



HIGH HESKET C of E SCHOOL (VC)
High Hesket, CARLISLE, Cumbria CA4 0HU TEL: 016974 73386
Head teacher: Mrs A Harvey
Email: head@high-hesket.cumbria.sch.uk Website: www.high-hesket.cumbria.sch.uk

25th March 2020

Dear Parents,

Thank you for your ongoing support in this unprecedented situation we find ourselves in. We understand many parents will be working from home, whilst trying to home educate and recognise the challenges this brings with it. Please find below some thoughts we ourselves are finding helpful in this situation.

- **Adjust** – this is a new situation for all of us. Allow time to adjust to it. Talk to family and friends, try to keep the normalities of home life the same and give yourself time to get your own working situation organised.
- **Support your children to help them understand the change** – things will feel different to them too and they may not fully understand what is happening. Talk about it, be honest – explain you don't have answers for all of their questions. Listen to their worries and reassure them where you can.
- **Set a routine** – this will help to reassure children; create a suitable routine that fits in with demands on you too. Children are used to regular routine in school and setting time boundaries will help them – even if they complain! Involve them in helping create a suitable timetable that works for you all – please see some examples below.
- **Use the information we will be sending you** – there are a whole host of resources being shared on social media right now, too much can be overwhelming. Remember that all children will be 'in the same boat' with this and so please try not to worry about them regressing in school. When we return to school we will identify where they are and what next steps will be – as we always do.
- **Be kind to each other and yourself** – Nobody expects you or your child to adjust quickly. Teaching your own children is difficult. The most important thing is to encourage your child to want to learn. Discuss the learning your children are set with them and don't worry if you can't do it all! Yours and your child's wellbeing and mental health are far more important at this time than their academic skills.

We have provided some resources for this week, and perhaps beyond this week, in the email we sent to you last week and an accompanying maths workbook. Please find below some suggestions which might help over the Easter Holidays. We recognise we would not normally set learning over the school holiday, but are aware that many parents will still be working at home and that activities we would normally do during holiday times are drastically reduced. Therefore, you may find the links below helpful. But they are, of course, optional.

We will continue to monitor the school homework email each day and respond to your queries when we can. Please use homework@high-hesket.cumbria.sch.uk for this, the school office is now closed.

Please take care and stay safe!

Best wishes,

L. Day *J. Ager*

Leanne Day and Jennifer Ager
Curriculum Leads

Early Years – Nursery and Reception

Hands on as we grow

A list of hands on gross motor skills activities for nursery and reception aged children. Most of these are fun games to play and can be set up with things we might have around the house. Can be done in the house or in the garden.

<https://handsonaswegrow.com/gross-motor-activities-preschoolers/>

Teacher's Pet

An online resource providing downloadable packs for parents to use at home. There is a specific pack for Early Years. You will need to create an account to download packs. A new pack will be released each week. Each pack contains 5 days of learning.

<https://tpet.co.uk/tpet-news/how-to-create-your-free-account-and-download-our-free-home-learning-resource-packs/>

Story time

Oliver Jeffers – reading stories via video every day

<https://www.oliverjeffers.com/books?fbclid=IwAR16wHX0rVaOpG52RQSV1UG3vpAE3D8jsRI503KKI2Cefz2pOd8YxDBSKw#/abookaday/>

Audible has made free many stories for children to listen to using a tablet or other electronic device.

<https://stories.audible.com/discovery/enterprise-discovery-21122356011?ref=adbl ent anon ds ds dcs sbtp-0-1>

Phonics

Phonics Play – online games with free access.

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

Maths

Numbots – A website that offers online number games and activities. **Reception Parents**, if you would like a login please request this via homework@high-hesket.cumbria.sch.uk

Exercise

Joe Wicks – The Body Coach daily live video – which can be caught up on anytime.

<https://www.youtube.com/user/thebodycoach1/featured>

Music

Ollie Turner body percussion - STOMP

<https://www.youtube.com/watch?v=W1sch6wmmcE>

Time to draw

Author Rob Biddulph, who has written or illustrated books such as Flat Stanley and Give Peas a Chance, has created a site with videos for children to draw along with him, following his step-by-step instructions.

<http://www.robbiddulph.com/draw-with-rob>

The Activity Village

This site provides a whole range of craft activities for different age ranges. From ideas to printables, there is a section under school closures which has Easter activities.

<https://www.activityvillage.co.uk/school-closures>

Medium.com – Pobble

A downloadable set of non-screen activities for children to do at home.

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

Suggested timetables:

Early years – Nursery and Reception and Key Stage 1 – Years 1 and 2

Time	Activity
9am – 9.30am	What's the last thing you learnt about? What do you know?
9.30am – 10am	Play – outside if possible
10am – 10.30am	Reading time
10.30am – 11.20am	Break – more play and a snack
11.20am – 12pm	Writing, drawing and numbers
12pm onwards	Lunch and play

KS1 and KS2

Purple Watermelon

Purple Watermelon is a site that provides engaging ideas, challenges, mindfulness and assemblies for parents. Not focused on academic literacy and maths based activities; they are attempting to offer engaging, fun and mindful ways to keep you and your children sane and happy through this crisis. They will, however, link in ideas for keeping basic literacy and maths skills alive.

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

Reading and writing

The National Literacy Trust has created a page for parents at this time. Here you will find activities, blogs, author focus, apps to help you at home.

<https://literacytrust.org.uk/family-zone/9-12/>

Litfilmfest is releasing a video with a writing challenge every day. Parents can subscribe to their YouTube challenge to receive new videos each morning at 10.30am.

<https://litfilmfest.com/playlists/>

Virtual tours

A whole host of resources here but we particularly like the virtual tours. Lots of these available. Children could use them to do a mini topic or just enjoy exploring. You could give them the simple task of:

- Listing three things they have learnt about X (e.g. Buckingham Palace) through their tour;
- Create a visitor's guide about what the place they have visited;
- Draw a picture of their favourite part;
- Create a version with Lego, building blocks or playdough;
- Find a book online to learn more about the location;
- Create a themed craft, based on where they took a virtual tour;
- Draw a map of where they have been;
- Cook a dish from that region.

<https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/>

The Activity Village

This site provides a whole range of craft activities for different age ranges. From ideas to printables, there is a section under school closures which has Easter activities.

<https://www.activityvillage.co.uk/school-closures>

Radioblogging.net

Daily shows with interactive activities to keep everyone busy and engaged, brought to you by Pie Corbett, Deputy Mitchell, Ian Rockey and Russell Prue, just listen and blog, it's live, fun and interactive with new educational tasks each day for your students whether at home or in school.

<https://radioblogging.net/>

Medium.com – Pobble

A downloadable set of non-screen activities for children to do at home.

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

Stories to listen to:

Audible has made free many stories for children to listen to using a tablet or other electronic device.

https://stories.audible.com/discovery/enterprise-discovery-21122356011?ref=adbl_ent_anon_ds_ds_dccs_sbtp-0-1

Time to draw

Author Rob Biddulph, who has written or illustrated books such as Flat Stanley and Give Peas a Chance, has created a site with videos for children to draw along with him, following his step-by-step instructions.

<http://www.robbiddulph.com/draw-with-rob>

Music

Ollie Turner body percussion - STOMP

<https://www.youtube.com/watch?v=W1sch6wmmcE>

Teacher's Pet

An online resource providing downloadable packs for parents to use at home. There is a specific pack for KS1, Lower KS2 and Upper KS2. You will need to create an account to download packs. A new pack will be released each week. Each pack contains 5 days of learning. Packs contain English and Maths activities.

<https://tpet.co.uk/tpet-news/how-to-create-your-free-account-and-download-our-free-home-learning-resource-packs/>

Maths

KS2 - Corbett Maths 5-a-day maths problems. One for each day, with answers. Bronze, silver, gold and platinum options.

<https://corbettmathsprimary.com/5-a-day/>

Numbots – Years 1, 2 and 3. Years 2 and 3 – login details are the same as Mathswizz logins. Year 1 – if you would like a login please request this via homework@high-hesket.cumbria.sch.uk

Maths whizz and Timestable Rockstars can still be used also.

Exercise

Joe Wicks – The Body Coach daily live video – which can be caught up on anytime.

<https://www.youtube.com/user/thebodycoach1/featured>

Suggested timetables:

Early years – Nursery and Reception and Key Stage 1 – Years 1 and 2

Time	Activity
9am – 9.30am	What’s the last thing you learnt about? What do you know?
9.30am – 10am	Play – outside if possible
10am – 10.30am	Reading time
10.30am – 11.20am	Break – more play and a snack
11.20am – 12pm	Writing, drawing and numbers
12pm onwards	Lunch and play

Key Stage 2 – Years 3 to 6

Time	Activity
9am – 9.45am	Maths Practice - workbook/TTRockstars/Mathswizz
9.45am – 10am	Play – outside if possible
10am to 10.30am	Reading focus: Reading comprehension/shared reading, answering questions and talk about books
10.30am – 11am	Break – more play and snack
11am – 11.20am	Research. Choose a topic to explore (or use the ones we suggested in our previous email). Create a fact file about it. What more do you want to know?
11.20am – 11.30am	Break
11.30am – 12pm	Writing practice. Write about what you have researched. Tell the story of your learning. See National Literacy Trust for more ideas.
12pm – 1pm	Lunch
1pm – 2pm	Art/Craft – Easter themed or follow online tutorials