



sustainable thriving achieving

East Dunbartonshire Council

www.eastdunbarton.gov.uk

Guidance for parents and carers in the event of school closure due to Coronavirus

Your child will be learning from your response to the current situation. Seeing you staying calm and resilient will be crucial to helping them cope with the circumstances.

It is very important to maintain structure and routine for your child whilst schools are closed.

The following 10 tips may help you to maintain your child's health and well-being.

1. Set times for getting up and going to bed for your child.
2. Have regular times for meals.
3. Build in time for fresh air and exercise as far as this is possible.
4. Structure your child's day so that they have a variety of activities and break times.
5. Create a menu of activities that your child can do during the day.
6. Make a daily plan of activities and share these with your child the night before so that you and your child know what is happening the next day.
7. Review the day's activities and talk about what they have done. A sense of accomplishment is important for children and young people.
8. Make Monday to Friday different from the weekend by structuring the activities along the same timings as a normal school day.
9. Decide when and for how long your child will have access to electronic devices and for what purpose.
10. Maintain contact with friends and family through technology.

Remember that your child will be learning from your response to handling this situation. Seeing you staying calm and resilient will be crucial to helping them cope with the circumstances.

More information can be accessed [here](#)

Learning at Home

There are many ways to support learning at home without the use of electronic devices or the World Wide Web. Through play a child develops their cognitive, social, emotional and physical capabilities. They can learn to answer their own questions, learn new skills and learn to work collaboratively with other children or adults. This guide provides some simple ideas which can support learning at home through a wide range of play experiences.

Imaginative play

Providing children with simple materials allows them to create, imagine and explore lots of ideas freely. Cardboard boxes/tubes, yoghurt tubs, paper, material and clothes can all be used to create imaginative worlds, toys and objects which allow children to develop fine and gross motor skills alongside problem solving skills too. Imaginative play covers all aspects of the curriculum. The ideas are endless!



Create a puppet theatre. Create characters. Perform a play. Write a script. Make a programme for your play. Make a poster to advertise your performance.



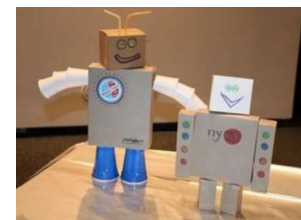
Use a shoe box to make your own pizza oven. Create your own pizzas with your favourite toppings. Create a menu for your pizza business. Write a recipe for a pizza.



Make your own maze. Time how fast the balls travel through your maze. Can you adapt your maze to make the balls travel faster or slower?



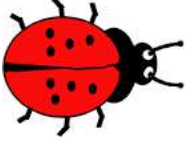





Create your own boat, rocket, car etc. Go on an imaginary adventure. Act out your adventure for your family.



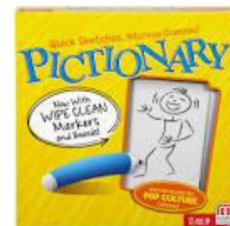
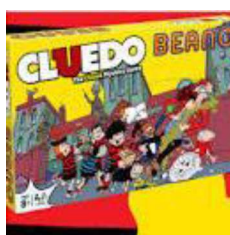
Make cereal box robots. How many parts can you make move? Create a comic strip about your robot.

Outdoor Learning

The outdoors provides a wealth of opportunities to learn. The ideas below are simple suggestions to support learning across curricular areas, children will come up with many more of their own! Being outdoors regularly each day will also support physical and emotional wellbeing.

	<p>Go on a mini beast hunt. Count the number of mini beasts you find and record using tally marks. Create a graph to show your findings. Carefully observe and draw your favourite mini beast. Create and label a diagram of a mini beast. Create a mini beast hotel.</p>
	<p>Create your own building with mud bricks. Using three parts dirt to two parts water, set the mixture in an ice-cube tray, leave to dry in the sun and then build structures in the garden with the bricks. Can you build a bridge with your mud bricks? How many stones will it support?</p>
	<p>Be an artist. Use water to draw on the pavements. Explore different techniques, splashing, flicking, brushing.</p>
	<p>Explore your local area with an adult. Observe and draw different buildings. Can you complete the daily mile as you explore?</p>
	<p>Build a den with natural resources. Read stories with and to your family in the den.</p>
	<p>Talk with family and friends about games they used to play outside. Try playing these together as a family. Invent new family games to play outside.</p>

Games



Playing board games can support and develop literacy and numeracy skills alongside turn taking and cooperation. Encourage children to create and devise their own board games too.

Online Learning

There are a wide range of online learning resources that can be used to support learning at home. Your child(s) school will have provided many online resources. Below are some suggestions for Literacy, Numeracy and Health and wellbeing.

Literacy

For Pupils

BBC Bitesize - BBC free online study support resource for school aged children. The links focus on a range of Literacy and English resources for learners working at early, first and second Curriculum for Excellence Levels.

<https://www.bbc.co.uk/bitesize/subjects/z8rdtfr>

Early Level – <https://www.bbc.co.uk/bitesize/subjects/znqtbdm>

First Level - <https://www.bbc.co.uk/bitesize/subjects/zdj2tfr>

Second Level - <https://www.bbc.co.uk/bitesize/subjects/z7mtsbk>

BBC Teach - Creative Writing Resources for Primary Pupils

<https://www.bbc.co.uk/programmes/articles/15y5L5JSCSVvnhpzcpLNjmt/creative-writing-resources>

BBC Teach – free Literacy and English resources suitable for primary and secondary school learners.

Primary

Ages 5-7 <https://www.bbc.co.uk/teach/ks1-english/z67ncqt>

Ages 7-11 <https://www.bbc.co.uk/teach/ks2-english/zbrwnrd>

Secondary

3rd and 4th level <https://www.bbc.co.uk/teach/ks3-english-literature/z47n92p>

National 4 and 5

<https://www.bbc.co.uk/teach/gcse-national-5-english-literature/z6rjscw>

National 4 and 5

<https://www.bbc.co.uk/teach/gcse-national-5-english-language/z69skmn>

Doorway Online – interactive online support and activities for spelling

<https://www.doorwayonline.org.uk/literacy/>

BBC 500 words – live lessons with resources

<https://www.bbc.co.uk/teach/live-lessons/500-words-2020-live-lesson/zn7jkmn>

BBC Dancemat – ICT programme to develop keyboard skills to support writing
Ages 7-11 - <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>

Letters and Sounds Website

This includes a range of free, online games to develop knowledge and understanding of letters and sounds. Suitable for ages 5-7. The first link provides an overview of the website and the other links provide links to phonic games.

<http://www.letters-and-sounds.com/what-is-letters-and-sounds.html>

<http://www.letters-and-sounds.com/phase-2-games.html>

<http://www.letters-and-sounds.com/phase-3-games.html>

<http://www.letters-and-sounds.com/phase-4-games.html>

For Parents

Scottish Booktrust - useful information and advice on ways to encourage reading from ages 3-14.

<https://www.scottishbooktrust.com/learning-resources>

<https://www.scottishbooktrust.com/learning-resources/encouraging-reading-top-tips-for-parents>

Read Write Count – Parent Club – features Read Write Count games and challenges parents can use –
Primary 1-Primary 3

<https://www.parentclub.scot/articles/read-write-count>

Parentzone - contains leaflets, video clips and an e-book to provide support regarding literacy at home

<https://education.gov.scot/parentzone/learning-at-home/supporting-literacy-at-home/>

National Literacy Trust- Information for parents and families

<https://literacytrust.org.uk/parents-and-families/>

National Literacy Trust – lots of ideas for parents to support their child’s literacy and includes a range of items including, milestones, activities, tips and information as well as recommended books for each of the stages listed below.

Literacy Activities – 3-5 - <http://www.wordsforlife.org.uk/3-5>

Literacy Activities – 5-7 - <http://www.wordsforlife.org.uk/5-7>

Literacy Activities – 7-11 - <http://www.wordsforlife.org.uk/7-11>

Twinkl – free resources for use by schools and parents

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

BBC 500 words - (Writing)

Parents and Teachers learning resource pack for story writing

http://downloads.bbc.co.uk/radio2/500words/500words_2020_teacher_pack.pdf

Scholastic – Learn From Home – featuring literacy ideas and much more

<https://classroommagazines.scholastic.com/support/learnathome.html>

Oxford Owl – Information for parents on Learning at Home. Both teachers and parents can register. Includes a range of ideas, tips, games to play as well as access to free e-books (ages 0-11).

<https://www.oxfordowl.co.uk/for-home/advice-for-parents/fun-ideas-learning-at-home/>

<https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

Numeracy and Mathematics

Free online resources to support learning in Numeracy and Mathematics

Oxford Owl - both teachers and parents can register. Games to play, books to read and fun family activities for all ages. Battle of the Robots could be my favourite!

<http://www.oxfordowl.co.uk/for-home/> - free registration

https://cdn.oxfordowl.co.uk/2013/08/13/10/58/37/142/Battle_of_the_Robots.pdf

Wild Maths - brand new website from the NRich team for all ages. Free, open access to all. Great games and puzzles that develop problem solving skills

<https://wild.maths.org/>

NRich - suitable for primary and secondary pupils. Free, open access.

<https://nrich.maths.org/>

CoolMath4kids – more games and puzzles

<https://www.coolmath4kids.com/>

Maths is Fun - home learning tasks, games and puzzles

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

Scholastic Learn at Home - Maths, Literacy, STEM and more...

<https://classroommagazines.scholastic.com/support/learnathome.html>

Family Maths Toolkit - tips on helping your child with maths, and family activities too <https://www.familymathstoolkit.org.uk/>

Half hour tower

Use spaghetti sticks and mini marshmallows to construct the tallest, freestanding tower in just 30 minutes. Use photos of the Eiffel tower for inspiration (Also fun in the dark with glow sticks!)

Other Curricular Areas

Below are useful websites to support leaning in a wide range of curricular areas.

Expressive Arts

Music Lab: Children can create their own music through fun, hands-on experiments.

<https://musiclab.chromeexperiments.com/Experiments>

Tate Kids – The Tate Museum website for kids has lots of suggestions for art and creative activities.

https://www.tate.org.uk/kids?gclid=EAlaIqobChMI5YXxy_SV6AIVhLHtCh3VCQJtEAAyASAAEgLUafD_BwE

Autodraw – Free online drawing

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

Health and wellbeing

Road Safety: The Scottish Government Road Safety website has ideas for supporting the teaching of this vital skill

<https://roadsafety.scot/learning/>

Think u Know: This website provides information for supporting children to remain safe while online

<https://www.thinkuknow.co.uk/>

Go Noodle – Lots of activities to keep children moving and active

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

Food a Fact of Life – Free resources for teaching young people aged 3-16 about where food comes from, cooking and healthy eating

<https://www.foodafactoflife.org.uk/>

Twinkl Wellbeing – a range of resources to support pupil self-esteem, help them understand their feelings and the world around them

<https://www.twinkl.co.uk/resources/ks2-pshe/health-and-wellbeing-pshe-subjects-key-stage-2/health-and-wellbeing-pshe-subjects-key-stage-2>

Health for Kids – as resource designed to promote healthy activities for children

<https://www.healthforkids.co.uk/>

Science and Technologies

Wow Science: Online resources, video clips and ideas for supporting learning in Science

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

National Geographic Kids – Online resource full of facts about our planet

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

Mystery Science – Online lessons that inspire kids to love Science

<https://mysteryscience.com/>

Scratch – Create stories, games, and animations.

<https://scratch.mit.edu/>

Blockly – Games for tomorrow's programmers

<https://blockly.games/>

Languages

SCILT – Resources to enable parents to support their children in their language learning

<https://scilt.org.uk/Parents/Forparents/tabid/1874/Default.aspx>