

20<sup>th</sup> March 2020

Dear parents/carers,

Today, the children are bringing home lots of letters and other bits and pieces. Please take five minutes to go through these.

Children who have remained in school this week have been provided with a pack of work, books and a pencil. Each pack has been compiled by your child's class teacher and is designed to offer some activities for the children to be getting on with at home. Included in the pack is a copy of the login for the Letter-join website so that your child can access handwriting exercises and tasks. Children in years 2-6 have also been provided with their TT Rockstars logins. We have also included Spring-themed English and Maths packs with a selection of activities inside. We have also tried to include 'Knowledge Organisers' so that the children can refer to them when they are working on other tasks. The exercise books included in the pack are there for the children to record any work they do at home if they would like to.

If you have not yet received a pack because your child has been away from school, please ring the school office next week to request a pack for the year group you need and arrange a time to collect it.

In addition to the pack provided in school, we will also be providing daily tasks which will be posted on our website. The tasks we set will be on the website by 5pm the day before so that you will have time to look through the tasks and be clear with the children about what they need to do. We may refer to the 'Knowledge Organisers' we have included in the pack to help the children to complete the tasks where it might help. In addition to this there will be a weekly set of tasks posted on the website for you to look through and choose from and this will include more practical ideas and website links to keep the children busy. These weekly activity ideas sheets are all linked to a shared theme for the whole school so that if you have children in different year groups, although their learning outcomes may be different, the overall learning is linked. In this way, you may be able to do some work all together and this might make your job a bit easier.

The school closure is not extra holiday and the expectation is that all children will be continuing with their learning, supported by school. We suggest that you aim for your child to complete the tasks set each day (little and often, rather than allowing them to build up) and this will require some support from you! It may be helpful to set up a daily routine of work time. I know that there are some parents who are concerned about how their children will respond to a change in routine. You may find it useful to do a timetable (there is an example on the back of this letter). If you don't want to do a time table, then perhaps your routine could loosely follow the school day. The children could complete the English and Maths tasks set each day in the morning with a break in between and then complete one or two of the other tasks set for them after they have had a break for lunch. It is important that the children do have some breaks from their work and if able to do so, get some fresh air and stretch their legs. Also remember that not all learning is academic. Physical activity and personal, social and emotional development opportunities are just as important. Cooking together, playing a family turn-taking game, or talking to your children are also valuable ways to spend some time.

Details of how to access the work posted on the website are as follows:






- the school website address is: <https://thorns.sch.life/>
- Select the tab called 'SCHOOL CLOSURE WORK'
- select the folder for your year group phase (Reception, Years 1 and 2, Years 3 and 4 or Years 5 and 6)
- inside here you will find the tasks set by your child's teacher, useful websites and activities

Good luck!







Remember, school is not closed to staff so we will still be here to help. Our aim is to make the closure period as smooth and pain-free for everyone as possible. As always, we will pull together.

Best wishes,

The Thorns Primary Team

Before 9am	Wake up		Have breakfast Get dressed Brush your teeth Make your bed Tidy your room
9 – 10am	Exercise Time		If possible: morning walk or indoor exercise. Sensory Processing, Yoga, 'Wake and Shake', Star Jumps etc... See 'Exercise Ideas' on page 3.
10 – 11am	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
11 – 12pm	Creative Time		Lego, drawing, colouring, craft activities, singing, music, cooking/baking together.
12pm – 1pm	Lunch/Relax		<u>Controlled Electronics</u> iPads/tablets, computers and games consoles. <b>Please remember online safety and supervise your children.</b>



1pm -1:30pm	Exercise Time		See 'Exercise Ideas' on page 3
1:30 - 2:30pm	Academic Time		<u>No Electronics</u> School work packs, reading/ sharing a book.
2:30 – 3:00pm	Quiet Time		Relax with a book, watch a TV programme or play a board game etc...
3:00 – 4:00pm	Fresh Air		Outdoor play or exercise indoors.
4:00 – 5:00pm	Electronics Time		<u>Supervised Electronics</u> Supervised educational games/apps. (see list of Websites and Apps on page 3).
5:00 – 6:00pm	Tea Time		Have tea and then relax and prepare for bed/story time.



#### Websites and Apps

- Barefootcas.org.uk
- Communication4all
- Woodlands Resources
- BBC Bitesize
- letters-and-sounds.com
- phonicsplay.co.uk (£12 PA for single user / £120 PA for 35 users)
- ictgames.com
- Topmarks.co.uk
- nrich.maths.org
- Science Kids
- sciencebob.com
- stem.org.uk/teaching-science-through-stories
- Primary Teaching Resources / TES (register for free)
- primaryresources.co.uk
- teachingideas.co.uk
- theteacherscorner.net
- Kidzone
- Sparklebox
- dtk-kids.com
- bigactivities.com
- thelittleactivitychest.com
- Activity Village (£12 PA for single user)
- Early Years Experience
- child.co.uk
- education.scholastic.co.uk (register to access free resources)
- senicsoftware.com
- CanTeach
- icanteach.co.uk (provides links to other websites)
- show.me.uk
- Go Noodle
- Twinkl – currently free

#### Sensory Processing and Exercise Ideas

- Jump on trampoline
- Climbing activities
- Ride a scooter or bike
- Running/jumping games
- Wear a heavy back pack
- Carry shopping bags etc
- Create a 'Go Noodle' account it is free and has lots of fun and free physical activities: <https://www.gonoodle.com/>
- Dance along to a 'Just Dance' video on YouTube.
- Jack Hartmann Kids Music Channel on YouTube.
- Kids Yoga on YouTube
- Cosmic Kids Yoga [www.cosmickidsyoga.com](http://www.cosmickidsyoga.com)
- Play Dough

##### Sensory Regulating activities.

Jump on a trampoline.  
Running and jumping games  
Play in sand pit and with wet sand  
Bounce on a space hopper  
Skipping  
Jumping onto a crash mat  
Bouncing on a exercise ball.  
Go for a run.  
Star jumps etc  
Step ups: use bottom step on stairs.

##### Sensory Organising activities

Crash walking  
Press ups  
Rolling on tummy on exercise ball... walk hands out as far as possible without falling off.  
Wheelbarrow walk  
Play catch with a heavy ball  
Unpack heavy groceries  
Wear a heavy back pack for short periods of time  
Riding a bike  
Play Ground equipment  
Swimming

##### Sensory Calming Activities

Provide small box/ tent with blankets or cushion for the child to squeeze into to calm and quiet.  
Roll tightly in a towel or blanket  
Bear hugs  
Firm towel rub after bathing/swimming  
Sit with pillow /weighted blanket etc on lap  
Fidget toys, have a selection in a box /basket  
Chewy tubes, chewing gum, gummy bears, Blowing bubbles  
Swing in a hammock...rhythmic pattern to calm  
Roll on an exercise ball/peanut ball backwards and forwards in a rhythmic pattern to calm.  
Plates plank  
Ball squash, child lies on stomach and a ball is rolled up and down the child by an adult.

