

# Millbrook Junior School

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Dear Parents/Carers

Please read this newsletter to update you on ideas for home learning

Mrs Danielle Warren

## Home Learning

Each week, we will continue to send work that can be completed at home. This work is not compulsory but to help you keep your children learning at home. If you have other ideas or work you would like your children to complete, you are welcome to do those.

## Home Learning Tips

Below are some tips on home learning from The Guardian newspaper.

### **Prioritise your child's wellbeing**

"Great learning only happens when children feel happy, safe and secure. Provide your children with reassurance and love." Jules White, Headteacher at Tanbridge House School, Horsham.

### **Keep to a routine**

"Children need normality, familiarity and structure. So keep to a routine. It makes home schooling easier and helps children to realise this is not a holiday, and that teachers are expecting learning to take place to some degree." Lillie Rosenblatt, teacher at Brookfield Primary School in Camden, London.

### **Give your child some autonomy**

"Let your child create their own structure or timetable for the day, combining their ideas and home learning. If they try and schedule double PlayStation every morning, then it's probably time for parents to step in, but give them the option first. I think a lot of parents will be impressed with the outcome." Joanna Conway, Headteacher, Whitegate End Primary School and Nursery, Oldham.

## **Let your child get bored**

“In communities like mine, there are not a lot of PCs, laptops and other tech in the home that allow pupils to access learning platforms. My advice is let your kids have a holiday and enjoy themselves until they get bored. Then they will want to get on to learning they have been set. The homework is there not to improve standards but to ease boredom.” Chris Dyson, Headteacher, Parklands Primary School, Leeds.

## **Limit tablets, phones and TV**

“It will be important for friends to stay in virtual contact with each other as long as interactions are friendly and supportive – but avoid an unhealthy overreliance on screen time in all of its guises. Too much screen time has very negative effects on physical and mental health and it disrupts sleep patterns as well. Variety is key: exercise, reading a great book and learning a new skill are all suitable ways of avoiding the sheer monotony of a TV and computer screen.” Jules White.

## **Emphasise literacy and numeracy...**

“Continue to practise essential English and maths. Review fundamental maths skills such as number bonds, times tables, division facts and addition/subtraction strategies. Encourage your child to write for pleasure about what they’ve done that day, or make a comic.” Jordan Bickel, Grand Avenue Primary and Nursery School, Surbiton.

## **...but remember that learning should be fun**

“Children need to have a plan or timetable right from the start, and to stick to it using a timer. But activities should not just be solely English and maths-based. Making learning fun is vital – so baking, painting and getting out and about in the garden are essential to reduce boredom.” Emily Proffitt, Headteacher, Tittensor First School, Stoke-on-Trent.

## **Be attentive**

“Listen to your child. Enjoy hearing your child explain what they are being asked to do, and the challenges they face.” Jules White.

## **Consider the impact of social isolation and constant supervision**

“It’s vital that children get downtime to be independent and relax. We are encouraging our pupils to write to each other, giving them a purpose but also helping them feel less isolated.” Emily Proffitt.

## **Encourage reading every day**

“Whether it’s reading to themselves, a parent, a sibling or even a special animal friend, it’s essential children continue to read. Reading anything counts.” Jordan Bickel.

## **Don’t expect children to work non-stop**

“The younger the child, the less time they can sit and learn for, so frequent breaks are important for productivity.” Lillie Rosenblatt.

## **Don't overdo it**

"I'd recommend around two hours' learning in total a day for children in Key Stage 1, which covers Reception to Year 2. That should include arts and crafts, and hands-on activities. Children in Key Stage 2, which covers Year 3 through to Year 6, would be able to do more: about three to four hours. But again, that should include PE activities and more creative tasks as well." Jordan Bickel.

## **Support child-led learning**

"Encourage your child to research something that is of interest to them and show their learning with a creative project. This could be making something with play-dough, junk modelling, papier-mache or a presentation. Let your children experiment." Jordan Bickel.

## **Endorse regular movement breaks**

Movement breaks – such as dancing to music, performing animal walks or playing Simon Says – provide children with sensory feedback and offer them a chance to "reset". "If fast movement breaks aren't working, slow it down by doing wall or chair push-ups or squeezing hands, shoulders or legs. Find what works for your child. It will really help with learning and focus." Lillie Rosenblatt.

## **Praise children's efforts and behaviour, not their achievements**

"Positive constructive praise that targets effort, behaviour and specific aspects of a child's work is much more powerful than just saying, 'well done for completing your English'. Lillie Rosenblatt.

## **Bond with your child**

"Enjoy the extra time together. Create some artwork, a board game, make a meal together, do a jigsaw, write a song or put on a production, a dance or make a video. Maybe you could send it to relatives to cheer them up. I would also recommend sharing a 'family gratitude' each day." Joanna Conway.

*Donna Ferguson 23.03.2020 – The Guardian*

## **Ideas from the Internet**

All the sites listed below are providing free access during the school closures.

**Joe Wickes** - <https://www.thebodycoach.com/blog/pe-with-joe-1254.html>. PE WITH JO is a brand-new live series on YouTube from The Body Coach Joe Wicks. The fitness expert has been streaming classes every day this week to get children across Britain and even the world moving.

**Carol Vorderman** - <https://www.themathsfactor.com/>. Carol Vorderman has opened up her website to give free maths lessons to children. Register on the site and you can instantly access lots of resources.

**Jane Considine** - <https://www.youtube.com/c/thetrainingspace>. Jane Considine is streaming live English lessons for children of all ages. Subscribe to her Youtube channel for more information.

**Twinkl** - <https://www.twinkl.co.uk/home-learning-hub>. Twinkl have opened up a Home Learning Hub for parents to access. They create a daily timetable of activities including printable resources that you may need.

**STEM** - <https://www.stem.org.uk/home-learning>. STEM have put together a selection of resources - all of which are completely free for everyone to access. Their subject experts are also available from 8.30am to 4.30pm on weekdays via webchat.

**Myleene Klass Music lessons** - <https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>. Myleene Klass is teaching music lessons via her Youtube channel.

**David Walliams Story Time** – <https://www.worldofdavidwalliams.com/elevenses/>. David Walliams has vowed to release a free audio story every day for the next 30 days. He will be reading out stories including his own book The Terrible Triplets.

**Story Time with Floella Benjamin** - [https://www.youtube.com/channel/UCTKRCnHB7YmN69iIbg\\_JH2w](https://www.youtube.com/channel/UCTKRCnHB7YmN69iIbg_JH2w). Floella Benjamin is vowing to read to children free of charge via her Youtube channel.

## Learning Together

Social distancing and self-isolation measures are bringing untold challenges to everyone.

In this time of difficulty, one way of keeping busy and motivated whilst indoors is to learn a new skill or explore a new interest.

If you have extra time or you'd like to take some time for yourself, and you would like to learn a new skill then [futurelearn](#) is free to join and can help you to keep busy in isolation.

All of their courses encourage online discussion, and at a time when we can't communicate face-to-face, discussing shared passions is a good way of keeping in touch with the outside world.

They also have a free online course from the London School of Hygiene & Tropical Medicine on tackling COVID-19. <https://www.futurelearn.com/courses/covid19-novel-coronavirus>

## Wellbeing

Don't forget, if you are finding things difficult, there are organisations out there that can help. You can contact MIND in the following ways:

Infoline: 0300 123 3393, Email: [info@mind.org.uk](mailto:info@mind.org.uk) or Text: 86463

Their Infoline provides an information and signposting service. They are open 9am to 6pm, Monday to Friday (except for bank holidays).

The Samaritans are available 24 hours a day. You can contact them in the following ways:

Call: 116 123 or Email: [jo@samaritans.org](mailto:jo@samaritans.org)

They will help you work through what's on your mind. If you need advice or specialist support for a specific issue, such as a bereavement or domestic abuse, they can put you in touch with specialist organisations which you may find helpful.