

THE SCHOOL OF MUM AND DAD

Parents across the nation have been presented with the challenge of home schooling whilst schools remain closed.

Online Resources

We appreciate that many parents may need to work and juggle childcare. Rest assured, we don't expect you to replicate school, however there are plenty of online resources to help your child continue their learning journey and keep them entertained!



Routine

Like a school day it is important to establish a routine. The key is finding what works for you as a family but draw a line between home life and school:

- Don't spend all day in pyjamas
- Come together for a mindfulness session (ideas on page 3)
- Be active
- Take breaks

Encouragement and Praise

To maintain enthusiasm and focus from your child, remember to praise your child for the work they are doing and encourage them to keep trying. To begin with they are likely to be more motivated to engage in their home learning, as time goes on this may change.



Family Activities

Remember, whilst learning is important, at this time of unprecedented uncertainty, so are family activities. Here are a few family activities that you might like to enjoy:

- Play board games
- Enjoy a movie together – whilst your child might watch a movie whilst you make a video call for work or catch up on work emails, make sure you make time to sit with them and get lost in a film together, perhaps a favourite from your own childhood.
- Encourage reading – for fun and some quiet time away from the screen. Pick up a book or magazine yourself at the same time, books are a great form of escapism.
- Grab some fresh air – if you have access to a garden, pop your coats on and why not have a picnic at lunch time.
- Most importantly, keep talking to one another.

PE WITH MR WICKS

Have you been joining in with the live PE session hosted online by The Body Coach, Joe Wicks.

800,000 families nationwide tuned in for the first work out on Monday, and over 950,000 on Tuesday. The children at school have been joining in too.

Joe Wicks is hosting live PE classes every day at 9am via his [you tube channel](#), in order to keep the nation fit and healthy.



A great way to start the day and keep active. Don't forget your PE kit! We will be sharing some PE activities on our school website shortly, our school has been given free access to parents by the company that helps our teachers with PE planning, check out our website on Monday for more information.

REAL PE AT HOME – ONLINE LEARNING RESOURCES

real PE at home includes an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity. This programme is great for family play and fun.

It also includes a programme for children in Key Stage 2, with daily and weekly guidance provided for both programmes in addition to an option to choose your own themes and activities.

There are so many benefits to being active, not only to our physical wellbeing but also to our emotional and mental health, especially in such testing times for all of us. We hope that the ideas help support you and your family to stay fit and healthy in the coming months.

Here are the details to access **real PE** at home:

The website address is: home.jasmineactive.com

Parent email: parent@earlsbarto-1.com

Password: earlsbarto

LADYBIRD, LADYBIRD FLY AWAY HOME

There are lots of lady birds in the garden at this time of year. Why not step outside and see how many you can find in your garden?



STAY MINDFUL

What is mindfulness? - Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing.

Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way.

When you practice mindfulness, you're training your attention. Research shows that practising mindfulness can improve attention for just about everybody. Each week we will share a mindful activity that you might like to try...

Body Scan

The body scan is a key practice in mindfulness, and an easy one to teach to children.



- Have your kids lie down on their back on a comfortable surface and close their eyes;
- Then tell them to squeeze every muscle in their body as tight as they can. Tell them to squish their toes and feet, squeeze their hands into fists, and make their legs and arms as hard as stone;
- After a few seconds, have them release all their muscles and relax for a few minutes;
- Encourage them to think about how their body is feeling throughout the activity

This simple exercise gets kids to be more aware of their bodies and helps them find a way to be present in the moment.



NEW HELPFUL LINKS

Below is a list of links that have been added to the Home Learning section of the school website since it was shared initially.

We're going to the 'virtual' zoo, zoo, zoo...

Many of the zoos have webcams set up so virtual visitors can enjoy seeing the animals. Here are some of our favourites:



[Edinburgh Zoo](#)

[Dublin Zoo](#)

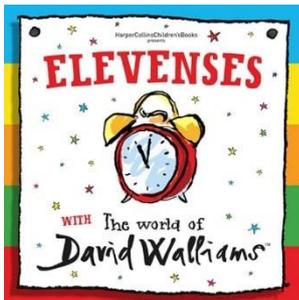
[San Diego Zoo](#)

[Houston Zoo](#)



Or, why not take a virtual trip to [Folly Farm](#) or explore animals in the wild with [Cumbria Wildlife Trust](#). Why not ask your child to do a fact sheet on their favourite animal?

Elevenes with the World of David Walliams



David Walliams is sharing a [free audio story every day](#).

These stories are approximately 15 minutes long, a perfect opportunity to grab a coffee, and sit down and enjoy a story with your child.

Maths lessons from White Rose - have you found them yet?

Have you been accessing the daily maths lessons from White Rose every day from 10am? If not it is well worth giving them a try. It will help provide a structure to your child's day and help them either recap on learning or learn something new! The link is on our website or simply visit <https://whiterosemaths.com/homelearning> for more information.