



Learning @ Home

April 2020

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“Hope, Dignity & Respect”

Introduction

The provision described in this document is for when pupils are required to be at home/out of school for prolonged periods of time.

In the case of short school closures, the following sections will enable education to continue & offer ideas/activities that can be completed at home:

- Therapy resources
- Suggested daily routine
- Curriculum Resources

At this time of isolation, due to COVID-19, this guidance will relate to the vast majority of our pupils, with the disruption to normal life through social distancing and isolation. Everybody's anxieties are raised and we need to look after our own wellbeing and that of each other, so ...

Please do not feel pressured to complete all the home learning you are sent, we fully understand the difficulties associated with doing school work at home for many of our young people.

Some ways that may help motivate your child(ren) to do 'school work' at home:

- Short bursts of work with breaks and rewards
- Try and make some things a competition or choice ... be flexible
- Try and get some tasks done in the morning and then enjoy down time

Remember life skills are so important, so completing daily tasks around the home with your child will be brilliant for their development. They may not be able to do things on their own yet, but showing them, doing it with them or being there to help if something becomes difficult is great learning for them to become independent. This could range from going to the toilet to cooking a meal.

Communication & Support

Communication from School

Each week a member of staff, usually the class teacher, will call home to check in with families. The purpose of this call is to:

- **Maintain a strong link with school**
- **Check on the wellbeing of the child(ren)**
- **Ensure work has reached you**
- **Keep a shared understanding of the school and home situations**

Additional calls may be made for:

- **Further support for the family or child(ren)**
- **Identified Wellbeing Team support**
- **Therapy support or activities (see Therapy section)**

All calls will be logged by the member of staff making the call (notes of key points, not verbatim). Please note that staff may not be able to answer all questions and may pass the query onto a senior member of staff.

Communication to School

Families can contact school as per usual during school hours in term time. If there is not a member of staff on reception, a school mobile number will be left on the answer machine, directing to the duty Senior member of staff.

Support lines for therapies will be arranged, at specified times, so families can call for advice from one of our therapists.

Feel free to email the usual school email, admin@slatedrow.co.uk with any queries (please give adequate time for a response, remembering the query may need to be forwarded). We do not expect staff to pick up or reply to emails outside of their working hours.

Provision

See the final section of the document 'Resources & Home Ideas' for general activities and online resources for areas of the Curriculum, Therapies & Wellbeing.

Curriculum

Each week the class teachers will send an email out with a range of curriculum activities for the week ahead. Any queries or further advice can be sought during the weekly call. **Remember that you don't have to do it all.**

Therapies

A range of resources are available as signposted below that can be carried out at home, such as sensory breaks or communication activities.

Telephone support line for advice on Wednesdays, from 9am to 12 noon & 1pm to 3pm:

- 07809 228270 for Lower and Middle School pupils
- 07809 228271 for KS3, KS4 & P16 pupils

Pupils on an action plan will receive a phone call to discuss activities that can be completed at home.

Wellbeing, including behaviour support

The weekly call from a member of staff will look to get a sense of pupil and family wellbeing. To support wellbeing, or behaviour, the member of staff may signpost activities, or for more complex situations, pass on information and/or seek further advice. Also see the [school website](#).

Telephone support: Identified families will receive a phone call to discuss activities that can be completed at home. Activities may be suggested and emailed home or links shared. Telephone mentoring will be set up for targeted pupils, if appropriate.

Please see the **Occupational Therapy: Family Pack**, which has ideas and activities for self-regulation and relaxation. https://slatedrow.eschools.co.uk/website/federation_therapy_inc_ot/469862

Planning your time

Routine is extremely important for the young people at Slated Row and The Walnuts, so a structure for your day is essential. It's good for physical and mental health and helps avoid boredom!

Remember to ...

... make your plan achievable and flexible.

... think about what your child needs.

The following pointers may help in planning your days:

- Try and have a morning routine - breakfast, getting dressed and washing etc.
- Think about your home space and resources - try and make a space for learning activities - however small - where you can keep resources and your child can sit comfortably.
- Make a timetable or daily plan and pin it up so it's visual.
- Keep it simple and add suggested times.
- Make sure there are some choices.
- Include some treats in the day.
- Headphones for music can help keep distractions down.
- Include some physical exercise.
- Include some non-screen time activities.
- Try and include some outside time e.g. garden or a walk.
- Include downtime and relaxing.
- Making lunch or snacks together or for each other could be part of the plan.
- How might you use ICT?
- Jot down ideas on your phone or in a notebook if you see good activities you could include.
- Check your school learning pack for ideas.
- Use online sites to get ideas.
- Think about household chores that could be part of the plan.
- Do you have hobbies or interests you can share with your family?
- Games and fun activities are just as important as school type work.
- Can you include some projects?
- Can you include online social contact- e.g. facetime friends or family?
- Stick to bedtimes - this is essential. Get in-touch if you need support with this.
- You know your child and if they need more structure or more flexibility.

Suggested daily routine

If you are able to set a routine it will really help in keeping your child(ren) occupied and in them understanding the expectations for the day. When you create the plan for the day, use photos, symbols of activities or a written list, making sure you also include key events they like, e.g. having a snack, and when the work element of the day (home school) will finish. Many young people will benefit from seeing a plan of the week; showing 'home schooling' days and the weekend.

08:50 Get dressed for physical activity

09:00 Physical activity (see PE resources)

09:30 Relaxation, then change for work *

10:00 English / Literacy activity

10:30 Drink & healthy snack - remember that what is eaten can affect their behaviour

10:45 Downtime (garden if possible, chosen space, or sensory break - see OT activities)

11:00 Mathematics activity

11:30 Prepare lunch

12:00 Lunch

12:30 Walk or opportunity to play

13:15 Music activity

13:30 Creative activity

14:30 Recap the day and celebrate what's been done

**It is really important for young children to develop independence in changing. Stick with it and give them more time if needed. For older children, it's important to change for exercise for hygiene reasons.*

These are suggested activities and timings; some young people will need less activities, or short activities followed by a break, while others may be able to have longer periods of learning.

Resources & home ideas

The following are resources that can be accessed at home, which may be part of the work sent home and emailed by teachers, or you can use them to supplement or extend your child(ren). Please be careful when using these resources without guidance to select activities at the appropriate level; if you are unsure, please bring this up in the weekly call or email for the attention of the class teacher.

eSafety & getting online

Please follow guidance on use of the internet, including most importantly:

- **Ensure you can monitor your child(ren) when online**
- **Using parental controls on devices and Apps/programmes**

YouTube can be an excellent place to find a range of resources, but be sure to check them first. Even the most innocent searches can produce inappropriate material. Set your Parental Controls, monitor, or use SafeYouTube.

Are you worried about online sexual abuse or the way someone has been communicating with you online? Then report it ... <https://www.ceop.police.uk/safety-centre/>. This site also has advice and activities for keeping safe online (scroll down on the above page).

If you do not have an appropriate device for use at home, please speak to school to discuss what would be appropriate. In certain circumstances, including where available, we will try and loan an appropriate device.

Physical resources for working at home

There are many shops that sell a wide range of reasonable stationary and paper. School will supply resources, as available, to complete set tasks, such as pencils, paper & glue sticks.

At the start of the Lockdown for COVID-19, all pupils were sent home (or had delivered) a pack of work and the resources needed to complete it and use for other activities.

Online activities and resources for a range of subjects

Please be careful of the amount of screen time your child(ren) has, as too much is known to have a number of adverse effects. These include difficulties with sleep and impact on brain development. The World Health Organisation states that children aged 2 to 5 year olds should have at most 1 hour (younger children should not have screen time). The NHS website shares recommendations:

- Restrict screen time (including TV, smartphones, tablets and video games) to less than 2 hours a day
- Sleep 9 to 11 hours a night
- Do at least 1 hour of moderate to vigorous physical activity a day

<https://www.bbc.co.uk/bitesize> As well a range of free activities on offer from the 20th April 2020, they will be streaming live lessons for all ages of pupils. If you are unsure what level for your child(ren) to access, please speak to the class teacher on the daily call.

Wide range of interesting educational videos: <https://thekidshouldseethis.com>

Online/ home learning resources for all ages at:

<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>

Online activities at Brain Pop for a range of subjects with free access during the closure period:

<https://www.brainpop.com/science/>

<https://www.twinkl.co.uk/> has lots of printable resources for all subjects. It has been made free at the moment.

Television/Programmes for a range of subjects

There are a lot of educational programmes on free television channels. Like using online activities, please be careful of the amount of screen time in a day. Some programmes you may consider:

- BBC Newsround
- Documentaries such as: Blue Planet
- Horrible Histories

English

Some general activities:

- Reading for pleasure:
 - Read a story or look at any literature on a favourite topic with your child
 - Give them a comfortable space and literature of any type they might enjoy
 - Listen to an audio book (it's great if they can have the book they are listening to).
- Read words that would be significant in your environment (you could label items of interest to your child to support this).
- Ask questions about a book. It's not about just saying the words on the page, but understanding what the words on the page mean.
- Any opportunity to make marks or write, including making a shopping list, keeping a diary, writing a list of ingredients, short stories, book reviews. Don't forget they could use a computer to type the story or draw it.
- If you require any literature, please speak to the class teacher and we will endeavor to get appropriate books etc to you, depending on what resources we have.

Online, note that the general websites stated earlier all have English activities/resources:

- **Reading & listening:**
 - Mrs K's Storytime Channel <https://www.youtube.com/channel/UCa6dLoAtbiBWNKsqqXPxA>
 - Mrs Harsent reads <https://photos.app.goo.gl/8mvUJZMAu4tZek218>
 - Search YouTube for your favourite book (remember to check content) e.g.
 - We're Going On a Bear Hunt <https://www.youtube.com/watch?v=0gyl6ykDwds>
 - The Gruffalo <https://www.youtube.com/watch?v=s8sUPpPc8Ws>
 - Audible books have a range of books free to listen to; from Winnie the Pooh to Harry Potter: <https://stories.audible.com/>
 - BookTrust: <https://www.booktrust.org.uk/books-and-reading/havesome-fun/storybooks-and-games/>
 - British Council: <https://www.britishcouncil.org/school-resources/find>
 - National Literacy Trust - literacy resources for all ages: <https://literacytrust.org.uk>
- **Phonics:**
 - From Letters & Sounds to reading sentences: 'Teach your monster to read' <https://www.teachyourmonstertoread.com/>
 - All phases of phonics; <https://new.phonicsplay.co.uk/> *has been made free during the COVID-19 lock down.*

Mathematics

General activities:

- If you can give the activity meaning, it will give them a reason to learn, for example:
 - Cooking, measuring ingredients, counting, timing, shapes, fractions (how many equal pieces of the cake/pizza) and more
 - Shopping, handling money (*not appropriate during social distancing, but you could role-play a shop.*)
- Counting up or down during physical exercise, role play or playing.
- Play board games: from Snakes and Ladders to Monopoly. There are more than just counting skills in these traditional games, and are not on a screen!

Online, note that the general websites stated earlier all have Maths activities/resources:

- Lessons for a range of ages: <https://whiterosemaths.com/homelearning/>
- A wide range of free games at: <https://mathsframe.co.uk/en/resources/category/22/most-popular>
- Games and activities you can do at home:
<https://thirdspacelearning.com/blog/fun-maths-games-activities-for-kids/>
<http://www.mathematicshed.com/maths-at-home-shed.html>

Science

Things you can do without any resources:

- Nature walks, when out on daily exercise.
- Explain daily activities such as keeping healthy, hygiene, nutrition (balanced diet).
- Scavenger hunts around the house, garden - give them a list of things to find. It's good if they have a theme and they can bring to you or tick off when found.

Online activities and resources include:

- Science Kids has lots of experiments you can do at home, games, projects and more. Make sure you scroll down on each page as there are a few sponsored links at the beginning: <https://www.sciencekids.co.nz/experiments.html>
- National Geographic for Kids has a wide range of games and information for most ages, from Disney's Frozen to Sharks: <https://www.natgeokids.com/uk/category/play-and-win/games/>
- Wonderville, for all ages, *is available free during the COVID period*: <https://wonderville.org/>

Computing

UK Safer Internet Centre (how to stay safe online):

<https://www.saferinternet.org.uk/advice-centre/teachers-and-school-staff/teaching-resources>

Cause & effect toys - toys that work through buttons, levers etc, e.g. pressing a button for a noise.

Create your own animation:

- Create a backdrop from anything to hand, e.g. a cardboard box drawn on
- Create characters using playdough
- Put all in place ready to start and take your first picture using your laptop, iPad, smart phone (the key is to keep the device very still)
- Move the characters very slightly and take a picture each time
- Use a video APP or programme:
 - Movie Maker on Windows devices, which is free:
<https://www.microsoft.com/en-gb/p/movie-maker-10-free/9mvfq4lmz6c9?activetab=pivot:overviewtab>
 - iMovie on Apple devices
 - There are a number for Android devices such as VideoShow
- Upload your photos, put in order then play to see the characters move
- With most Apps or programmes, you can add effects and sounds - enjoy!

Scratch:

- A free programming space for creating interactive stories, games and animations:
<https://scratch.mit.edu/>
- Scratch Jr is an introductory app that enables young children to learn how to code
Scratch Program: <https://www.scratchjr.org/>
- Tutorials - Step by step tutorials for coding with Scratch:
<https://scratch.mit.edu/projects/editor/?tutorial=all>

Using an iPad or laptop to generate a document or presentation of an area of interest.

- G-Suite by Google, which is free and used in school. We can set up an account for your child(ren); Docs for word processing & Slides for presentations.
- Apple devices have their own office tools, such as pages for word processing and keynote for presentations.
- Microsoft 360, which has 'Office' for which you should be able to set up a free account; Word for word processing & PowerPoint for presentations.
- Android devices have a number of free 'office' apps which have versions of the above.

These products also have spreadsheets, which can be used for pupils to practise budgeting (they all have a range of templates to start from). Google = Sheets; Apple = Numbers; MS = Excel.

Creative

Musical activities:

- Sing & sign with Miss Down's from the Slated Row Speech & Language Team & Mr Barnes: http://www.slatedrowschool.co.uk/website/sing_with_us/469647
- Listen to a range of music. YouTube can be used to access a range of music videos, but these must be checked in advance for appropriateness:
 - joining in through singing
 - Play along with an instrument (could be home made)
 - discussing likes & dislikes
- Make instruments out of everyday materials, to shake or bang along to a favourite song!

Art activities:

- <https://artfulparent.com/> has ideas for art activities at home.
- MK Gallery Painting Competition <https://www.mkgallery.org/youngpainter/>
- **#drawwithrob** on twitter: Children's book author providing daily videos for children with step by step how to draw simple characters.
- For lots of art and craft ideas: <https://babbledabble.com/80-easy-creative-projects-for-kids/>

Drama activities:

- Act out a favourite book or film, a lot of our young people love this, especially if they can dress up.
- Use the video app on your Smartphone or device such as an iPad, to record your own performance and then think about what you could do to improve it.
- During lockdown, the National Theatre is showing stage plays on YouTube, which remain available for the week: <https://www.youtube.com/user/ntdiscovertheatre>
Andrew Loydd Webber is also streaming shows at this time, which are then available for 48 hours after: <https://www.andrewloyddwebber.com/>

Physical Education

Remember it is best to stretch all your muscles before you exercise & then again at the end of the activity to warm down. Yoga moves are great for this type of stretching (see [OT Family Pack](#)).

Indoor activities could include:

- YouTube has a wide range of people offering free videos, both live and recorded.
- Stacking cups - there are videos online to explain
- Practise striking a 'Super-Hero Pose'.
- Do 3 sets of 10 of the following, with a short rest in between:
 - Squats
 - Jump from side to side, two footed
 - Lunges
 - Push ups
 - Run on the spot (add a jump every now & then for extra impact)
 - Sit ups
- Push yourself and do the above for 30 seconds, with a 30 second rest. Can you do 10 different things, or even 20, with a longer rest in the middle.
- Put together your own dance routine to your favourite music.



Outside activities: *Many of these may not be appropriate currently.*

- Ball games; catch, kick, bouncing, shoot at a target.
- Create your own course around the garden, or even shuttle races, which you can make more fun as obstacle races or dressing up etc.
- Taking a walk or jog and trying to get the heart rate up.
- How many 'Keepy Uppies' can you do in a minute?
- If you have a garden, play tig or inside hide & seek.
- Walk the dog.
- Try yoga - Cosmic Kids <https://www.youtube.com/watch?v=ho9uttOZdOQ>
- Dance moves can be very energetic. Look online for various dance sessions for different ages. Noodle is fun for children <https://www.gonoodle.com/>

Request a work out from the PE Team, via your teacher.

Humanities

Historical activities and online resources:

- Horrible Histories has a range of activities that most will enjoy:
<https://www.bbc.co.uk/cbbc/shows/horrible-histories>
- Look at your family tree, video chat with older relatives about what life was like.
- Look at old family photos and look for differences to modern days, even the quality of the pictures.

Geographical activities and online resources:

- Look up areas of interest in an atlas or online maps.
- Look at pictures of different places (city or countryside; hot or cold countries) and talk about what is similar and what is different. If you can use your own photos that is great, if not, use magazines and books.
- Look at how man has changed the environment; buildings in cities, farms in the countryside.

Religious activities and online resources:

- Look at your own photos of festivals, including services such as marriage, and talk about what it meant to you and then what others may believe.

Languages

<https://www.duolingo.com/> is a free resource, covering key foreign languages, including Spanish and French.

For younger pupils wanting to learn a different language, why not try Dora the Explorer, either watch the programme or activities online at <http://www.nickjr.co.uk/dora/>

Wellbeing

Please see our Wellbeing page on the Slated Row Website:

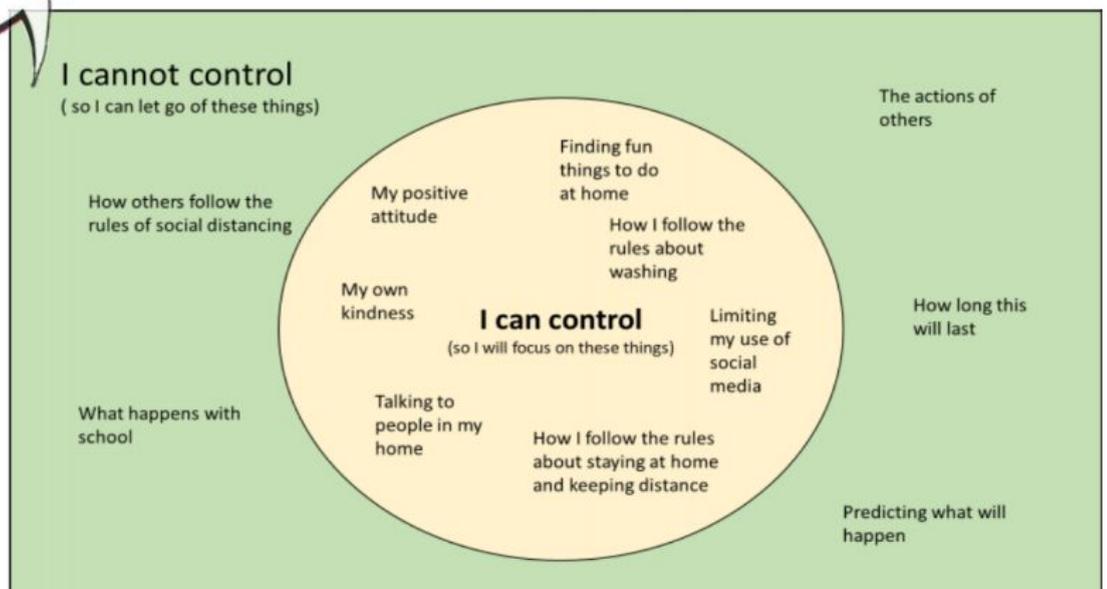
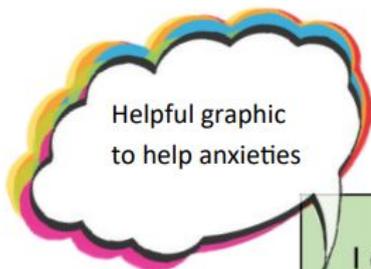
https://slatedrow.eschools.co.uk/website/smile_approach/469774

Online resources

- Over 30 links to story books that help with emotional well-being (free to download) <https://theteacherist.com/2020/03/17/resource-pupil-wellbeing/>
- Colouring sheets: <https://www.twinkl.co.uk/resources/daily-routine/indoor-play-activities/wet-play-colouring-sheets>
- Free downloadable resources covering all sorts; helpful for pupils anxious about being off school: <https://www.elsa-support.co.uk/category/free-resources/>
- Free to download meditation exercises— <http://www.freemindfulness.org/>

Top 5 free Mindfulness Apps

- Headspace
- Calm
- Aura
- Stop, Breathe and Think
- Insight Timer



Live lessons & activities

The sessions below happen on one or more of the following platforms: YouTube, Facebook, Instagram, Vimeo, Zoom. The organiser's Facebook page is often a good place to find out about the sessions.

This is not an exhaustive list; keep an ear out and an eye on social media. There are more and more people offering free sessions online and new programmes on the TV during this difficult period.

When	Duration	Lesson / activity	Link
From 20th April	Varied	Various subjects for all ages	https://www.bbc.co.uk/bitesize
09.00	30 mins	PE Lesson Joe Wicks, The Body Coach	https://www.thebodycoach.com/ Search on YouTube
	20 mins	Fitness sessions from Jump Start Jonny	https://www.jumpstartjonny.co.uk/
09.30	Varied	Chris Packham - live sessions The YouTube channel also have live Nature feeds	https://www.youtube.com/channel/UCSdDTUWSBvn5qp6yvKCsNg
10.00	20 mins	Play sessions from Play Hooray	https://playhooray.co.uk/
10.30	Varied	Singing and stories with Makaton signing from Singing Hands	https://singinghands.co.uk/
11.00	Varied	The World of David Walliams: readings of one of his best-selling books.	https://www.worldofdavidwalliams.com/elevenses/
11.00	10 mins	Fine motor skills sessions from Griffin - Occupational Therapy	https://www.griffinot.com/
11.30	30 mins	Dance sessions from Oti Mabuse	https://www.youtube.com/user/mosetsanagape
1.30	15 mins	Dance sessions from DDMIX	https://diversedancemix.com/

2.00	30 mins	Sensory making sessions from Sensory Spectacle (Mon - Thurs)	https://www.sensoryspectacle.co.uk/
	15 mins	Massage stories from the Story Massage Programme (Tues - Thurs)	https://www.storymassage.co.uk/
	60 mins	Singing sessions from Soundabout	https://www.soundabout.org.uk/
4.00	Varied	Story workshops from Positive Eye's Idea Machine (Mon, Weds & Fri)	https://www.positiveeye.co.uk/
7.00	60 mins	Dance sessions from Kidz Bop (USA)	https://kidzbop.co.uk/

Notes

1. Many of these Live Sessions are available after the event, especially on YouTube. Just search for the session and previous/recorded should come up - or similar programmes.
2. Although not live, look at the resources for activities with staff from The Aspire Federation & more.

Some general ideas



- Press flowers/ collect leaves
- Junk modelling
- Ready steady cook challenge—what can be made?
- Papier mache
- Take photos of things close up and challenge people to guess
- Science experiments—float or sink in the washing up bowl
- Make a joke book
- Paint on pebbles
- Make decorations like paper chains, pom poms, bunting
- Make a video to share with the family
- Write stories/ make a comic book
- Karaoke? Find lyrics on google
- Grow cress seeds/ apple pip etc.
- Create a playlist
- Listen to podcasts
- Relaxation exercises
- Learn a new word a day
- Watch a nature program
- Design a dream island/ theme park
- Enterprise project
- Paper plates crafts—make faces/ decorate
- Make jewelry from pasta
- Make paper planes
- Write letters or cards
- Create a time capsule with messages/ pictures etc.
- Make your own word searches
- Play charades
- Learn the alphabet in sign language
- Write and act out a script
- Have a picnic indoors
- Virtual tours of museum or zoo
- Make ice-lollies with squash and water
- Hairstyles/ make-up
- Create outfits and do a fashion show
- Research a country