

# Brockwell Junior School



## Home Learning Guide

# Welcome to Home Learning

The best outcome is that this document is unnecessary. However, we endeavour to be prepared for various scenarios during this pandemic. Your child's class or year group may be required to self-isolate; your child may find themselves at home as a result of the track and trace service, or we may find our school is required to temporarily close for cleaning or to comply with a local lockdown. In all these scenarios - and the many more that may present - we seek to ensure your child's learning continues.

The guide has been written with a school closure in mind. In the event a class or year group is learning remotely, we will begin by initiating this plan as quickly as possible having established safer working practices for staff should they be required to stay at home.

Brockwell Junior School is eager to provide a rich, enjoyable and consistent education for pupils at home and in School. In the event children are required to work at home, we will aim to continue to deliver engaging and differentiated learning opportunities and provide excellent pastoral care and individual support, while still focusing on the health and wellbeing of the whole school community.

This Home Learning Guide outlines:

**How and when we will communicate with you and your child**

**The curriculum and daily expectations**

**Pastoral support, being safe online and nurturing our mental health.**

The majority of our children will follow this programme at home although a small number of children – such as a child with learning difficulties - may need a tailored learning plan. We've aimed to create a home learning programme which balances **expected completion of work** with **teacher contact**, and flexibility for families living and working under different home circumstances.

However, like any programme, we will constantly review and keep you informed of modifications as they arise. Please anticipate changes as we learn more by implementing the programme.

As teachers have been using Power Maths, SeeSaw, Google Meet, Activelearn and the National Academy website in school, we anticipate your child will have a good level of skill and confidence accessing these platforms and resources.

Teachers will be activating these resources and systems through lesson time and by setting homework on Seesaw. We hope this provides time for parents to become more familiar with the platform and how you can help children work from home remotely.

The vast majority of work will therefore be issued digitally. Whilst printing work off may be an option for you, please know we will send workbooks home for them to write and be creative in. Worksheets set on Seesaw can often only be used as a guide only. We are also able to print work that you may have collected from the school office.

## **Equipment**

Remote learning will require access to a device, other than a telephone, such as a PC, iPad or laptop as well as Wi-Fi connectivity. Please let us know if your child does not have individual access to a device for at least two hours a day.

Quiet, clear workstation or desk

Stationery such as pencil, ruler, rubber, pen and sharpener.

Paper – we will send work books home

Headphones are helpful for online lessons to reduce other noise distractions and may help with focus in live meets.

# How and when we will communicate with you and your child

Every lesson counts in your child's learning. If you need to get in touch, please don't hesitate to do so.

## Contact with parents

We will continue to send you key information through the teachers2parents email and text message service.

Some learning and key letters will be uploaded to our home learning web pages:

<https://www.brockwell-jun.derbyshire.sch.uk/key-info/learning-at-brockwell/mathematical-calculations/>

We may call you by telephone. If you notice a missed call, please do phone back and we'll find who called you.

You may receive a Google Form survey to help us identify what is working well and what we need to develop further.

You can contact school through [enquiries@brockwell-jun.derbyshire.sch.uk](mailto:enquiries@brockwell-jun.derbyshire.sch.uk)

Please use this email - especially for urgent messages. If you use the headteacher or staff email, an urgent message may not be read in good time. If it is a confidential matter, contact by phone or enquiries@ and colleagues will arrange a call back.

You can call school on **01246 278542**. Colleagues will help you or ask a member of staff to call you back as soon as possible.

## Contact with children

**Teachers will expect to see completed work on Seesaw daily and see your child on Teacher Meet sessions daily.**

Children can ask a learning question or contact their teacher through Seesaw and Google Meet.

We ask that you use the dialogue aspects of Seesaw for learning related questions. If approved, they remain on your child's learning journal. All staff are asked not to approve posts that are not connected with learning. Please contact staff through the telephone or email service for non-learning related queries. Thank you.

**Seesaw** – Teachers will post a morning video/audio/script at 9.15am introducing the Maths and English tasks for that day.

**Google Meet** Daily (Mon to Thurs)– Teachers may review morning tasks giving general feedback and introduce the afternoon task.

Year 3 11.30

Year 4 11.50

Year 5 12.15pm

Year 6 12.35pm

**Friday Google Meet** – This will have a pastoral emphasis and may include class novel

Year 3 Friday 11.30am

Year 4 Friday 12.30pm

Year 5 1.30pm

Year 6 2.30pm

Teachers may contact children by Seesaw during school hours up to 6.30pm and by telephone (in liaison with parents' permission) during school hours and following safer working practices. This may result in a call being on speaker and heard by a teaching assistant or colleague too.

## Teacher Meets using Google Meet

Live sessions will take place using Google Meet and pupils are expected to follow the guidelines:

- Video conferencing should take place in an environment that is quiet, safe and free from distractions (no hooovers!) and preferably in a public area in the home.
- Appropriate dress must be worn for learning (no pyjamas!) School uniform may be worn!
  - Pupils using live stream must have an adult present in the house although the adult need not be joining in or sitting next to the learner (sometimes this actually prevents the child taking part).
  - Pupils are expected to interact patiently and respectfully with their teachers and peers. If the teacher allows the chat function during the live session, comments must be within our school rules – respectful and kind.
    - Pupils will be responsible for their behaviour and actions when using technology, this includes the resources they access and the language they use.
      - Pupils must end the session as soon as the teacher instructs them to do so.
      - Mobile phones must be switched off and out of use unless specifically requested by a teacher for learning purposes
      - Pupils or parents must not record or take photographs of other pupils or teachers during a live session.
      - The rules in place are designed to help keep everyone safe and if they are not followed, School sanctions will be applied and parents informed.
    - If pupils have any internet connection or technical issues please email [enquiries@brockwell-jun.derbyshire.sch.uk](mailto:enquiries@brockwell-jun.derbyshire.sch.uk) and we will forward the query to our technician (please see online safety links below).

# The curriculum and daily expectations

Seesaw is the go-to application for all information.



Whenever it is possible a task will be assigned to SeeSaw so teachers and parents have a chance to check through work on a regular basis. Teachers will be using the same differentiation as in the classroom including catering for those with Special Educational Needs and extension activities for the most able.

Please note parents have a code to download and login to Seesaw FAMILY and children have a separate code that enables them to access Seesaw CLASS. The functions differ so please download both (having Seesaw FAMILY on your phone will ensure you receive any key announcements promptly).



Google Meet

Google Meet is the go to application for Teacher Live Meets which aim to give regular contact and support you in motivating children to complete work. Teachers are asked to have extremely high expectations of behaviour to enable these to take place. If this is compromised in any way, cameras or microphones will be turned off.

## Learning Expectations

Teachers will assign tasks in Seesaw each morning with clear due dates, often the same day.

**The timetable includes one Mathematical, one English and one wider curriculum area task each day.**

Once the work is done, children are expected to mark it as completed on Seesaw. When the task is outside of SeeSaw (other websites etc.) pupils need to mark it as complete on SeeSaw and whenever it is possible they need to add their result in the private comment. If the task involves creating artwork, dance, music, sport or any off screen tasks, teachers will explain in writing what pupils need to do to show their work.

**Mathematics – The teacher will identify pages from Power Maths book A, B or C, and/or tasks from White Rose Learning.**

**English – Work will be added to SeeSaw or accessed via other sites such as [www.activelearnprimary.co.uk](http://www.activelearnprimary.co.uk) Written work can be completed on screen or on paper and submitted via SeeSaw.**

**Wider Curriculum – Teachers will signpost children to a lesson at <https://www.thenational.academy/> or set work through Seesaw.**

Three tasks per day is the minimum expectation. Some children may thrive on more than this. If this is the case we encourage you to revisit our home learning pages and access the many websites listed for additional, wider learning.

***Please remember to include reading for pleasure and to practise times tables each day.***

**Print or save the year group appropriate timetable so you can note down the key task in each session.**



### Timetable Year 3

	9am Login to Seesaw	Assembly	   	<b>Maths</b>  <b>WORDSMITH</b>	 Google Meet	 <b>OAK NATIONAL ACADEMY</b>
Monday					<b>11.30am</b>	
Tuesday					<b>11.30am</b>	
Wednesday					<b>11.30am</b>	
Thursday					<b>11.30am</b>	
Friday					 Google Meet	<b>11.30am</b>


### Timetable Year 4

	9am Login to Seesaw	Assembly	   	<b>Maths</b>	<b>English</b>  <b>WORDSMITH</b>	 Google Meet	 OAK NATIONAL ACADEMY
Monday						11.50am	
Tuesday						11.50am	
Wednesday						11.50am	
Thursday						11.50am	
Friday						 Google Meet	12.30pm

Timetable Year 5

	9am Login to Seesaw	Assembly	   	<b>Maths</b>  <b>WORDSMITH</b>	 Google Meet	 <b>OAK NATIONAL ACADEMY</b>	
Monday						<b>12.15pm</b>	
Tuesday						<b>12.15pm</b>	
Wednesday						<b>12.15pm</b>	
Thursday						<b>12.15pm</b>	
Friday						 Google Meet	<b>1.30pm</b>

Timetable Year 6

	9am Login to Seesaw	Assembly	   	<b>English</b> 	 Google Meet	
Monday					12.35 pm	
Tuesday					12.35 pm	
Wednesday					12.35pm	
Thursday					12.35pm	
Friday					 Google Meet	2.30pm

## Pastoral Care and Wellbeing

Live Teacher Meet (on Google Meet) daily will enable children to interact with their teachers face to face. This will be an opportunity to ensure that everyone has accessed their learning and to address any concerns. This way if any issues arise pupils can use a safe channel to communicate with their teachers and peer group every day. It will also indicate absent pupils who will be contacted individually. Teacher time is aimed after the morning session to support you in ensuring that your child knows work is expected and before the afternoon to maintain pace.

Teachers will remain in regular contact with children in their class as they would be with school-based learning. They will offer the first line of contact in case any concerns or wellbeing issues should arise. Pupils and parents can communicate directly to teachers.

Physical activity and exercise is extremely important during this time so we will signpost children to physical activities and of course getting out in the fresh air will benefit.

During this time, we will also endeavour to keep the community ethos alive with assembly video or a whole school / year group Google Meet each week led by Mrs Crutchley, Mrs Moulder or Miss Holmes at 08:45 on Monday and Friday mornings.

Please continue to engage with our twitter feed **@brockwelljunior**

The school website has a designated page for well-being @ brockwell with downloads and lots of activities to access at home.

Pupil wellbeing is critical. We encourage parents to follow your children's learning and if you have any concerns in regard to safeguarding or wellbeing, pupils and parents are expected to contact the School's Designated Safeguarding Lead (DSL) - Mrs Crutchley or Miss Holmes immediately. Please note that if teachers are unable to establish contact within a reasonable time, they are expected to refer this to our Safeguarding Leads who will follow it up as a priority sometimes seeking help from other agencies.

Our Family Resource Worker from **Positive4YoungPeople** continues to work with us and can support families on request. Please get in touch if you think her support would be helpful.



# Home Learning General Expectations

Since the home environment is different from the classroom we ask parents to support our provision by enabling your child to be safe, punctual, have a positive approach to learning and follow the guidelines below. All pupils and parents are asked to sign the age appropriate IT agreement where the principles are the same in regards to online behaviour, security and safeguarding and attitude towards learning.

## Parental Support

In these exceptional circumstances we ask all parents to actively support your child's learning as far as possible given your own household responsibilities and limitations. Please see the guidance below:

- Talk to your child about how to be organised using SeeSaw and help your child to prioritise
- Where possible please check how much work your child has managed to complete by the end of the day
- Where possible provide a quiet place for learning that is suitable for live streaming
- Make sure that your child gets up with sufficient time to complete the morning task before the Teacher Meet.
- When live streaming is taking place please make sure that conversation only takes place between the teacher and pupils
- Parents may not share, or record any live sessions between pupils and teachers.

Please support the staff in improving the home learning by contacting them directly with any concern or question or comment for improvement.

# Online Safety

## What can parents/carers do to help children keep safe online?

### Follow the Golden Rules

#### Ground Rules

- Discuss together as a family how the internet will be used in your house. Consider what information should be kept private (such as personal information, photos in school uniform etc.) and decide rules for making and meeting online friends. Ensure your children know the risks of accepting friends' requests from strangers online and make sure you know what your child is doing online much like you would offline. Make sure your child uses strong passwords to protect their online accounts. It is important they know they need to keep their passwords safe and not share them with anyone or use the same password for several accounts.
- Consider locating your child's computers and laptops in a family area but be aware that children access the internet on mobile phones, games consoles and tablets so use can't always be supervised.
- Be especially aware of settings rules relating to your child's use of webcams and any applications or devices which allow voice or video chat Childnet have useful information for young people about using webcams safely [www.childnet.com](http://www.childnet.com)

#### Online Safety

Install antivirus software, secure your internet connection and use Parental Control functions for computers, mobile phones and games consoles to block unsuitable content or contact from unknown people. Research different parental control software and tools available for your home and select the tools which are most suitable to you, your child and the technology in your home. Visit [www.internetmatters.org](http://www.internetmatters.org)

and [www.saferinternet.org.uk](http://www.saferinternet.org.uk) for safety information and advice about parental controls on consoles and devices and how to report concerns.

Make sure you read any parental guidance and safety recommendations (including age requirements — most popular social networking sites and apps are only for users aged 13+) for any apps or websites before allowing your child to use them - visit [www.net-aware.org.uk](http://www.net-aware.org.uk)

Always remember that parental control tools are not always 100% effective and sometimes unsuitable content can get past them, so don't rely on them alone to protect your child.

### ***Listen***

Take an active interest in your child's life online and talk openly with them about the things they do. Talk to your child and ask them to show or even teach you how they use the internet, learn which websites or tools they like to use and why. Learning together with your child can often open opportunities to discuss safe behaviour online.

To start a conversation with your child you could tell them that you understand that some young people share images and videos online and that you're interested to know what they think about it and how they think they can keep themselves safe.

### ***Dialogue keep talking***

Ensure that your child knows that once a picture, video or comment is sent or posted online, then it can be very difficult to remove as other people can forward it and share it with others, without them even knowing

• [www.childnet.com](http://www.childnet.com) and [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) have some really useful tips and ideas for parents/carers about starting conversations about online safety



Always ensure your child knows how to report and block people online who may send nasty or inappropriate messages or content, encourage your child not to retaliate or reply to cyberbullying and to keep any evidence.

Make sure your child knows it's important that they tell an adult they trust if anything happens online that makes them feel scared) worried or uncomfortable.

Remember, the internet is an essential part of young people's lives and provides them with tremendous opportunities. The vast majority use it without coming to any harm so it's essential to be realistic: banning the internet or web sites often will not work and it can make a child feel less able to report a problem or concern, so education around safe use is essential.

Teachers will do their best to check web links as they are issued for home learning. Should you experience any inappropriate material please let us know as soon as possible and our technician will contact the provider and take relevant action. Please check home settings such as any relating to adverts and pop ups.

Additional links to access for online safety support:

<https://ee.co.uk/our-company/corporate-responsibility/being-responsible/keeping-children-safe-online>

Useful information regarding helping your child stay safe when using social networks.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.netnanny.com/>

[www.common sense media.org](http://www.common sense media.org). This website provides independent reviews, age ratings and other information about a range of apps, such as musical.ly, Instagram and Snapchat as well as a range of other types of media.

## LEARNING PRIORITY 1 - READING

### DERBYSHIRE EBOOKS SERVICE

[www.derbyshire.gov.uk/leisure/libraries/ebooks](http://www.derbyshire.gov.uk/leisure/libraries/ebooks)

Free books to borrow virtually



[www.booktrust.org.uk/books-and-reading/have-some-fun](http://www.booktrust.org.uk/books-and-reading/have-some-fun)



<https://www.oxfordowl.co.uk/#>

Read something EVERY DAY. Branwen Jeffreys, the BBC education correspondent, tweeted about having to miss some schooling when she was young but flourished because she read and read.

Set up a free account to access many e-books from the X series to Black Beauty and many more.



<https://www.twinkl.co.uk/resources/ks2-classmanagement/school-closure-home-learningclassroom-management-key-stage-2-year-3-4-56/home-learning-resource-packs-school-closurehome-learning-classroom-management-key-stage2-year-3-4-5-6>

Twinkl is a fantastic website that has many home learning packs for all year groups that include all subjects within the curriculum. You can find lots of differentiated reading comprehensions linked to a huge range of topics.



[www.activelearnprimary.co.uk/login](http://www.activelearnprimary.co.uk/login)

School Licence  
School code is pr93 E-books and activities set will enable you to practise your comprehension, fluency and understanding of grammar and spelling rules. Note - there are two applications – Wordsmith and Grammar / Spelling Bug.

## WEBSITES TO ACCESS ADDITIONAL LEARNING FROM HOME



[spellingshed.com](http://spellingshed.com)

School Licence  
Loads of spellings to learn.



[www.readtheory.org](http://www.readtheory.org)

Extracts on various topics with questions that adapt.

## LEARNING PRIORITY 2 – MATHEMATICS

### WHITE ROSE MATHS HOME LEARNING - ACTIVE LEARN PRIMARY



<https://whiterosemaths.com/homelearning/>

This is a MUST! A daily lesson and worksheet from the experts! Please access these with your child. Pause the screen to talk about the question and relisten if you need to. It is fantastic!



[www.activelearnprimary.co.uk/login](http://www.activelearnprimary.co.uk/login)

School Licence  
[www.activelearnprimary.co.uk/login](http://www.activelearnprimary.co.uk/login) password - year3 year4 year5 year6  
School code is pr93 Activities are completed resulting in coins you can spend in the online shop. This great resource will help you master this subject and have fun too.

		Teachers can see your child's access and progress and will regularly update the content.
	<a href="http://www.doodlemaths.com">www.doodlemaths.com</a>	School Licence All of Y3 and any other children are asked to go on this ideally daily. It is tailored to their individual level and gives sound examples of new concepts.
	<a href="http://mathshed.co">mathshed.co</a>	School Licence individual login
	<a href="http://www.interactiveresources.co.uk">www.interactiveresources.co.uk</a>	School Licence User name brockwell password brockwell Once logged in, either search for your favourites (e.g. Table Mountain) or follow curriculum objectives. Games need flash enabling. Games, worksheets, interactive tools and lots more. Apps to download.
<b>TIMES TABLE ROCKSTARS</b>		
	<a href="https://trockstars.com/">https://trockstars.com/</a>	Times Table Fun
	<a href="https://www.prodigygame.com/">https://www.prodigygame.com/</a>	Maths Games



<https://www.khanacademy.org/>

Maths games and activities

## LEARNING PRIORITY 3 – WIDER CURRICULUM

### BBC BITESIZE KS2



<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

Fun videos and activities for all subjects in the primary curriculum

### CLASSROOM SECRETS



<https://classroomsecrets.co.uk/>

Home learning packs and worksheet based activities

### OLIVER JEFFERS LIVE BOOK READING



<https://www.oliverjeffers.com/>

Oliver Jeffers books.

**MANCHESTER CHILDREN'S UNIVERSITY**



<https://www.childrensuniversity.manchester.ac.uk/>

Great for History, Languages, Science and a range of topics.

**MYSTERY DOUG**



<https://mysteryscience.com/schoolclosure-planning>

Fun science lessons

**SQUIGGLE PARK**



[www.squigglepark.com](http://www.squigglepark.com)

Reading games and activities. Can you complete all the levels?

**NATIONAL GEOGRAPHIC KIDS**



<https://www.natgeokids.com/uk/>

Animals, science, history and geography learning



<https://www.youtube.com/channel/UCMhWKrdwzFr994ZhwqG4nIA>

Fun songs for learning about a variety of SPaG topics

## MC GRAMMAR SPAG SONGS



<https://www.theteachertrain.com/mcgrammar>

Fun songs for learning about a variety of SPaG topics

## TRAMSUM



<https://www.transum.org/>

Fun maths activities

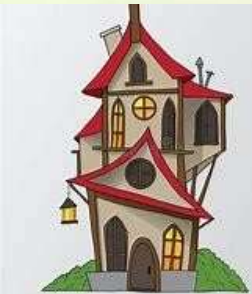
## POBBLE



<https://medium.com/pobble/simple-andfun-non-screen-activities-that-children-can-do-at-home-115543cb3b9c>

25 non-screen and fun activities to complete at home. How many can you create? Ideas such as build a den, make an obstacle course or create a sock puppet.

## HOME ACTIVITIES



Bake a cake   Play I spy   Sort out your toys and give any old ones to the charity shop   Make up a quiz for your family  
Paint something   Pair your socks   Make up a new game   Keep a diary   Take a GoNoodle break   Investigate – do your toys float?  
Do a jigsaw   Play a card game   Go on a shape hunt around your house   Help to cook a meal  
Draw some patterns   Spend time playing outside   Build something   Draw a new cover for your favourite book  
Write a shopping list   Play snakes and ladders   Read something   Hide something and make a treasure map to find it  
Draw your favourite animal using an online tutorial   Make some junk art   Tidy your bedroom   Play with some playdough  
Make your bed   Plant some seeds   Write your own book   Practise your spelling in rainbow colours  
Play in the garden   Fold your clothes   Build a fort   Measure out some ingredients accurately   Cut something out  
Read to a sibling or family member   Create a sock puppet

# Non-screen activities you can do at home



What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

**25**  
Ideas!



**1** How many different words can you make from the letters in this sentence, below? Good a pencil and paper and write a list!

*Learning from home is fun!*

Thanks!

**2** Thank a community hero. Think of someone that helps you in some way and write a short letter to thank them.

**3** Get building! You could build a large model, a tower of juggling sticks or something else!

**4** Can you create your own secret code? You could use letters, numbers, pictures or something else! Can you get someone else to try and crack it?

**5** Spot a nature diary. Look out of the window each day and keep note of what you see. Birds, flowers, changes in the weather, what else?

**6** Hold a photo session. Use a camera or a mobile phone to take some snaps. What will you photograph? Your pets or toys perhaps?

**7** Build a reading den. Find somewhere cosy, snuggle up and read your favourite book!

**8** Use an old sock to create a puppet. Can you put on a puppet show for someone?

**9** Make a list of all the electrical items in each room of your home. Can you come up with any ideas to use less electricity?

**10** Design and make a homemade board game and play it with your family.

**11** Do something kind for someone. Can you play them a compliment, make them something or help them with a task?

**12** Can you create a story bag? Find a bag and collect items to go in. If these relate to a well-known story, if you can't find anything, you could draw a picture to include.

**13** List making! Write a list of things that make you happy, things you're grateful for or things you are good at.

**14** Design and make an obstacle course at home or in the garden. How fast can you complete it?

**15** Can you invent something new? Perhaps a gadget or something to help people? Draw a picture or write a description.

**16** Keep moving! Make up a dance routine to your favourite song.

**17** Write a play script. Can you act it out for other people?

**18** Read out loud to someone. Remember to read with expression!

**19** Write a song or rap about your favourite subject.

**20** Get sketching! Find a photograph or picture of a person, place or object and sketch it.

**21** Junk modelling! Collect and recycle materials, such as yogurt pots, broken tins and boxes and see what you can create with them.

**22** Draw a map of your local area and highlight interesting landmarks.

**23** Write a postcard to your teacher. Can you tell them what you like most about their class?

**24** Draw a view. Look out of your window and draw what you see.

**25** Get reading! What would you most like to learn about? Can you find out more about it in books? Can you find a new hobby?





# Wellbeing Links

Lots of activities including videos, games, mindfulness, dancing, yoga, meditation and *outdoor* fun!

At Brockwell children's wellbeing is considered a great importance and we would like to help you support your child with this during any period of isolation. The following are links to support your child's wellbeing and mental and physical health. Keeping active, getting outside (this can just be in the garden), being creative (e.g. baking, art), mindfulness time (e.g. mindful colouring, yoga, meditation), can all help support your child and yourselves.

Supermovers have numerous videos that will get your children active. The videos link to the curriculum so will keep the children active whilst still learning. <https://www.bbc.co.uk/teach/supermovers>

Childline Tool Box has a calm zone where you can access activities, breathing exercises, yoga, games and videos on ways to cope and expressing emotion [https://www.childline.org.uk/toolbox/calm-zone/?fbclid=IwAR2UDQqDr54URa1T6\\_pXFAJTxl3PpVt6dkR1dDHiyN4lrWpuocfTuRpUPQ8](https://www.childline.org.uk/toolbox/calm-zone/?fbclid=IwAR2UDQqDr54URa1T6_pXFAJTxl3PpVt6dkR1dDHiyN4lrWpuocfTuRpUPQ8)

Go Noodle have both an 'At home' and 'For families' option where you can access free movement and mindfulness videos <https://www.gonoodle.com/>

Imoves have 'Active blasts' including workouts, yoga and pilates- <https://imoves.com/the-imovement>

The Muddy Puddle Teacher is offering a 30 day free trial. This includes activities for the outdoors, yoga and meditation. <https://themuddypuddleteacher.co.uk/>

Action For Happiness produce monthly calendars to support mindfulness <https://www.actionforhappiness.org/calendars>

Blissful Kids share mindful game ideas <https://blissfulkids.com/mindful-games-mindfulness-for-kids-and-teens/?fbclid=IwAR0QjYSYGUBrOUEa-aMGKycMpBLfOkIpHEO7GumcIGZJIDzYrQ2co3y9eDI>

Babbledabble do share creative activity ideas <https://babbledabbledo.com/80-easy-creative-projects-for-kids/>

Youtube:







Joe Wicks Kids Workouts e.g. <https://www.youtube.com/watch?v=d3LPrhI0v-w>

Cosmic Kids Yoga- e.g. <https://www.youtube.com/watch?v=R-BS87NTV5I>

Jumpstart Jonny Workouts e.g. <https://www.youtube.com/watch?v=YfbTvJMcRow>

Guided Meditation For Kids e.g [https://www.youtube.com/watch?v=Bk\\_qU7I-fcU](https://www.youtube.com/watch?v=Bk_qU7I-fcU)

The mental health charity Mind.org offer advice and support on mental health and wellbeing. You can access support specifically relating to the corona virus for both children and adults here. <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/?fbclid=IwAR3tgvHybSo2cIYe-uOq2iKh0XFXpT12Q-TFP4IxadPa0TZw9UY9rEjf5Jo> If you are concerned about your child you can also find contact information here.

 	<p><b>Online Learning</b> Every day, class teachers will post 3 learning activities, and will provide feedback to your child, using the Seesaw platform.</p> <p>Every morning the teacher will introduce an English and a Maths activity. These activities should be completed/uploaded ready for the daily Google Meet, which takes place before lunch. Activities may include videos, PowerPoints, reading tasks and worksheets to complete. (Please encourage your child to work on paper where they can, to avoid too much screen time.)</p> <p>Daily Google Meets will provide feedback from the morning activities. Children will also be introduced to their afternoon activity, which will focus on the wider curriculum.</p>
	<p><b>Getting in touch</b> If your child has any worries or concerns about the tasks, please encourage them to let their teacher know through Seesaw.</p> <p>If you would like to contact school, please contact your child's teacher on 01246 278542 or at <a href="mailto:enquiries@brockwell-jun.derbyshire.sch.uk">enquiries@brockwell-jun.derbyshire.sch.uk</a> and they will get back to you.</p> <p>We will continue to keep in touch with you using the Seesaw family app and via text message and email.</p> <p>Do follow us on Twitter @brockwelljunior, and keep an eye on the school website too.</p>
	<p><b>Reading is key</b> Not only does reading improve academic success in all subjects, it is also a great way to escape to another place and to relax.</p> <p>Class teachers will expect pupils to read every day.</p> <p>Reading material can include fiction and non-fiction, and we will ask children to post reading activities on Seesaw.</p> <p>Free books are also available through the Derbyshire free eBook library, on our website through Oxford Owl and by googling 'free online books for children'.</p>
	<p><b>Daily Exercise</b></p> <p>Getting moving improves our physical and emotional wellbeing.</p> <p>Encourage your child to get some fresh air every day. Sunshine is important for vitamin D production, which helps our immune system.</p> <p>Try to encourage your child to raise their heart rate for 30 minutes every day. Brisk walking and jogging/running are great for doing this. There are many fitness workouts online e.g. Joe Wicks YouTube channel which has a specific section for 'kids'.</p>
	<p><b>Be Creative</b> This is a great way to look after mental wellbeing.</p> <p>Drawing or writing creatively, making something and listening to, or making music are all fantastic ways to relax and unwind.</p> <p>We would love to see your child's arts and crafts projects so please do encourage them to share their creative activities on Seesaw.</p>

