

March 2020

Dear Children and adults,

Because school has been forced to close due to the Coronavirus, I have put together some information as well as tasks to support/extend learning for children whilst they are unable to attend school.

Firstly, during this time there may be many questions that your children have about the current situation especially as over a matter of weeks the structure and routine of day to day activities has declined. During this time, children may feel a sense of anxiousness due to these changes and have lots of questions. I have included some website links which you may find useful to ensure your child receives the facts about the virus at an age appropriate level as well as helping you to answer any potentially difficult questions.

Young Minds: this offers tips on how to talk to your child about the virus.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

UNICEF

<https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

Newsround: age appropriate news where children can be given key facts

<https://www.bbc.co.uk/newsround>

This will hopefully be useful for both you and your children as a way of understanding key facts in a way to reduce any worry.

With school being shut, normal routines and structure will not be in place and for some children this can be a particularly difficult time. It will be important for adults and children alike to focus some time on their wellbeing as this is a priority for all. The NHS have a wellbeing guide (<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>) which you may find useful during this period. Evidence suggests that there are 5 steps you can take to improve your mental health and wellbeing. There are 5 key points:

- Connect
- Be active
- Learn new skills
- Give to others
- Mindfulness

Trying these things may help everyone feel more positive. Therefore I have suggested some activities which fit into all the categories to help (a grid is on the next page).

Finally, whilst being off school we are committed to your child's education and as a result I have put together a set of tasks to support/extend learning and offer some structure for the children and whilst off. The loss of structure and sense of connection to normal can be tricky, therefore I have put together an example timetable should you find it useful, as a way of structuring the day to help both adults and children.

Warmest Regards,

Miss Fryer

Useful websites:

<https://login.mathletics.com/>

<https://ttrockstars.com/>

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

<http://www.primaryhomeworkhelp.co.uk/>

<https://mysteryscience.com/school-closure-planning>

<https://play.numbots.com/#/account>

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

<http://www.pobble365.com/>

<https://www.phonicshero.com/>

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

<https://www.topmarks.co.uk/maths-games/hit-the-button>

<https://www.teachyourmonstertoread.com/>

<https://pages.sumdog.com/>

<https://bookcreator.com/>

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

<https://learn.nessy.com/account/login#/accountLogin> (this is a site free to access during this time)

<https://www.vooks.com/>

A list of activities for you to choose from over the week. Make sure you try to pick something from each of the coloured sections linked to wellbeing and to provide a variety for the week.

Read a new book	Have an inside picnic	Learn a new song and perform it	Design a new school uniform	Write a diary of your day
Build with Lego	Make a den	Play shops	Gardening	Joe Wicks workout
Go outside and write what you see, hear, feel, touch and smell	Play with Playdoh	Play a board game	Help with a job in the house for your parents	Learn some vocabulary from a new language
Make a 3D model	Cosmic Kids Yoga	Make a paper aeroplane	Play with a ball or balloon	Cook or bake for the family
Sketching	Make up a new dance	Sewing/knitting	Try some origami	Learn a magic trick
Call a close family member for a chat	Fix something that is broken	Have a meal around the table with the family	Colouring	Create a treasure hunt for someone to follow
Write an acrostic poem	Make a joke book	Create an obstacle course	Make a card for someone to make them smile	Write a thank you letter

Connect – Red

Active – Green

Learn – Blue

Give to others – Orange

Mindfulness - Yellow

Mindfulness:

Link to Cosmic Kids Yoga. This has a range of relaxation, mindfulness and yoga practises which are great for feeling grounded and positive.

<https://www.cosmickids.com/category/watch/>