

# Tritlington First School

## News Bulletin - Learning at Home

### 27th March 2020



We have reached the end of our first week since the school closed to the vast majority of pupils and we are missing you all! Mrs O'Dell would like to say a huge thank you to Class One families for working closely with her on Tapestry! If you haven't logged on to yet to Tapestry or School 360 (Class Two) then please give it a go and if you have any problems, or have forgotten passwords please email the office and we can quickly sort this out!

Parents/carers may be feeling a little inundated with work sent from school. We have sent home paper packs and links to online learning and we just want to reassure you that we are not expecting this to be done all at once. Teachers were keen to make sure parents and carers had some resources at their disposal when the school closed. These are challenging times for everyone and I can imagine that for many families it has been tricky trying to balance the requirements of working from home and meeting the needs of your children. It is incredibly difficult to support your child with their learning if you are trying to complete your own work or you are unsure where to start - don't worry!

Most important at this time, is the emotional well-being of our young people. The news can be scary at the moment and the loss of familiar routine can be confusing for many children. Below are a few strategies that may be useful:

### Be realistic about what you can do

- **You're not expected to become teachers** and your children aren't expected to learn as they do in school. Simply **providing your children with some structure** at home will help them to adapt. Use the tips and resources signposted by the school to help you make this work for your household
- **Experiment** in the first week or two, then **take stock**. What's working and what isn't? Ask your children, involve them too
- **Share the load if there are 2 parents at home**. Split the day into 2-3 hour slots and take turns so you can do your own work
- **Take care of your own health and wellbeing**. This will be new for your entire household, so give it time to settle. Take a look at the links below for some advice on mental health and wellbeing

### Guidance on supporting your mental health and that of your children:

- [Coronavirus and your wellbeing](#) – Mind.org
- [Supporting young people's mental health during this period](#) – Anna Freud Centre

### In school, routines are important - keep to a timetable wherever possible

- **Create and stick to a routine** if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- **Involve your children in setting a timetable** where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- **Check in with your children and try to keep to the timetable, but be flexible**. If a task/activity is going well or they want more time, let it extend where possible
- If you have more than 1 child at home, **consider combining their timetables**. For example, they might exercise and do maths together – see what works for your household
- **Designate a working space if possible**, and at the end of the day have a clear cut-off to signal school time is over
- **Stick the timetable up on the wall** so everyone knows what they should be doing when, and tick activities off throughout the day - we do this in school so children are used to this
- **Distinguish between weekdays and weekends**, to separate school life and home life

Look at the timetable below for some live links that may be useful when setting your daily timetable. Try to plan across the week and then set a few minutes to prepare yourself each evening.

Teaching staff will send more guidance home about daily timetables over the next few weeks.

## Live activities to support learning at home

Day	Time	Suitable for	Activity	Additional Information
Monday to Friday	9:00 a.m.	Everyone	P.E	Daily P.E. with Joe Wicks <a href="https://www.youtube.com/thebodycoachtv">https://www.youtube.com/thebodycoachtv</a>
Monday to Friday	9.30 am repeated at 12.30 pm	Reception	Phonics	ReadWrite Inc Phonics lessons: Set 1 Speed Sounds <a href="https://www.facebook.com/miskin.education/">https://www.facebook.com/miskin.education/</a> <a href="https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ">https://www.youtube.com/channel/UCo7fbLgY2oA_cFCIq9GdxtQ</a>
Monday to Friday	10.00 am and repeated at 1.00 pm	Reception and Year 1 revision	Phonics	Set 2 Speed Sounds: Links above
Monday to Friday	10.30 am and repeated at 1.30 pm	Year 1	Phonics	Set 3 Speed Sounds: Links above
Monday to Friday	9:30 a.m	Nursery Reception	Dough Disco Fun Motor skills	We love Dough Disco in school - you'll need a ball of playdough or plasticine <a href="https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw">https://www.youtube.com/channel/UCj0shfH3pzhrf3dOrSj_pRw</a>
Monday to Friday	1:00 p.m	Nursery Reception	Play based Story Challenge	Link above
Everyday		Everyone	Audio Story	David Walliams is releasing a free audiobook every day <a href="https://www.worldofdavidwalliams.com/elevenses/">https://www.worldofdavidwalliams.com/elevenses/</a>

**Remember to make time for exercise and regular breaks throughout the day.**

## Other activities to keep children engaged throughout the day

- Get your children to **write postcards/e-mails/text messages** to their grandparents or to pen pals
- Ask **grandparents to listen to your children read** on FaceTime (or ask grandparents to read to younger children)
- **Give them jobs around the house** to do so they feel more responsible about the daily routine at home
- Ask them to **help you cook** and bake
- Accept that **they'll probably watch more TV/spend time on their phone** – that's ok but you might want to set/agree some screen time limits

There has been a lot of information coming out via e-mail already so here's a quick checklist of what you should have received:

- Your child's login for School 360
- A paper pack for home study
- An e-mail with step by step information about how to access School 360 and e-mail addresses for your child's class teachers and the school office

If you have any questions about these contact the school office [admin@tritlington.northumberland.sch.uk](mailto:admin@tritlington.northumberland.sch.uk)

### **Additional resources**

The team at Twinkl - the teacher resource site - have offered free access to parents and carers. To access these amazing resources use the link: <https://www.twinkl.co.uk/offer> and the password **UKTWINKLHELPS**. When you are logged in, search for the Twinkl Home Learning Hub where you will find lots of resources, updated daily, to support learning at home!

### **Keeping in touch**

We will keep in touch and send out additional information, like this bulletin, via e-mail and Facebook so it is worth 'liking' our school page or following us. The link is on our school website.

Once again, if you feel overwhelmed by the work being sent home, please get in touch with your class teacher and they will be happy to offer further support or guidance. We are all new to this way of teaching and learning and trying to discover what strategies are the most effective!

Emergency childcare provision is available for key workers who have no other option; if there is a need for staff to be in school then we will do our best to offer this or make suitable arrangements in another, local school. Please keep in touch, via the admin e-mail and update us as to your requirements.

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Mrs Gray and Mrs Palmer or general enquiries  
Class One – Nursery, Reception and Year 1  
Class Two – Years 2, 3, and 4