

Supporting Students at Home



The next few weeks will be a particularly difficult time for children and families, whilst schools are closed and we are advised to self-isolate or socially distance ourselves from our friends and family. No one expects parents to act as teachers or childcare providers, or to provide the activities and feedback that a school or nursery would. Parents and carers should do their best to help and support their children with their learning while they are at home.

If your child is finding some of the work challenging, please don't worry.

Hints and Tips

- It won't be possible to replicate a full school timetable for a variety of reasons. If your child is struggling to keep up with the volume of work set please do not worry about this and just do the best you can.
- Stress and anxiety are normal responses to this unpredictable situation. Young people may show an increase in stress without being able to say why. Keep them updated on the coronavirus so that they do not have to 'wonder' but be mindful of how you discuss it so that it is not fear inducing. Reduce access to rolling news so that they can switch off and provide lots of reassurance.
- Friendships are a key resiliency factor for young people. Help them to maintain some contact with their friends via telephone or some other form of media. It is important to be mindful of the risks of social media and monitor this use. E Safety support for parents can be found at www.thinkuknow.co.uk/ or www.internetmatters.org/
- A consistent routine/predictable plan helps young people to feel secure about the plans for the day. It is often useful to involve children in creating this routine, so that they feel part of the plan, rather than having a plan imposed on them. You could display a routine using a timeline, or maybe pictures and visuals. It is important to encourage children to develop independence by referring to their own routine/plan.
- The search term, 'Printable Visual Timetables', when typed into google, allows you to access a range of different visual timetable resources that you/they may find useful.

Useful Websites to Support your Child:

Subject	Website	Description
English	Audible https://stories.audible.com/start-listen	All children's audiobooks are available for free while schools are closed.
	https://authorfy.com	Access to masterclasses on texts from a range of authors, including videos from the authors and activities linked to novels. Registration: is required

	BookTrust https://www.booktrust.org.uk/books-and-reading/bookfinder/	A site with recommended booklists, categorised by age range and topic, including fiction and non-fiction. Family activities are included in the 'Home Time' section.
	Classroom Secrets https://classroomsecrets.co.uk/free-home-learning-packs/	Downloadable resource packs which cover a range of subjects, including reading and writing.
	Elevenes with the World of David Walliams https://www.worldofdavidwalliams.com/elevenes/	One free audio book reading is available to listen to every day.
	English Mastery https://www.englishmastery.org/	Downloadable resource books providing 12 weeks of activities.
	English and Media Centre https://www.englishandmedia.co.uk/publications/	Downloadable resources covering a range of texts for key stage 3. GCSE resources are categorised by examination board.
	Literacy Shed https://www.literacyshedplus.com/en-gb/browse/free-resources	Downloadable resource packs with tasks based on video clips on YouTube.
	Love Reading 4 Kids https://www.lovereadings4kids.co.uk/	A site with recommended booklists, categorised by age range and topic, covering fiction and non-fiction.
	Pobble 365 https://www.pobble365.com/	A new image is published each day as a basis for creative writing. Story starters, questions and drawing ideas are provided.
	Poetry by Heart https://www.poetrybyheart.org.uk/	A wide selection of poetry covering different topics
	Purple Mash https://2simple.com/purple-mash/	Free during the school closure period. Each week, a selection of daily activities is produced on different subjects, including comprehension and grammar.
	Storytime with Nick https://www.ruthmiskin.com/en/find-out-more/help-during-school-closure/	Available from Monday 20 April. Films of well-loved stories read by Nick Cannon, a trained actor, teacher and trainer.
	The Children's Poetry Archive https://childrens.poetryarchive.org/	An archive of spoken poetry recordings. Children can listen to poems read out loud.
	The Day newsletter https://theday.co.uk/subscriptions/the-day-home	A daily newsletter for parents and carers at home with children, helping to enrich learning with real-world knowledge and skills.
Maths	Hamilton Trust (home learning section)	downloadable resource packs with teacher guidance. A week's worth of

	https://www.hamilton-trust.org.uk/blog/learning-home-packs/	resources is provided for each year group.
	Mathematics Mastery https://www.mathematicsmastery.org/free-resources#	Downloadable guidance and resource packs for parents and pupils.
	Nrich https://nrich.maths.org/	A range of activities. Some are interactive and some are to be completed offline. Activities are categorised by age range.
	Top Marks https://www.topmarks.co.uk/maths-games	A range of interactive maths games categorised by age group.
	White Rose Maths (home learning) https://whiterosemaths.com/homelearning/	Presentations and downloadable workbooks which are easy to use for parents. New material is being released each week.
	Bowland Maths Resources Website: https://www.bowlandmaths.org.uk/	Downloadable assessments on a range of subjects, including sample answers and assessment tips.
	Corbett Maths https://corbettmaths.com/contents/	A range of videos and downloadable questions categorised by topic and predicted grade.
	Mathigon https://mathigon.org/	interactive maths resources that allow teachers and parents to track student progress and set activities.
	Maths Kitchen https://mathskitchen.com/topics	An interactive GCSE revision website. Resources are categorised by topic, including video lessons and practice questions.
	Mathematics Mastery https://www.mathematicsmastery.org/free-resources	Downloadable guidance and resource packs for parents and pupils.
	Nrich https://nrich.maths.org/ https://nrich.maths.org/12524 https://nrich.maths.org/solvingtogether	A range of activities. Some are interactive and some are to be completed offline. Activities are categorised by age range.
	Mathsfactor https://www.themathsfactor.com/	A range of activities. Some are interactive and some are to be completed offline. Activities are categorised by age range
Science	BBC Bitesize https://www.bbc.co.uk/bitesize	Interactive resources covering the key stage 3 and key stage 4 science curriculums. Includes separate sections for biology, physics and chemistry.

	STEM Learning https://www.stem.org.uk/resources/curated-collections/secondary-and-level-science-0	An online resource bank, which links to resources on external websites. The site features a live chat function offering support from subject experts. New home learning resources are being developed
PE	Fitness Blender https://www.fitnessblender.com/	Videos featuring a range of exercises and workouts. You can choose exercises by: degree of difficulty, type, gender and whether equipment is needed or not.
	#ThisIsPE Website: https://www.afpe.org.uk/physical-education/thisispe-supporting-parents-to-teach-pe-at-home/	Videos delivered by teachers focussing on the PE curriculum which are accessible on YouTube.

General Interest websites:

- The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour! <https://kids.sandiegozoo.org/>
- Tour Yellowstone National Park <https://www.nps.gov/yell/learn/photosmultimedia/virtualtours.htm>
- Explore the surface of Mars on the Curiosity Rover. <https://accessmars.withgoogle.com/>
- Travel to Paris, France to see amazing works of art at The Louvre with this virtual field trip. <https://www.louvre.fr/en/visites-en-ligne>
- This Virtual Tour of the Great Wall of China is beautiful and makes history come to life. <https://www.thechinaguide.com/destination/great-wall-of-china>
- Math and Reading games <https://www.funbrain.com/>
- This iconic museum located in the heart of London allows virtual visitors to tour the Great Court and discover the ancient Rosetta Stone and Egyptian mummies. <https://britishmuseum.withgoogle.com/>
- Read, play games, and hang out with Dr. Seuss <https://www.seussville.com/>
- Geography and animals - <https://kids.nationalgeographic.com/>
- Fave kids books read by famous people <https://www.storylineonline.net/>
- Hands on Elem science videos <https://www.backpacksciences.com/science-simplified>
- Online history classes for all ages preteen through adults <https://school.bighistoryproject.com/bhplive>
- Biology <https://www.biologysimulations.com/>
- Digital archive of history <https://www.bunkhistory.org/>
- Daily free science or cooking experiment to do at [home.http://www.clubscikidzmd.com/blog/](http://www.clubscikidzmd.com/blog/)
- Chemistry <https://www.playmadagames.com/>
- 35,000 pages of online content on the cultures and countries of the world. <https://www.countryreports.org/>
- Interactive video earth science based curriculum supplement. <https://www.everyday-earth.com/>
- Improve your typing skills while competing in fast-paced races with up to 5 typists from around the world. <https://www.nitrotype.com/>

- 80+ do at home science activities <https://elementalscience.com/blogs/news/80-free-science-activities>
- Keyboarding practice <https://www.typingclub.com/> or <https://www.typing.com/>
- National Geographic Young Explorers is a magazine designed specifically for kindergarten and first grade students. Children can listen to the magazine being read to them as they follow along with the highlighted text. <https://ngexplorer.cengage.com/ngyoungexplorer/index.html>
- Learn all about earthquakes <https://earthquake.usgs.gov/learn/kids/>
- Learn all about the periodic table <https://www.chemicool.com/>
- Space science for kiddos <https://www.nasa.gov/kidsclub/index.html>
- Games, quizzes and fact sheets take kids on a journey through time. <https://www.bbc.co.uk/history/forkids/>
- Tons of science experiments that you can do at home - <https://www.stevespanglerscience.com/lab/experiments/>
- An interactive way to learn history - <https://www.mission-us.org/>
- Just explore, have fun, and learn some science along the way. <https://thehappyscientist.com/>
- Learn all about cells <https://www.cellsalive.com/>
- A wonderful, endlessly detailed way to get kids engaged in the world of art. <https://www.metmuseum.org/art/online-features/metkids/>
- Tests kids' geography skills. Using images from Google's Street View, it plops players down in the middle of the street and asks them to figure out where they are. <https://www.geoguessr.com/>
- Allows students to type in any city, state, or country to view an archive of historical photographs and other documents. It's a unique way to help them learn about history. <http://www.whatwasthere.com//>
- A human visualization platform that allows students to explore the human body in really cool ways. <https://human.biodigital.com/login?returnUrl=/dashboard>
- Helps kids learn to appreciate the arts by providing them with the opportunity to play games, conduct investigations, and explore different forms of art. <https://artsology.com/>
- Lets kids play instruments online. Instruments include the guitar, piano, pan flute, drums, and bongos. <https://www.virtualmusicalinstruments.com/>
- Life skills curriculum for students. Their resources include strategies for teaching social and emotional skills. <https://www.overcomingobstacles.org/>
- Cool Kid Facts gives your child access to educational videos, pictures, quizzes, downloadable worksheets, and infographics. They can use these to learn about geography, history, science, animals, and even the human body. <https://www.coolkidfacts.com/>
- This NASA initiative covers a wide range of topics including weather, climate, atmosphere, water, energy, plants, and animals. <https://climatekids.nasa.gov/>
- From rainbows to tornadoes and winter storms to tsunamis, meteorologist Crystal Wicker breaks down the fascinating world of weather. <http://www.weatherwizkids.com/>
- Kids Think Design explores careers in fashion design, graphic design, interior design, book design, product design, film and theatre, architecture, animation, and environmental design. <http://www.kidsthinkdesign.org/>
- This educational website hosted by the Smithsonian Museum takes a deep dive into ocean life. <https://ocean.si.edu/>
- Innerbody explores the 11 bodily systems in depth. With interactive models and detailed explanations, this website will help them learn more about the internal mechanics of the amazing human body. <https://www.innerbody.com/htm/body.html>

Developing Lifeskills

Life skills are an important part of a child's development and this time at home could provide a great opportunity for your child to spend time with family members, sharing the workload and learning valuable life skills. The following is a list of suggestions; it is useful to note that almost any activity that you engage in with your children can incorporate life skills work.

Life Skill	Activity
Communication	Lots of conversations Reminding to take turns Reminding to listen to other people's contribution and responding directly about that.
Decision Making	Create personal visual timetables that includes all the essential elements of the day
Creative Thinking	Story Telling, Art and Crafts, Summarising, Compare and contrast conversations, Maths word problems
Problem Solving	Can be done at any time when there is a task or chore that needs to be thought through. Simply talking through the process of defining a problem, analysing the cause and evaluating the solution will give the young person a system or process that they know they are able to use.
Coping with Stress	Relaxation techniques, exercise PE with Joe (Daily at 9:00am on You Tube) Keep Active tips www.nhs.uk/live-well/exercise/10-minute-workouts/
Cooking	Supporting parents to prepare meals understanding what makes a healthy menu Creating meals from basic store cupboard ingredients
Shopping	Writing shopping lists, online shopping, costing, budgeting
Planning	Use of calendar/schedule Planning menu for the week
Housekeeping	Cleaning rota Helping with laundry Cleaning the car

Well Being Support

The emotional well-being of your child is so important during this unsettling time. For further support and advice, please visit the school website. There are some apps below which may be of interest.

CALM - App for Mindfulness and Meditation. (Available on iOS, Android & Web)

Breathe2Relax - The relaxation app trains you on the “belly breathing” technique that has proven benefits for your overall mental health. (Available on iOS and Android)

Stress Check by Azumio - This app takes you on a deep breathing exercise to promote calmness and can bring your heart rate down in five minutes. The app provides instant feedback with breath and pulse monitoring and tracks long-term progress. (Available on Android)

Happify - The Happify app is a way to make a game of all the positive psychology tricks you know might work, but make you feel kind of silly when you actually do them. You'll start by taking a quick test that assesses the areas of happiness you should work on. Then, you're presented with a few "tracks" that can help get you to your goals. (Available on iOS and Android)

Thrive: Feel Stress Free - When you log in it gives you different tips to help you relieve stress/anxiety. There are tabs for meditation, deep relaxation, self-hypnosis, and more. (Available on iOS and Android)

Smiling Mind - Trying to incorporate mindfulness into your daily life? This app can help you launch into a regular practice of mindfulness meditations. (Available on iOS and Android)

I love Hue - When you feel like you have no control, this app can help soothe you by creating simple visual harmonies from mosaic tiles. (Available on iOS and Android)

Worry Watch - This journaling tool has a simple user interface where users can log instances of worry, fear, and anxiety. They can also add the outcome of each situation, which provides a comparison between expectation and reality that helps reduce anxiety over time. (Available on iOS)

WELLMIND - WellMind is your free NHS mental health and wellbeing app designed to help you with stress, anxiety and depression. The app includes advice, tips and tools to improve your mental health and boost your wellbeing. (Available on iOS and Android)

Cove - Free, personal music journal to help you with your emotional and mental health. Trusted by the NHS. (Available on iOS)

Reflectly - A personal journal and diary driven by AI to enable you to deal with negative thoughts, make positivity louder and to teach you about the science of well-being. (Available on iOS and Android)

Happy not perfect - Backed by science, designed for you, Happy Not Perfect is your go-to place for everything you need to look after your mind in a fun new way. (Available on iOS and Android)