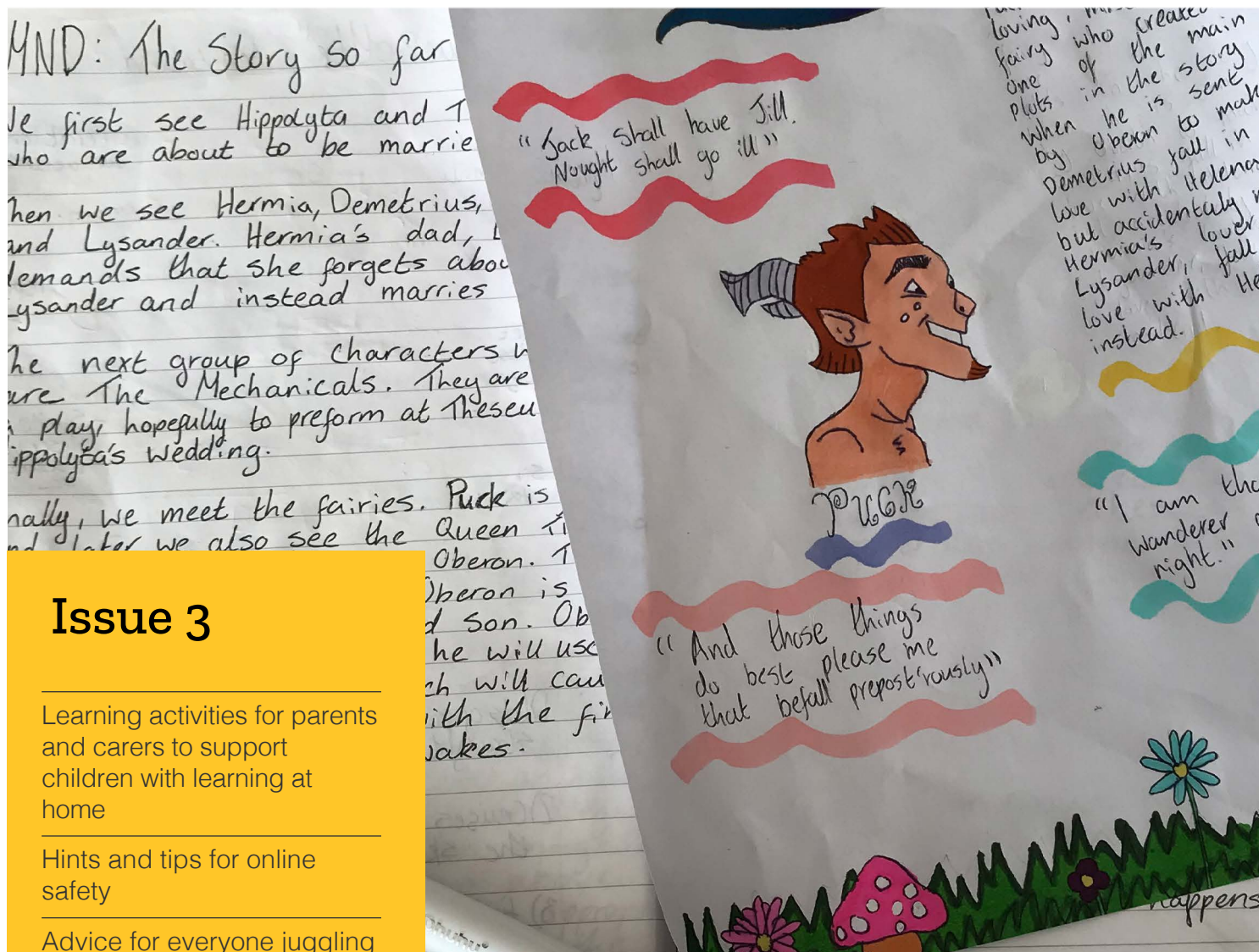


Scotland Learns

Parents and Carers Newsletter

21 May 2020



Issue 3

Learning activities for parents and carers to support children with learning at home

Hints and tips for online safety

Advice for everyone juggling responsibilities at home at this time

Learning Activities for Gaelic Medium Education

A look at weather and its effect on sport, business and energy

Creativity challenge –

*Invent your own
National
Holiday*



In these uncertain

times, parents, carers and families are under a lot of pressure, especially in supporting children to continue to learn.

This edition contains a summary for parents and carers of the new learning activities available on Scotland Learns.

You will also find hints and tips on staying safe online and helpful advice for parents trying to juggle many responsibilities at home.

Don't forget to sign up to our weekly newsletter for parents and carers.

Sign up



Learning activities



Literacy and English



Our suggestions for literacy and English this week will help your child to share their ideas about everyday objects that you have around your home.

- Younger children (nursery age to P1) can explore photos, ornaments and pictures around their home to find out more about their family.
- Children in P2-P4 can use signs and symbols to make their own codes and messages.
- Keep any leaflets, newspapers or magazines. Children can look at these to help them write their own stories or poems.
- Children of all ages can help plan a picnic at home.
- Young people in S1 to S3 are asked to identify what they enjoyed about a podcast, video or TV show and produce short stories that reflect what they liked about it.

[Literacy and English activities](#)



Numeracy and mathematics



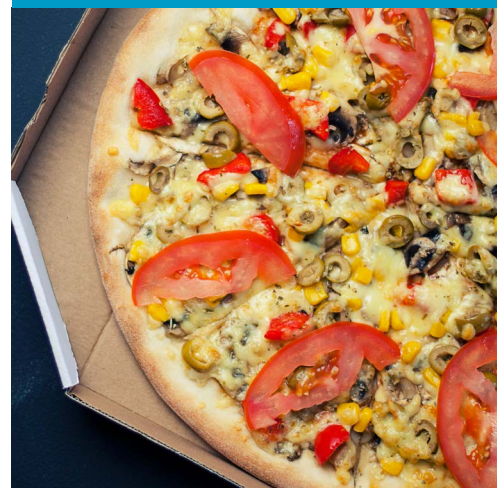
This week's numeracy and mathematics activities look at routines. This helps children and young people use calendars and timetables. There are also some activities to help children and young people practise using fractions, using language such as halves, quarters and wholes.

- Younger children (nursery age to P1) find out why we need clocks and calendars. They can discuss what happens at different times of the day. They learn about fractions by sharing food and drink items.
- Activities for children in P2 to P7 help them practise telling the time. This is linked to everyday activities and routines. Children can make a timetable of their day. They learn about fractions by cutting a cake or a pizza into slices.
- Young people in S1 to S3 are helped to develop their understanding of prime numbers (a number divisible only by itself). Activities will also help them make links between speed, distance and time.

[Numeracy and Mathematics activities](#)



Learning activities



Maths can be fun, and these activities are designed to be enjoyable. Sometimes we may use mathematical terms which are unfamiliar to you or your child. Please check handy hints and tips with these terms.

[Hints and tips](#)



Learning activities



Health and wellbeing



Looking after our health and wellbeing as best we can is really important for us all in these uncertain times. We have ideas and activities appropriate for children and young people at different ages that you might like to include in your daily life as a family. These activities accompany the Resilience Alphabet for Kids. The Resilience Alphabet includes ideas and activities to help your child build inner strength and wellbeing with an activity for each letter.

- Talk to your younger children (nursery age to P1) about their daily routine. Ask them to make a drawing that represents it. Ask your child to think of someone they enjoy talking to that they haven't seen recently.
- Support your children in P2 to P4 to make a routine around daily and weekday activities. Talk about reasons to keep active and what they have planned for the week.
- Help your children in P5 to P7 to think about a time when they were in a new or unexpected situation and how it made them feel.
- Young people in S1 to S3 can take part in activities to help them understand what they can do to adapt and respond to change. You can encourage them to remember what activities they enjoyed when they were younger. Ask them what made it fun. Find out more about acts of kindness.

[Health and wellbeing activities](#)



Themed learning



Each week, we suggest activities that cover different curriculum areas for children and young people learning at home.

These learning activities will help your child to use their learning and skills in real-life situations. This week's theme is all about weather and how it effects sport, business and energy.

- Younger children can learn about different types of weather. They can think about the weather where they live. They can look at weather in other parts of the world.
- For children in P2 to P7 you can watch the weather forecast together on different TV channels or look at weather apps. Talk about today's and tomorrow's weather forecast. Explore how your child can measure the amount of rain that falls in a week.
- Young people in S1 to S3 can look at a range of songs and music about weather. They can think about how the weather affects different sports. They can also explore the ways that wind energy can be used to power transport.

[Themed learning activities](#)



Learning activities





Safe surfing

As a parent, you may think your children know more about the internet than you do. It's important that they know how to be safe. Be open and honest about the risks. Keep talking about what your child does online. It's important to stay connected by talking and listening so they know you are interested. This will also help you to spot a change in emotions or behaviour. You can find out more about starting a conversation about being safe online here [NSPCC keeping children safe online.](#)



#ScotlandLearns



Juggling responsibilities and meeting the needs of each child

If you are feeling a bit overwhelmed right now you are not alone. Try not to feel that you need to replace your child's practitioner or teacher. Your school will have provided you and your child with activities to support learning at home. Be realistic about what can and cannot be achieved in any one day alongside other commitments such as working from home or caring for family members. Your children's safety and wellbeing is most important. Remember children learn skills as they exercise, bake, help with gardening or DIY and spend time with you doing family activities.

If you have with more than one child encourage your children to share their ideas, skills and knowledge with each other. Your children may want to do their activities at different times from each other. It can be helpful to have a bit of structure to the day so that your children can have a good balance of time together and also do their own activities. Planning a routine together can help your children to know that they don't have to do everything at the one time and that their day/week can be split into doing different things. It can also help them to recognise that they each may need quiet times to do their own activities.

Hints and tips

Supporting learners facing social and emotional barriers to learning

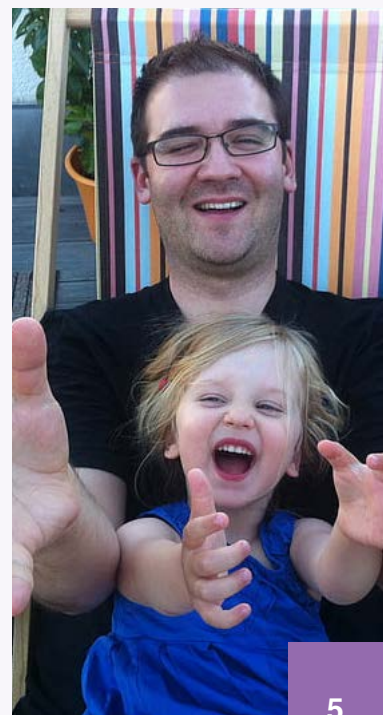
This is mental health awareness week. So we are looking at some hints and tips to support your child's social and emotional needs. It can be very unsettling for children and young people to be out of their normal routine and unable to do many of their usual activities. They may be worried or even scared about what they hear in the news and on social media. Being apart from their friends may be troubling them too.

Sometimes children and young people struggle to talk about how they are feeling. If they are anxious or distressed, they can communicate through their actions. This can lead to distressed behaviour which can be challenging for everyone. On top of this, just spending more time with the people you stay with may mean more arguments and tensions. Here are a few tips to help support your child.

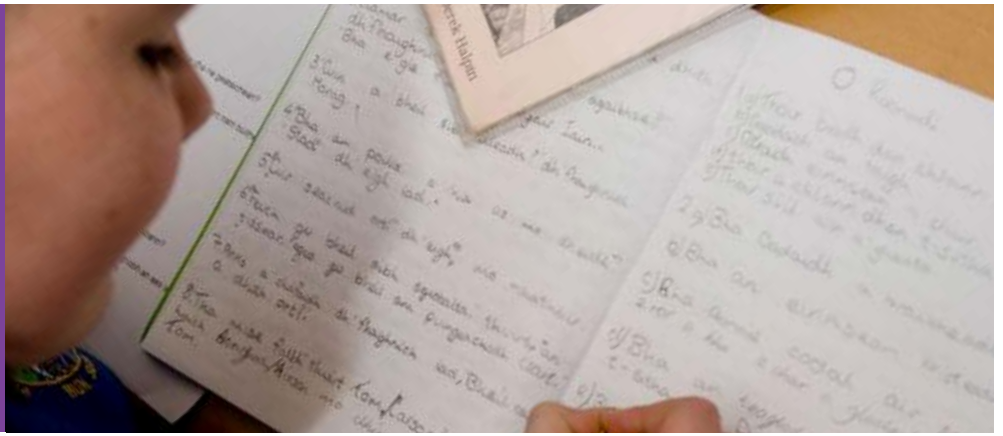
- Remember how it felt to be their age and try to see things from their point of view. Try to understand what they might be thinking or feeling and chat whilst doing everyday activities together. For example, chatting when doing the dishes or when you are out for a walk together. Giving your child the freedom to choose some things and make decisions lets them know you value what they think.
- Help them to name their feelings. For example, 'you seem sad today' or 'I can see that you are angry about that'. Try and use language which accepts and confirms their feelings. For example, saying 'I understand that you feel unhappy because you are not seeing your friends every day just now'. 'I'm sad too that I can't see my friends'.
- Think together about what might help them to deal with different feelings. For example, if they are feeling sad they might want a hug, to play some music or to contact a friend.
- Try not to take it personally and to remain calm if they are taking their frustrations out on you or making hurtful comments. Give them space and time away from you if they need it, so that they can consider their feelings for themselves or calm down. If possible, a designated area where they can go to do this is often helpful.
- You will be busy keeping the household going or working from home, but try to make time to have a laugh and play games with them when you can. Try to have a positive start and finish to each day and build calming and relaxing activities into each day. Resolve any arguments before going to bed. Discuss together what actions help everyone to feel respected.
- Finally self-care is also important. Looking after yourself will help you to be more able to support your child's social and emotional wellbeing.



If you're a parent or carer experiencing conflict at home, the [Scottish Centre for Conflict Resolution](#) webpages have useful advice. As do parent club at [this page](#), [dealing with behaviour](#). Information from [SHINE](#) about supporting children and young people's mental health may also be useful.



What's New?



Learning Activities for Gaelic Medium Education

This week on [#ScotlandLearns](#) we have introduced learning activities to support children through the medium of Gaelic. As a parent or carer, if you speak Gaelic, please continue to use the language with your children. Your child's school will have been encouraging you to do this, and may have shared suggestions with you.

It is important that children and young people maintain, as best they can, their fluency in Gaelic by thinking, listening and talking in Gaelic every day. It would also help, if they can, to do some reading and writing too.

We know that not all parents and carers speak Gaelic so we have suggested some ideas on how you can support your child to keep learning Gaelic. The learning activities are also available in English to support parents and carers who may not speak Gaelic. English versions of activities may be useful in helping children with any new words that they don't know. Gaelic organisations are providing some live online activities through the medium of Gaelic to support parents – [#cleachdiaigantaigh](#) / [#useitathome](#).

Help and encourage children and young people to take part. Full information for parents and carers is available on [#ScotlandLearns](#) with additional online resources for parents on [parentzone](#).

We have suggested activities that you can do with your children through the medium of Gaelic. Parents, carers and families are encouraged to work together with other people who speak Gaelic. There are also activities that children may do on their own. Activities focus on using Gaelic language skills, numeracy and mathematics and health and wellbeing. In coming weeks, we will continue to add to these activities, including themed learning activities. Visit [#ScotlandLearns](#) for more information.

Image: "Now that's a sign" by Tamsin Slater is licensed under CC BY-SA 2.0.

Foghlam Meadhan Gàidhlig



Cùm sàbhailte. Keep safe.
Nigh do làmhan. Wash your hands.
Fuirich aig an taigh. Stay at home.

Links



- The National Parent Forum of Scotland has a wide range of information leaflets called "In a nutshell" for parents, carers and young people. Also help for online safety.
- Young Scot has helpful advice about keeping safe, including shopping online and being aware of potential scams. You can find out more here How is Coronavirus (COVID-19) Changing How We Interact Digitally?.
- We know for some families domestic violence is an added pressure. If you are experiencing domestic abuse you can contact the National Domestic Abuse Helpline on 0800 027 1234 or go online for help.
- For more information and information on where to go for help you can also go to the Scottish Government Domestic Abuse Information webpages.

Aye Feel



A new emotional wellbeing support site from Young Scot

This week Young Scot have launched a new site Aye Feel to support young people with their wellbeing. There is helpful information for young people about mental health, dealing with conflict during this time and mental health support for carers.



Bookbug fun at home

Many of you will have taken your children to Bookbug activities in your local area. Scottish Book Trust recently launched a new Bookbug app for parents/carers and children to help you enjoy reading and learning together at home. The free app is designed to complement Bookbug Bags and Bookbug Sessions, offering greater accessibility to rhymes and songs to families across Scotland. The app can be downloaded from the App Store or Google Play.

This is Bookbug Week (18th -24th). There will be many ways for families to join in the fun at home, with a range of activities online, including their popular live Bookbug Sessions on Facebook (Friday 22 May at 10am). In many areas local bookbug sessions are being held online or recorded and shown on you tube. Check out your usual provider or library for more information.

Free home play pack from Play Scotland



Play Scotland have launched the home play pack which is free to organisations in Scotland working with children and families in these challenging times.



Creativity challenge for the week

Invent your own National Holiday!

We recently had a national bank holiday celebrating VE day. Many people will have a Spring bank holiday soon. Imagine you could invent your own national holiday!

Children and young people can do this on their own or with a parent. You can shout out your ideas or use a pen and paper to write them down.

Think of something that you love. It could be something you love to do, a place you like to go or a thing you like to eat or play with. Anything!

Now build your very own celebrations around this. Think of what you might do, what you might eat, what you might wear, what would you see? Are there decorations? Who would you celebrate it with?

If you run out of ideas try thinking of another celebration or event.

If you get stuck, then keep trying. You're using your curiosity and imagination skills!



We would love to hear all your ideas on social media using the hashtag **#creativelearning**



See [Invent your own National Holiday](#) on YouTube.



Sign up



Why not get this newsletter emailed directly to you each week?

Or pass it on to anyone you think might be interested?