

School Partnerships and Enrichment Team

Holiday Activity Newsletter – Home Edition Easter 2020

SPOTLIGHT ON – Your House!

As the UK prepares for self-isolation and social distancing, families may find themselves limited in options to keep their children safe, well and entertained. Our regular newsletter would be encouraging you to 'Get Out and About' but instead, we are providing top tips, websites, ideas and encouragement that we hope will support ALL families to plan for and find ways to enjoy your time with each other.



This is a new way of doing things for everyone, and there will be difficulties adjusting. Our children can hear everything that is going on around them and may feel anxious. Mental health and positive relationships will be more important than academic skills at this time. And how children felt during this time will stay with them long after the memory of what they did during these strange weeks has passed. Try this website for ways to keep mentally healthy and for useful ways to talk to your children about the virus <https://youngminds.org.uk/find-help/for-parents/> and <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

We wish you all well; please stay safe, seek help if you need it and take care of one another.

Useful Websites – These websites have awards, badges, certificates and challenges that you can work towards. (There is a more extensive list on the last page of this newsletter for websites that can support you with a wide range of activities and free downloadable resources).

Blue Peter Badges - <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges?collection=blue-peter-badges>. There are so many different Blue Peter badges and the link above shows how you could get your hands on one! Can you collect them all? You'll need to send your ideas off by post so grab some envelopes and stamps.

iDEA Awards - <https://idea.org.uk>. This is suitable for adults as well as kids as you work to complete individual badges towards an award. iDEA is the digital and enterprise equivalent of The Duke of Edinburgh's Award. The iDEA Bronze Award and iDEA Silver Award are available now, and Gold will be released in due course. Great for ALL the family

Crest Awards - <https://www.crestawards.org> Science awards you can complete from home. It costs just £1 to get started and there are different awards that your child can work towards. £

Paw Print Badges - <https://www.pawprintbadges.co.uk> Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional. £

Futurelearn - <https://www.futurelearn.com> Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account). £

50 things to do before you're 11¾



Brought to you by the [National Trust](https://www.nationaltrust.org.uk), there are 50 activities for you to enjoy, so get out in the fresh air and build a den, make your world spin by rolling down a hill or watch stars glitter in the night sky. Download your own checklist by clicking the link below

<https://nt.global.ssl.fastly.net/documents/50-things-activity-list.pdf>

Reading, Reading, Reading...What books do you have at home that you can re-explore?



Reading to and reading with our children remains one of the most important things we can do to maximise our children's success at learning. It doesn't have to be at bedtime or for very long but reading a little everyday will make a huge difference. Reading to your children, no matter what age, is beneficial and introduces them to new words and ideas all the time. This is good time to revisit some of those books you used to love.

Keeping Healthy & Active

The impact of self-isolation and / or social distancing may make it difficult to keep fit and healthy. Check out the following weblink to try out some Yoga in the home. Make some space and enjoy it together! https://www.youtube.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ Alternatively, this link shows you suitable exercise for children that you can do at home.

https://www.youtube.com/watch?v=aHVR2FnTpdK&feature=emb_logo

If you're looking for some fresh air, the **National Trust** have pledged to keep as many open spaces available to the public as possible. This includes removing car park charges. However, houses, shops and cafés will be closed. The nearest National Trust location is <https://www.nationaltrust.org.uk/osterley-park-and-house> but please check the website before attending.

Ealing Parks and Open Spaces - [Green Flag parks](#) Green Flags are national awards that are given to the best parks and green spaces in the UK. Ealing's parks have been awarded more new Green Flags than any other borough in the UK this year. Find out about the parks that will be flying a Green Flag by clicking the link above.

Food and supplies are at the forefront of many peoples minds currently. You could try **OLIO** -



Sharing surplus food in the local neighbouring - OLIO connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge when you go away. For your convenience, OLIO can also be used for non-food household items too.

<https://olioex.com/>

It's learning, but not as we know it... Useful Life Skills. This could be a great time to introduce life skills that are not part of a school curriculum. Here are 10 reasons children should learn household skills.

1. It teaches responsibility
2. It makes them aware of the messes they create.
3. It makes them appreciate and take care of their thing
4. It builds self-reliance and independence
5. It builds confidence to succeed at something new
6. Many hands make light work and help create time for other activities.
7. It keeps them active and moving.
8. It's family time and chance to have a chat over a shared activity
9. They learn to work together to tackle a problems
10. You could increase motivation using rewards such as baking a cake or watching a film together.



[Click here](#) to download this family household chore chart!

Cooking is great way for children to use multiple skills – it's literacy, maths, science, art and more. And the end you get to eat something delicious. It could be baking cakes or preparing the family dinner. Check out these links for some ideas.

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

https://www.littlecooksc.co.uk/recipes/?gclid=EAlalQobChMImd_Pr6um6AIVDbDtCh2rXgDXEAMYASAAEgKWYfD_BwE

Websites and Online Activities - A non-exhaustive list that might help those looking to support children with home learning. There are many more... this is just a taster.

BBC Learning -

<http://www.bbc.co.uk/learning/coursesearch/> No longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Blockly - <https://blockly.games>

Learn computer programming skills - fun and free.

National Geographic Kids -

<https://www.natgeokids.com/uk/>

Activities and quizzes for younger kids.

Duolingo - <https://www.duolingo.com>

Learn languages for free. Web or app.

Mystery Science - <https://mysteryscience.com>

Free science lessons

The Kids Should See This -

<https://thekidshouldseethis.com>

Wide range of cool educational videos

Crash Course - <https://thecrashcourse.com>

You Tube videos on many subjects

Prodigy Maths - <https://www.prodigygame.com>

Is in U.S. grades, but good for UK Primary age.

Nature Detectives-

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/> A lot of these can be done in a

garden, or if you can get to a remote forest location!

British Council-

<https://www.britishcouncil.org/school-resources/find> Resources for English language learning

Oxford Owl for Home-

<https://www.oxfordowl.co.uk/for-home/>

Lots of free resources for Primary age

Big History Project -

<https://www.bighistoryproject.com/home> Aimed

at Secondary age. Multi-disciplinary activities.

Geography Games- <https://world-geography-games.com/world.html> Geography gaming!

The Artful Parent -

<https://www.facebook.com/artfulparent/>

Good, free art activities

The Imagination Tree -

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

Toy Theater - <https://toytheater.com/>

Educational online games

DK Find Out -

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpsJSelTf4do6aPhff8A3tAktmmpaxqZbk gudD49l71ep8-sjXmrac> Activities and quizzes

Twinkl <https://www.twinkl.co.uk/blog/how-to-utilise-twinkl-during-the-coronavirus-shutdown-a-guide-for-schools>

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures

Scholastic has created a free learn-from-home site with 20+ days of learning and activities.

<https://classroommagazines.scholastic.com/support/learnathome.html>

Pretend to travel the world. Go on a virtual tour of these 12 famous museums.

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>

Free curriculum resources and ideas.

<https://allinonehomeschool.com/> OR

<https://allinonehomeschool.com/thinking/>

100+ ideas for indoor activities

<https://www.thebestideasforkids.com/indoor-activities-for-kids/>

For something a little different... Discover wonderful people and places with Paddington Bear



You can donate to UNICEF **and** support your child's learning. Sign up for a monthly direct debit of **£8** and as a bear-sized thank you, Paddington will send your child a personalised postcard (and more!) every month. With each pack, they'll explore a different country with Paddington and learn about the life of a child who lives there. Perfect for children aged 4-10, Paddington's Postcards is a wonderful way to teach your little adventurer about how other children and families live around the world.

<https://www.unicef.org.uk/paddingtons-postcards/>



Creating a Supportive Home Learning Environment

Many schools provide useful resources and guidance for activities that can be completed at home. To complement this, please find some useful suggestions and ideas that we hope will help make your home an inspiring and supportive place for learning.

Be positive about learning

Tell your child how important it is. The attitude you express about learning will be the attitude your child acquires.

Make sure your child has a quiet, well-lit place to do home learning

Avoid having your child do home learning with the television on or in places with other distractions, such as people coming and going.

Where possible, make sure table height and chair height are good for your child – a child sitting comfortably is less likely to fidget!



Make sure the materials your child needs, such as paper, pencils and a dictionary, are available

Ask your child if special materials will be needed for some projects and get them in advance.



Help your child with time management, perhaps 20 focused minutes per set task

Establish a set time each day for doing home learning. Don't let your child leave home learning until just before bedtime.

When your child asks for help, provide guidance, not answers

Giving answers means your child will not learn the material. Too much help teaches your child that when the going gets rough, someone will do the work for him or her. Remember that sometimes, siblings may provide too much support and not help with learning.

If home learning is meant to be done by your child alone, please remind them of this and encourage them to complete it on their own.

Too much parent involvement can prevent home learning from having some positive effects. Home learning is a great way for kids to develop independent, lifelong learning skills.

Stay informed – Check the school website regularly.

Make sure you know the purpose of home learning and what your child's class rules are. Where home learning packs are provided, make sure you read the information fully.

Help your child figure out what is challenging home learning and what is less challenging home learning. Have your child do the challenging work first. This will mean he will be most alert when facing the biggest challenges. Less complicated material will seem to go fast when fatigue begins to set in.



Watch your child for signs of frustration or giving up

Let your child take a short break if she is having trouble keeping her mind on their learning. Consider offering a small snack and drink to help keep your child alert.

Reward progress in home learning

If your child has been successful at home learning completion and is working hard, celebrate that success with a special event (e.g. a walk, a trip to the park) to reinforce the positive effort.

Avoid overloading your child; try to make learning attractive.

Be excited by what your child is learning but plan for short bursts of study rather than one long sitting. Learning by force can make your child reject learning in the future.

Consider how much screen time you are using.

Build in tasks and other activities that don't require the screen and encourage children to take a break from too much computer time. Fresh air is extremely important. Remember that not all learning has to take place sitting down and producing written work.



Try to have fun, be realistic and age appropriate, and consider what is most important for you all.

We make every effort to ensure that the details above are correct, but we recommend that you check with the venue before attending. Please contact sthompson@ealing.gov.uk with any comments or suggestions for items to include in future newsletters.