

Dear Pupil

While you are at home we want to make sure that you continue to learn. It is important that you maintain a routine and take part in learning every day.

Daily expectations for home learning

When you are learning from home, we expect you to:

- Complete a section of the White Rose Maths booklet - please see pack.
- A section of your 'Talk for Writing' booklet - please see pack.
- Complete other maths activities if the above is completed – see below for the other resources available to you.
- Ask your parents if you need help with a task.
- Message your class teacher via **Purple Mash** on work you have completed that day.



Please remember there are many great activities and programmes that you can use and access. Your usernames and passwords for key programmes are stuck in the back of your home diary. These include:

Phonics

- Letters and Sounds for Reception and KS1 - watch the daily Letters and Sounds videos via: https://www.youtube.com/channel/UCP_FbjYUP_UtldV2K_-niWw

English

- KS1 Bug Club - remember books are available on the website and you can always read texts of your choice too! Reading a range of texts will help you continue to build knowledge and a breadth of vocabulary.
- Lexia- (only for certain children who have access to this).
- Spellanywhere - Practise weekly spellings – if spelling books are in school, remember you access these via spellanywhere through the link on our school website and use the spelling strategies discussed in class to help you.
- Oak Academy- daily English lessons.

Maths

- White Rose Hub materials to support with Maths sessions – additional resources for maths mastery work on: <https://whiterosemaths.com/parent-workbooks/>
- MyMaths (accessible for Years 2 – 6).
- Maths Whizz (available for Years 5 and 6).
- <https://www.topmarks.co.uk/maths-games/hit-the-button> (KS1).
- Times Tables via TT Rockstars (KS2) – see link on website
- BBC bitesize
- Oak Academy-daily maths lessons

Wider Curriculum tasks

- Refer to your year groups Curriculum Notes and Curriculum Map for an overview of what you are studying at school this term. You could research about the topic areas that you are studying ready to share when you return to school.

- Education City and Purple Mash – use these to support learning across the curriculum, including Computing and Topic work.
- The Oak National Academy has made available videoed teacher lessons covering the entire national curriculum, available for every year group.
- BBC Newsround – to keep updated with current affairs (Years 2 – 6)

It is also important that you:

- Take regular breaks from schoolwork (e.g. every hour, take a ten-minute break).
- Make yourself a plan for your school day and stick to it if you can – don't worry if you don't stick to the timings!
- Set some targets for the day e.g. practise my tables.
- Keep a school routine – you could start and finish at a certain time every day.
- Make it as much like a school day as possible – you could take your lunch and breaktime at the same times as you would at school.
- Avoid background distractions, e.g. the TV – this will make you more productive!
- Ask your parents to contact us on your behalf via **email** if you have any queries.

How to stay well

It is important to make sure you look after your well-being too.

If possible, you should sit at a table or desk, ensuring your back is supported, rather than laying on your bed or the sofa. If you think you are missing any important equipment or a suitable space to work, make sure you speak to your class teacher before you start learning from home.



If you ever feel unwell or unable to complete the work set, you should tell your parents and make sure they let the school know as soon as possible, ideally before the start of the school day. You must ensure you also look after your wellbeing while you are at home. To make sure you are staying mentally well, try some of these ideas:

- Get into a routine – you could make sure you wake up and go to bed at the same time each day
- Set yourself some achievable tasks – you could try a new recipe you've been wanting to try for ages!
- Talk regularly with your friends or extended family – you should always talk with your parents about how to set this up
- Stay active – try getting out for a walk every day with your family
- Eat normally – make sure you have three meals a day at regular times
- Try practising breathing techniques – the charity Mind has lots of helpful information here: <https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-exercises/>
- Use the time to develop a new skill – you could start painting, learn a language or learn how to bake!

- Make sure you get some rest.
- Keep your room tidy to make sure you feel relaxed.
- Don't do your schoolwork in the evenings or weekends – you need to balance your home life and school life.
- Try not to watch the news too often.
- Read more often.
- Talk to someone if you have any worries or concerns – you can also find a whole list of places that can help if you don't want to speak to your family here:



<https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>

- Childline has a website called 'Toolbox', where you can find games, videos and methods to help you with your worries. There is even a 'Calm zone' for helping you let go of your worries. All of this can be found here: <https://www.childline.org.uk/toolbox/>

Staying safe online

If you are spending all day at home, you will likely be spending more time online. Whilst there are many positive aspects of using the internet, such as keeping in contact with those you can't see and staying entertained, you must also remember to use it sensibly. While you are spending more time at home, you should consider the ways you can stay safe and maintain a healthy relationship with the internet by doing the following:

- Having tech-free mealtimes.
- Not keeping a mobile phone or tablet in your bedroom
- Before contacting any friends using a device, ensuring you have asked your parents and that they have made sure the right settings have been applied to your account to keep you safe.
- If you are contacting anyone by phone or video, make sure you do it in a family space.
- Ensure you have the right settings applied to the apps and websites you use, so you don't see anything you don't want to and can limit who can contact to you.
- Making sure you know how to report anything on the apps you use – most of the popular apps have a reporting function. If you need help with this, please ask your parents.
- If you need to report something that you've seen online, ensuring you use Child Exploitation and Online Protection command (CEOP) (<https://www.ceop.police.uk/safety-centre/>) and the UK Safer Internet Centre (<https://www.saferinternet.org.uk/our-helplines>)
- Telling your parents if you are worried about anything you have seen online.
- If you want to discuss any worries with someone else, contacting Childline (<https://www.childline.org.uk/>), Kooth (<https://kooth.com/>), or any of the contacts listed here: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>



What to do if you're worried

There may be times when you're feeling worried or concerned about something. You should always tell someone if you feel this way – even if it doesn't seem like an important thing. There are lots of different people you can talk to whilst you're at home, including:

- Parents, carers or someone else in your family.
- Teachers or members of school staff.
- Childline.
- Anyone you trust.

We will stay in touch with you whilst you are learning from home, this will be via Purple Mash and your class email address.

If you experience any technical issues or you need any of your usernames and passwords while learning at home, you should let your class teacher know as soon as possible so that we can get these sorted for you.

We look forward to seeing you back at school as soon as you are able to return.

Mrs Davis

Class teacher

Headteacher