

# **HEADTEACHER MESSAGE**

Thank you to all families, staff and children for supporting one another at this difficult time. Although home is the safest place for pupils at the moment, it does not stop us missing them all already! We are also thinking of our friends in the NHS, who must be under unthinkable pressure at the moment, and other key workers doing their bit to keep essential services going.

Our online school curriculum is up and running, with Google classrooms in each subject. Teachers are working incredibly hard so that your children are able to continue with their studies, albeit at a distance. Work posted already, and work which is being posted over the next few days, should take children up to the beginning of the Easter holidays. All pupils are provided with a paper pack of work, either with hard copies of their online work for easy reference or further work set by subject staff. The deadline for all work is 20th April, which is the first Monday of the summer term.

We do understand that home learning puts new pressure on you as a family. Technical issues are frustrating at the best of times, and more so when so much has changed overnight for BMS pupils. Our online support classroom is called The Hub. All children are invited. No question is too silly and we encourage any pupil to post any worry or concern for general help. Please note that subject specific questions should be posted in subject Google classrooms. Although distance learning is a challenge for pupils of middle school age, we hope that, come next week, any teething difficulties will have been ironed out. If your child has an EHCP or has THRIVE support in school, then a 1:1 classroom has been set up. Please encourage your child to make regular use of this as our wonderful teaching assistants are making every effort to establish supportive dialogue each day. Please also see further parental guidance below for top tips for how to cope and what to expect, in case you find this useful.

If you have a place booked on a residential trip for your child, please be assured that we are liaising closely with the local authority and with the travel company regarding insurance. When we have further information, we will let you know immediately. Thank you for your patience.

Finally, remember that if you need to contact me directly, then please telephone the school, on 01434 220235 or email me as follows: <u>helen.samuels1@school360.uk</u>. Please do not hesitate to get in touch – we are here to listen and happy to help.

Kind regards, Helen Samuels, Headteacher

# WHEN SHOULD I SELF-ISOLATE?

The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.



# Looking after your children

For the most part, children will need what they've always needed; love, attention and opportunities to learn and play. If children are home for long periods because of social-distancing or self-isolation, the following tips might be helpful:

Try and keep to a structure and routine that suits you. Keep bedtime and morning routines close to existing ones to promote a sense of normality that children will find reassuring. Encouraging them to get up and dressed during the week will help maintain some difference between weekdays and weekends.

Keep boundaries firm and make it clear that you expect the same standards of behaviour as usual. Boundaries show that adults are still in control and taking care of them, which helps children to feel safe.

Make sure they get some time to burn off energy every day. Younger children will enjoy assault courses, discos etc. Older children and teens might respond better to fitness videos.

Expect children to do some learning every day. In the longer-term schools are likely to provide opportunities for online learning. In the short term, or as extra activities there are a wealth of helpful websites, many of which they will be able to access independently. Continuing with their learning helps promote a sense of normality and purpose as well as keeping them up to date for when they are back at school.

Find opportunities for them to interact with their friends remotely. For tweens and teens, contact with their peers is especially important. Technology provides lots of opportunities for older children to connect, chat and game together. But be wary of giving unsupervised access to platforms that you would not normally allow your child onto; the internet still poses the same risks as in normal times.

Balance screen time with other activities. Challenge children to learn new skills that don't involve screens e.g. tying shoe laces, juggling, baking. Older children might want to set their own goals.

Give children opportunities to have a say in what will be happening. They may have had a lot of their freedoms and choices removed for a while and may feel powerless or angry. Older children and teenagers will be more able to understand the risks in too much screen time, too little sleep, inactivity etc. They are more likely to 'buy in' to new rules and routines if they feel that they have a voice. Family meetings where children and adults problem-solve together can be helpful for this.

# **Check out FREE reading books online using the following link:**

# Free Reading Books

Need a chat or a shoulder to cry on? You are very welcome to contact the Revd. Doctor Susan Ramsaran by telephone (220019) or email: smramsaran@aol.com



# FAQ: Is there a set timetable my child should follow?

No. This is for you to decide, as each family's needs are different. Your child could follow or adapt their school timetable, or create another schedule to suit. Here is an example:

Get ready for the day		Have breakfast, have a wash, get dressed
9am	Activity 1	Online learning from school OR a craft activity (cutting and sticking, painting, baking)
10am	Activity 2	Online learning from school OR some writing or maths - write a story, count coins
11am	Get active!	Play in the garden, do an exercise video
12	Lunchtime	
1pm	Help about the house	Help tidy up, hoover, wash up
2pm	Quiet time	Do something calm, like reading or colouring
3pm	Activity 3	Online learning from school <b>OR</b> be creative – make some music, design an outfit
4pm	Have some free time	Enjoy toys and tech
5pm	Dinner time	Help prepare dinner – help tidy up too!
6pm	Family time	□Play a game, watch a movie, spend time together
Get ready for bed		Have a bath, get pyjamas on, read a story

# FAQ: Help! My child is whizzing through their work and has finished already.

Children who engage with their home learning may get through work faster, without the social interaction or direct teaching input which challenges their thinking and decision making, especially for written work. Encourage your child to look carefully at resources provided and remind your child that progress is measured through quality, not quantity. Teachers will post feedback for pupils should act on before resubmitting improved work, where needed.

# FAQ: How does my child give in their work within their Google classroom?

This is called turning in. Look at the top right box on their screen for a 'turn in' button to click.



# Useful websites to support home learning

#### All Subjects

BusyThings is available for KS2 via School360. Co to RESOURCES then BUSY THINGS. It offers activities across a range of subjects.

#### Twinkl

this is a FREE Home Learning Packs for Early Years, KS1, KS2, KS3, GCSE and SEND to download. You will need to sign up to access some of the resources.

#### Oxford Owls

Oxford Owl for Home is a bright and colourful website with free resources available to download without registering.

#### National Geographic Kids

This site offers free online games, resources and competitions. it is aimed at primary aged children, there are a wide range of subjects history, science, geography, English, Maths, Art & Design and PSHE.

#### Classroom Secrets

Classroom Secrets is offering FREE access to everyone until the end of April 2020. The platform is aimed at primary aged children and covers subjects such as maths, reading, grammar and spelling.

#### TTS

TTS are offering FREE home learning booklets for primary children. They look really good although they will need photocopying.

#### Scholastics

Reading, investigating text and activities. It seems very comprehensive and goes through day 1, day 2 etc. It is an American accent in the ones I have listened to. It all seems FREE.

#### Seneca

Seneca is suitable for KS2 children. It is a FREE learning platform - no need to join just access straight away. a variety of subject areas but you have to find the correct level as it goes up to A level.

#### The Great Indoors

The Scouts and Bear Grylls have developed the Great Indoors. A collection of inspiring indoor activities. Keep your kids learning new skills and having fun during their time at home!

#### Classroom Secrets Kids

is also available and video tutorials are overing many concepts within maths Videos.

#### EDSHED

EdShed is the home for Maths Shed, Spelling Shed, Literacy Shed and Literacy Shed Plus all amazing platforms that are used in schools.

They offer whole school free 14-day-trials all year round, but at the moment are extending their free trials for the duration of the school closures.

#### Pearson Primary

provides free access to some of their digital primary resources, which can be accessed in school or at home. Curriculum programmes are all available via an online ActiveLearn platform, which provides hundreds of eBooks and practice activities (all carefully designed for young learners to access independently) as well as front-of-class teaching resources, planning and assessment materials.

#### Pearson Secondary

Provides free access to some of their digital secondary resources, which can be accessed in school or at home.

## Design & Technology

#### Science Kids

#### The James Dyson Foundation

Dyson engineers have designed these challenges specifically for children. Ideal for home or in the classroom, they encourage inquisitive young minds to get excited about engineering.

# Computing

Hour of Code

code.org

Code Combat

Blocky Games

Tynker

Codemoji

Science Kids

## French

Duolingo

BBC Bitesize KS2 French

BBC Bitesize KS3 French

Mem Rise

## Geography

#### Seterra

This website is great for learning locational knowledge in Geography! Various activities on a range of scales e.g. continent down to cities!

#### World Geography Kids

This completely FREE online gaming platform is great for learning about geography topics. Loads of areas within the curriculum. You don't need to register or sign up.



# Useful websites to support home learning

# English and maths resources online

## The National Literacy Trust

An independent charity providing resources to support literacy development.

#### Words for Life

The parent-facing site of the Literacy Trust, including 'Words for Life', provides milestones, tips, fun resources and advice to help parents support their children's literacy development.

#### The National Literacy Trust Family Zone

The National Literacy Trust Family Zone is now available and is being updated specifically for the current situation.

#### The Reading Agency

A range of free reading and literacy resources for children

## The Book Trust

A website dedicated to getting children and families reading:

## Power of Pictures

The Centre for Literacy in Primary Education is providing free access to its 'Power of Pictures' website.

The website is home to a range of videos including 11 authors/illustrators reading their books aloud. Activities include drawing alongside an author/illustrator - an activity for any age and adults can join in too!

## SHOOFLY is accessible via School360.

Go to RESOURCES then SHOOFLY. A few literacy packs, there are three which are probably for KS2.

## White Rose Maths

Whiterosemaths.com has created resources for online home learning and can be accessed for free. This uses the curriculum that we follow so is a great place to access resources. Some of these may also be used by teachers when work is set.

## BBC Bitesize KS2 Maths

This is a great resource that includes tutorials and practice questions.

## BBC Bitesize KS3 Maths

This is a great resource that includes tutorials and practice questions.

#### Mr Barton Maths

This has good tutorials that demonstrate how to do things

#### Nrich Maths

This has investigations and problem solving questions

#### eMaths

Emaths.co.uk has free access to past papers to use as practice questions

## Maths is Fun

Mathsisfun.com has some good games to use for practice

## Timestables

Practice for times tables in a variety of formats. No sign in, just use.

## Thinkingblocks

Various games and interactive resources - you can also get these as an app!

## Numberblocks

Children can learn how much fun counting can be with the Numberblocks - a fun-loving group of numbers who work together to solve problems big and small.