



# PARENT/CARER BULLETIN

## 20<sup>th</sup> April 2020

Welcome to Bulletin 3.

Lovely to hear news of the children out in the garden, helping to cook and bake, learning photography and doing crafts.

There are activities for families which include crafts and learning to knit.

Do all the children know their tables now? Can they tell the time? Do they know all the countries and capitals of the world?

Keep the learning fun, it should not be stressful! Enjoy sharing books together.

If your child is anxious there are some well-being sites to support them and the coronavirus explained to children. Thank you to the NHS for the resources.

DfE approved list of websites for home learning for English, maths and other subjects.

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education>

### Food Vouchers

Food vouchers are now coming through. This has been a tricky process as Edenred has been very overwhelmed and have been working 24 hours a day to get them out. Thank you to Mrs Venters for her patience and resilience in preserving to get these out to our families that qualify for them.

### How to talk to children about Coronavirus

<https://www.telegraph.co.uk/family/parenting/how-talk-children-about-coronavirus/>  
<https://www.bps.org.uk/news-and-policy/talking-children-about-coronavirus>

National Autistic Society – guidance and helpline for parents', young people and staff:

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

Place2Be – Guide to helping parents answer questions from their children and to support family wellbeing: <https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

Young Minds - Talking to your child about Coronavirus and 10 tips from their Parents Helpline to support family wellbeing: <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

Public Health England have produced an easy read version of their [Advice on the coronavirus for places of education](https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf). You can download it here: <https://www.publichealth.hscni.net/sites/default/files/2020-03/V4%20Coronavirus%20advice%20for%20schools%20poster%20020302%20EDU15.0.4%20%282%29.pdf>

<https://t.co/lcWX8Z4uyf@SotonChildHosp@UHSFT@PICSNurses> a downloadable book from a PICU nurse at Southampton to help children understand Corona Virus

<https://acamh.us6.list-manage.com/track/click?u=Of1c71bf7993244b9dfb8c134&id=7347fe9795&e=515bc1190f>

podcast on anxiety with Dr Jon Goldin on the Corona Virus and child mental health –ACAMH

How to cope when you cant go to school because of coronavirus – Newsround video

<https://www.bbc.co.uk/newsround/51656718>

Tips for if your worried about the coronavirus – Newsround video

<https://www.bbc.co.uk/newsround/51887051>

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-for-mental-health-and-wellbeing/>

### **Support and activities for your child to help with their emotional needs**

Covibook – an interactive resource designed to support and reassure children aged 7 and under, designed to help children explain and draw the emotions that they might be experiencing during the pandemic: <https://www.mindheart.co/descargables>

<https://www.childline.org.uk/toolbox/>  
<https://www.stopbreathethink.com/>

Self-care strategies – the Anna Freud centre

<https://www.annafreud.org/on-my-mind/self-care/>

Worries about the world – Childline advice page

<https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/#coronavirus>

Calm zone – Childline

<https://www.childline.org.uk/toolbox/calm-zone/>

<https://www.cambscommunityservices.nhs.uk/what-we-do/children-young-people-health-services-cambridgeshire/cambridgeshire-0-19-healthy-child-programme/school-nursing/chathealth>

## Activities for Families to Enjoy at Home



We imagine that work has been suggested by your schools and it is very important you follow the guidelines and information shared by the school your children attend.

We would like to provide some additional activities, resources, websites and documents to download. We anticipate it may be quite hard for parents and carers to encourage their children to engage with learning at home, so we are trying to offer a range of activities to inspire and motivate children and adults to have fun and learn too.

The resources have been split up into more curriculum based activities and those which are more creative and fun.

### Curriculum-Based Activities and Websites

#### General activities

Twinkl is offering free resources for a month

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

There is a wide range of on-line activities to develop learning skills across the curriculum available at <https://uk.ixl.com/>

BBC bite-size has a wide range of resources, games and ideas <https://www.bbc.co.uk/bitesize>

#### Literacy Activities

National Literacy Trust <https://literacytrust.org.uk/family-zone/>

#### Creative writing exercises

[http://www.expressumpoetics.org.uk/wpcontent/uploads/2016/07/04\\_c\\_creative\\_writing\\_exercises.pdf](http://www.expressumpoetics.org.uk/wpcontent/uploads/2016/07/04_c_creative_writing_exercises.pdf)

#### Maths activities

<https://www.myhomeschoolmath.com/visualperception.html>

<http://www.amathsdictionaryforkids.com/>

<https://www.10ticks.co.uk/>

Secondary age Maths resources <https://www.drfrostmaths.com/>

Carol Vorderman's Maths site is providing free resources while schools are closed [www.themathsfactor.com](http://www.themathsfactor.com)

#### Creative and Fun Learning Opportunities

**Paper and pencil type activities** which develop problem-solving skills such as: Noughts and Crosses (or make up your own shapes - we have played cats and dog before, same grid, just draw cats and dogs); Hangman; Squares etc. More ideas here <https://www.playworks.org/resource/fun-paper-and-pencil-games-to-play/>

**Story line Online** has lots of fantastic free on-line stories read by actors and with animations (we tested When a Dragon Moves In - it was great) <https://www.storylineonline.net/>

**Lovely free mindfulness colouring** - <https://diaryofajournalplanner.com/free-mindfulness-colouring-sheets/>

**Mindfulness games cards** - <http://www.unm.edu/~unmvclib/gamification/cards/mindfulgamescards.pdf>

**Learn to knit handout** - [https://media.craftyarncouncil.com/files/teach/WUA-PTG\\_Bk\\_web\\_5.pdf](https://media.craftyarncouncil.com/files/teach/WUA-PTG_Bk_web_5.pdf)

**Cheap and easy home crafts** -

[https://wvla.org/downloads/Annual\\_Conference\\_2013/craftbookletforwvla.pdf](https://wvla.org/downloads/Annual_Conference_2013/craftbookletforwvla.pdf)

**There are mindfulness activities in the side panel for you to try with your children -->**

**Free e-book for arts and craft ideas** <https://www.vipmumsndads.co.uk/shop/ready-to-go-art-ebook-one-free/>

**A wonderful and wide ranging selection of activities and links to other websites**

<http://www.thesensoryprojects.co.uk/covid19-resources>

**Free e-books, videos and resources for children and adults** [https://www.shambhala.com/shambhala-publications-and-the-global-health-crisis/?utm\\_source=bm23&utm\\_medium=email&utm\\_term=Shambhala+Publications+and+the+Global+Health+Crisis&utm\\_content=Take+Heart:+Encouragement+for+Uncertain+Times&utm\\_campaign=Take+Heart+Introduction&\\_bta\\_tid=18436282085476419892366705709293183034065153370518185021771178333989028379759548078448613750431530219016&\\_bta\\_c=d3p7gwpjyo17vee4nir6yhb672m6](https://www.shambhala.com/shambhala-publications-and-the-global-health-crisis/?utm_source=bm23&utm_medium=email&utm_term=Shambhala+Publications+and+the+Global+Health+Crisis&utm_content=Take+Heart:+Encouragement+for+Uncertain+Times&utm_campaign=Take+Heart+Introduction&_bta_tid=18436282085476419892366705709293183034065153370518185021771178333989028379759548078448613750431530219016&_bta_c=d3p7gwpjyo17vee4nir6yhb672m6)

[https://www.shambhala.com/shambhala-publications-and-the-global-health-crisis/?utm\\_source=bm23&utm\\_medium=email&utm\\_term=Shambhala+Publications+and+the+Global+Health+Crisis&utm\\_content=Take+Heart:+Encouragement+for+Uncertain+Times&utm\\_campaign=Take+Heart+Introduction&\\_bta\\_tid=18436282085476419892366705709293183034065153370518185021771178333989028379759548078448613750431530219016&\\_bta\\_c=d3p7gwpjyo17vee4nir6yhb672m6](https://www.shambhala.com/shambhala-publications-and-the-global-health-crisis/?utm_source=bm23&utm_medium=email&utm_term=Shambhala+Publications+and+the+Global+Health+Crisis&utm_content=Take+Heart:+Encouragement+for+Uncertain+Times&utm_campaign=Take+Heart+Introduction&_bta_tid=18436282085476419892366705709293183034065153370518185021771178333989028379759548078448613750431530219016&_bta_c=d3p7gwpjyo17vee4nir6yhb672m6)

**Draw with Rob - free online drawing lessons** <http://www.robbiddulph.com/draw-with-rob>

**Additional support and ideas**

**A blog by Dr Gemma Handelsman providing information about supporting pre-school children at home** <https://www.handelsmanpsychology.com/post/structuring-your-social-distancing-weekday-with-nursery-aged-children>

**Organisations**

**National Autistic Society** <https://www.autism.org.uk/>



**Documents with Activities, Games and Resources**

[/Pages/Download/c3c3c18f-7b28-4fcf-8c54-b85db2035b99](#)★DOCX | Barrier games

[/Pages/Download/04640b2a-2090-4cf5-a396-7a296ebc7e68](#)★PDF | Enhancing-and-Practicing-Executive-Function-Skills-with-Children-from-Infancy-to-Adolescence-1

[/Pages/Download/e8f87af3-19d6-4dd6-9a7f-33afcc3a9d0f](#)★PDF | Spatial Awareness Games with Logo

[/Pages/Download/a2d27b23-1e78-4583-92c9-5787fbd31f0e](#)★PDF | 14 day-home-challenge ELSA

[/Pages/Download/f19af8ef-0282-42b9-a12c-23de64e5259f](#)★PDF | SPEAKING AND LISTENING ACTIVITIES BOOKLET No logo pdf

[/Pages/Download/9ffb1dbd-69b4-4e17-ae4d-0a7246332076](#)★PDF | School Closure ASD Toolkit

[/Pages/Download/4ca5d84f-ec48-400a-8bc5-a2aeca94f5de](#)★

**Home learning for under 5s**

[Home learning activities](#) recommended by our home learning team.

[Cosmic Kids](#) website has a range of activities to get under-fives active and to develop motor skills.

[Bookstart](#) have interactive stories and games on their website, as well as suggested reading.

**General learning**

[BBC Bitesize](#) offers indepth online learning covering ages 3-16+

[Scholastic Learn at Home](#) website has an excellent range of information. Content is written for US children, so for guidance grades translate as; PreK and K Nursery: Reception - Year 1, Grades 1 and 2: Years 2 and 3, Grades 3-5: Years 3 - 5 and Grades 6+: Year 6 upwards.

[Twinkl](#) are offering a month's free access to their premium site. They have worksheets, activities and crafts for preschool and primary aged children.

### **English and reading**

Children's author, Oliver Jeffers [@oliverjeffers](#), will be reading a story on Instagram live every day at 6pm and talking about his book ideas.

The British Library's [Discovering Children's Books](#) website has lots of information about books and stories and some great activities.

[Shakespeare Week](#) website has lots of themed activities in their Kids' Zone. There is a printable booklet to track what children have been doing.

[Michael Rosen](#) has an amazing website of him reading and performing his poems, plus more resources.

### **Maths and numbers**

[Sumdog](#) can help children age 6-14-years-old, practise maths through games. Free access gives you six different games for children to use. You can also sign up as a member.

### **Science**

[Science Museum](#) website has a range of learning games and apps that are free.

[British Science Week](#) website has downloadable 'Diverse Planet' activity packs for early years, primary school and secondary school children.

### **Geography**

[National Geographic Kids](#) website has fun learning games including quizzes, puzzles and word scrambles.

### **History**

[Virtual tours of famous museums](#) allow you to experience some of the best museums in the world, from the comfort of your own home.

### **Languages**

[Memrise](#) have free online language learning packages for a range of different languages.

### **Technology**

[Scratch](#) coding website has a range of tutorials for different coding activities.

Have you done any science yet? try [sciencebob.com](#)

A craft and colouring site is [crayons.com/athome](#)

BBC Good Food, then go on family and kids and you have got some great cooking and baking ideas. There is even make your own edible slime.

### **Join our virtual Orchestra in an exciting new initiative**

We wanted to share with you an exciting new ensemble initiative which will be of interest to the musicians in your school. This opportunity is open to anyone regardless of age or ability. Participants can play the appropriate part for their instrument, adapt a part or make up their own to fit with the backing track. Here are further details and I would appreciate it if you could share with your families.

It's time to get creative. Lay down pens and computers and take a break from school work (if allowed) over the holidays and help us make the largest Cambridgeshire music ensemble. We've been looking at how to keep us all connected and making music together over the coming weeks and are going to provide some projects to which you can all contribute at whatever level you are playing, on an

instrument and make a large-scale online combined performance to be premiered for everyone to enjoy. The first piece we are going to do is **Hawaii 5-0**. Arranged by Mark Aldous.

You can find parts available for your instrument via this

link <https://www.dropbox.com/sh/tvder7jzbnmjfia/AACCWTlhRTEHZBw2Az2C4zX7a?dl=0>

Anyone can take part however far in their musical studies they have reached and feel free to adapt parts as required. So rope in your siblings, friends and family and let's give our bit to the online music explosion that is out there.

You can send us a video file (mp4) or an audio file (mp3) via a wetransfer link

to [mymusic@cambridgeshire.gov.uk](mailto:mymusic@cambridgeshire.gov.uk). Remember that if providing a video clip you are consenting for us to edit and use in the final recording! Colleagues here will join in and play and then combine all the files so that we can have everyone playing together in the final recorded performance. To help you keep in time we've provided a backing track that you can use available to download on the webpage link below. So if you fancy doing something a bit different in these strange times and putting your musical mark on the world join our virtual band and we'll have some fun. Who knows where it might lead...

There is more information about this and other projects at [Cambridgeshire Music](#)





God of compassion,  
be close to those who are ill, afraid or in isolation.  
In their loneliness, be their consolation;  
in their anxiety, be their hope;  
in their darkness, be their light;  
through him who suffered alone on the cross,  
but reigns with you in glory,  
Jesus Christ our Lord.  
Amen