health and Wellbeing

We aim to support our children in becoming as independent as possible in looking after their basic needs.

- Encourage your child to dress and undress themselves and resist the temptation to help too quickly!
- Pay particular attention to fastening and unfastening zips, buttons, straps and laces – these can be tricky to master!
- Look for help in preparing meals and snack such as chopping fruit and vegetables, pouring drinks, spreading butter on toast, and setting the table.
- Have your child brush their teeth independently and have them practise washing their hands, face and body.
- If you have a garden or outdoor space, please ensure your children spends time in it daily, no matter what the weather is! The potential of the outdoors is limitless as there is so much out there to provoke the curiosity of a child.
- Keep active by playing action games such as musical statues/musical bumps or play searching games such as hunt the thimble.
- Cosmic Kids and Mindfulness activities for children can easily be found on YouTube – the more your child practises these skills the more they will enjoy them.

- Consider introducing some massage while listening to relaxing music. Have your child sit in front of you. Using your fingers do raindrops on their back from the shoulders to the lower back. Progress to skiing. Slide the edge of your hands up and down their back in a skiing movement. Then wash the windows with both hands all over their back. Talk slowly and quietly during this time. Finally finish with a few deep breaths before slowly standing up. Children will love doing this with each other and you.

Numeracy and Mathematics

- Sorting the washing covers lots of mathematical skills and language. Sort washing into lights, darks and colours, discuss the size and amount of each pile. Encourage your child to count the items and discuss patterns size and shapes etc

- Play cards, dominoes, board games and do jigsaws. The impact on numeracy skills as well as patience and turn taking can be enormous.

- Allow the children to create a shop using the foods in your home or toys. Add money and prices to develop an understanding of what money is used for.

- Give your child an amount of money, and put a price on their snacks and treats. Encourage your child to work out the cost if they can to pay for it and how much change should they get.

- Build models with junk and allow your child to lead what they are building – as the adult it's always tempting to say, "why don't you make a..." so try to avoid this where possible!

Literacy and English

- Reading stories to your children every day is one of the best things you can do for developing their literacy skills

- When reading, ask them questions about what they can see on the pages. What do you think will happen next? What will the story be about? Did you have a favourite part? Can you tell me what happened in that story?

- Make up stories with each other and tell them out loud. Use names of people they know as the characters for a bit of extra fun and to help them visualise the story.

- Have your child become the illustrator for their own stories which you can scribe for them.

- Look for and talk about environmental print on foods, road signs etc. to build up the understanding of the meaning behind letters and words.

I hope this information has been helpful to you and during this difficult time please enjoy the extra time you have with your children. Create happy memories for them and most of all don't forget to have fun and keep safe.

Jamie Innes

Depute Head Teacher

Eileen Moffat

Lead Early Learning Practitioner

