

Key Principles



Stay connected

Make sure that you stay in touch with your child/children's school and community.



Dialogue and discussion are powerful

Engaging with your child/children is important – talk to them about what they are doing, model the language and feed them vocabulary.



Create balance

No one aspect of learning is more important than another. All learning, whether formal or through play is equally important. Balance out the things you do across a daily routine that works for you all. Take care of the way you feel as much as what you learn.



Consider different ways to learn

All children, young people and adults learn in different ways.



Engaging and fun activity works

How will the learning activity help your child/children? Talk to them about it and help them see the purpose behind the activity.



Focus on the now

Parents have an intimate, in-depth knowledge of their child/children that teachers can never have. Make the most of it during this unique time.

Parental Permission



Don't be too hard on yourself or on your child/children – find a routine or a rhythm that suits you both.



It's OK for children to have a break in their learning – if your child is having a tricky day, don't worry!



It's perfectly OK for you to not know the answer... this is a great opportunity to role-model the idea that "you're never too old to learn!"



If you need to work at home and require some quality time away from the children it's OK for them to watch a film or the TV.



Forget what other families are doing...you know your child so make your decisions about when they are working and the amount of their work with their needs and personality in mind.

Health and Wellbeing

Physical health and wellbeing is very important and extends beyond physical exercise.

Whilst your child is engaging in online learning tasks, we recommend following basic health and safety principles:



When using any screens to work, encourage your child to change position regularly, get up, move around and do some simple stretches between tasks.



They should take regular rest break, roughly every 20 minutes, with at least 5-10 minutes of non-screen time every hour. This will help to protect their eyes and help with their attention span.



Where possible, try to have a place for work to take place, such as at a kitchen or dining room table or desk; with a suitable chair. Using a device or laptop in bed is not a safe way to work.



Children must be reminded that charging cables should be kept secure and used safely to avoid fire hazards or risk of electrocution. For example, never leave a device charging on a bed or soft surface as this could cause a fire.



When children are using any device, PC, laptop, tablet or even phone they should try to find a way to set it up at eye level, tilt the screen or use a stand. Changing the brightness and font size can also help. Taking care of eyes and avoiding wrist strain is really important.



Good hygiene should also be encouraged, including wiping mobile devices with suitable cleaning products on a regular basis.

Learning during Covid-19



Website links

If you would like to further explore learning at home activities for your child/children, the following links could be a good starting point. Please remember to liaise with your child's school first – these resources are to support or enhance learning, not to replace the school's work.

Core Subjects (Reading, Writing & Mathematics)

- home.oxfordowl.co.uk/reading
- www.sounds-write.co.uk
- literacytrust.org.uk/family-zone
- www.literacyshed.com/home.html
- kids.classroomsecrets.co.uk
- whiterosemaths.com/resources
- natwest.mymoneysense.com/home
- www.ncetm.org.uk/resources/54432
- www.nationalnumeracy.org.uk
- www.audible.co.uk/cat/Children-Audiobooks/535836031
- www.storylineonline.net

Keeping safe and well

- www.forestryengland.uk/blog/10-ways-keep-the-kids-entertained-through-covid-19
- www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets

Health and wellbeing

- www.annafreud.org/on-my-mind/self-care
- biglifejournal-uk.co.uk/blogs/blog/mindfulness-resources-children-teens
- youngminds.org.uk/resources/school-resources/how-many-positives-activity-sheet
- www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19

Science

- www.youtube.com/channel/UC9AxMqTw4HIAcnmCXXCGGVA
- www.stitcher.com/podcast/how-stuff-works/surprisingly-brilliant
- www.stem.org.uk/home-learning
- www.youtube.com/channel/UC9AxMqTw4HIAcnmCXXCGGVA

Languages

- www.duolingo.com

Wider Curriculum / Exploring the World

- www.littlebird.co.uk/blog/2020/03/tour-your-favourite-london-museums-in-the-comfort-of-your-own-home
- www.zsl.org/learning-resources
- www.sciencefestival.co.uk/event-details/kids-lab
- www.dk.com/uk/information/home-learning-for-kids
- www.winchestersciencecentre.org/science-home
- usborne.com/play-and-learn-at-home/unworry-and-wellbeing/unworry-activities
- accessmars.withgoogle.com
- britishmuseum.withgoogle.com
- switchzoo.com
- kids.sandiegozoo.org/animals
- www.eyfshome.com

Physical Activity and Exercise

- www.sportengland.org/stayinworkout
- www.youtube.com/watch?v=3Z05939ZMbE
- www.nhs.uk/change4life/activities
- www.nhs.uk/oneyou/for-your-body/move-more/home-workout-videos
- www.nhs.uk/conditions/nhs-fitness-studio
- www.youtube.com/user/CosmicKidsYoga

Being creative

- polkatheatre.com/polka-online
- thestemlaboratory.com/lego-stem-activities
- www.lego.com/en-my/kids/games
- www.5minutefun.com/wellbeing-activities-for-kids-stuck-indoors

Activities with Celebrities

- 9am - PE with Joe Wicks
- 10am - Maths with Carol Vorderman
- 11am - English with David Walliams
- 12pm - Lunch with Jamie Oliver
- 1pm - Music with Myleene Klass
- 1.30pm - Dance with Darcey Bussell
- 2pm - History with Dan Snow (free for 30-days)
- 4pm - Home Economics with Theo Michaels (Mon/Wed/Fri)