

# Gordonbrock School

# HOME LEARNING

## NEWSLETTER

Wednesday 1st April 2020

### Message from Mrs Wright

It has been just over a week since the government took the decision to close schools to all but the children of key workers and vulnerable children. The situation is changing on a daily basis and we hope that you and your family are all well and adjusting to life during this difficult time.

We urge all parents to read the guidance from Public Health England and to ensure that they are following it and taking responsible action, so that we are all working together as a community to prevent the spread of infection.

This special edition newsletter is to let you know of the home learning that we will provide moving forward.

Starting today, in addition to completing daily Mathletics activities and working their way through their home learning packs, your child's teacher will be setting a weekly History, Science and Writing task. You will find this week's tasks here: [Weekly Year Groups Tasks](#). If your child completes these weekly learning tasks, make sure they save their learning so they can share it when they come back to school. We will also be setting a weekly whole school 'creative project' and 'thinking task' that you can join in with, these can be found here: [School Closure Home Learning Resources](#). Finally, we have subscribed to Numbots and Times Table Rockstars for all Gordonbrock children from Reception to Year 6. Please see the next page for details of how to log in.

You will find all of these resources, plus regular updates and news on other exciting things happening (watch out for Mr Prescott's singing assembly video), on the [School Closure Home Learning Resources](#) page on our website. We have updated our online resources page with lots of new links, including links for Music, EYFS and Technology activities, so please take a look.

After this week, we will take a 2-week pause for the Easter holidays, and then continue providing this weekly learning in the Summer Term if schools remain closed.

Please continue to look after each other and we look forward to seeing you soon.

Jane Wright, Head of School

### Communication with Parents / Carers

During the school closure we will keep in contact with parents / carers via text message, email and our website.

Please regularly check your messages and our website for the latest updates.

To ensure that you received all communications from the school Please ensure that the school office is informed of any changes to parent/carer contact details by emailing

**A huge Thank You to FOG who helped compile and distribute the home learning packs for all of the children.**



## Numbots & Times Tables Rockstars



Numbots is an online platform for boosting addition and subtraction skills. By playing little and often will significantly improve your child's recall and understanding of number bonds and addition and subtraction facts. These are critical foundations in maths so we are excited by the impact Numbots will have.

### Logging In

The children should go to <https://play.numbots.com/#/account/school-login/3584> and login using the details provided below.

### Little and Often

In order to get the best out of Numbots children should regularly play for short bursts so we would ask you to allow your child to play for 5-10 minutes at a time. **Important:** As children play, they answer questions. Numbots personalises the questions for each one, and tracks their progress therefore please don't allow siblings, friends or family to answer questions for your child as for them but do support your child if they're stuck.

### Game Types

- Story Mode – the emphasis is on learning the ideas and concepts behind addition and subtraction so it features more diagrams, shapes and question styles.
- Challenge Mode – the emphasis is more on speed of recall of key facts, like number bonds to 10, doubling small numbers or adding & taking away in your head.

### Your Childs Sign-In Details for Numbots & Times Tables Rockstars

**Username:** will be the first three letters of their first name and first three letters of their surname, all in lowercase with no spaces.

For example: if your child's name is John Smith their username would be jonsmi

**Password:** is the same as their mathletics password.

### Brain Breaks - Name 5 Things Challenge

Name 5 Things.....

.... that taste sweet

.... feel soft

.... that are blue

.... that are circular

.... that smell good

.... that sound loud

.... that smell nice

.... that make me happy

.... that are small



When it comes to times tables, speed AND accuracy are important - the more facts your child remembers, the easier it is for them to do harder calculations. Times Table Rock Stars is a fun and challenging programme designed to help students master the times tables!

### Logging In

The children should go to <https://play.ttrockstars.com/auth/school/student/3584> and login using the details provided below.

### Game Types

- Garage - the questions will only come from the times tables the teacher has set for the week. It will include multiplication and division questions. As pupils start to answer questions, TT Rock Stars works out which facts they take longer on and will give them more of these questions to answer. The Garage is best for getting quicker at a few facts. Players get 10 coins per question.
- Studio - the questions in the Studio can be anything from  $1 \times 1$  up to  $12 \times 12$ . TT Rock Stars calculates the mean response time from their last 10 games in the Studio and translates that time into a Rock Status.
- Soundcheck - When you play Soundcheck, you get 20 questions each with a 5-second time limit. The questions are multiplication only and evenly weighted in terms of difficulty each time you play. Players earn 5 coins per correct answer.

### Stats

If you click on your avatar icon in the top right of the screen and then click My Stats, a heatmap like the one below will load. It shows how successful your child is at each of the facts.

### Brain Breaks - Physical Activities

- Disco: put on some music and dance without stopping for 3 minutes.
- Action Words: Act out each of these words:
  - \* Explode
  - \* Flutter
  - \* Melt
  - \* Shrink
  - \* Splat
- Pencil Balance: Balance a pencil horizontally on your index finger and walk around - see how long you can keep the pencil on your finger.
- What Makes Me Happy: think of 5 things that make you happy and say these out loud.
- Listening: with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.

## Practical Tips For Home Learning

We know it can be daunting having to assist your child in their learning if there is a school closure. Keep reminding yourself that there is no single right way of doing this and we will all find a way through it in different ways.

It can be helpful to:

- Plan your day in order to make sure there is some routine for your child and there is no such thing as a right or wrong schedule. You could even get your child involved in deciding how they want to plan their day.
- Remember there are no explicit rules about how many hours of learning they should be completing each day but 'little and often' would be a good consideration and making sure you work with the way that your child is working best.
- It is good practice for your child to be up, dressed and ready for the day by 9am. Maintaining a regular waking time and bedtime will help your child to stay in a healthy routine for when they do return to school.
- As well as the learning that the school have set for your child, try and have a variety of activities – you could include things like:
  - \* Choosing time
  - \* Screen-free quiet time
  - \* Reading time
  - \* Creative play
  - \* Movement breaks
  - \* Chores! (supervised by an adult, of course)
  - \* Mindfulness activities
  - \* Snack time
  - \* Art and music
  - \* Board games
- Review each day with your child: talk about what went well and what you/they want to change for the next day.

***Remember, whether or not they're engaged in home learning, your child will be learning from you, and showing resilience, determination and flexibility will equip your child with skills for life.***

School Website – [www.gordonbrock.lewisham.sch.uk](http://www.gordonbrock.lewisham.sch.uk)

Links to all of the online resources that we have sent home over the last few weeks can be found on our website: <http://www.gordonbrock.lewisham.sch.uk/school-closure-home-learning-resources/>

Please remember to check the website regularly as we will adding to the list over the coming weeks.

### Covid-19 Government Advice

Guidelines continue to be in place to keep people safe, and it is very important that you understand them and adhere to them. The government are constantly reviewing the current guidelines to ensure they are effective in fighting the coronavirus pandemic. To read the current government guidelines follow this link: <https://www.gov.uk/coronavirus>

## Supporting Your Child's Mental Health During School Closures



Place2Be is a children's mental health charity that provides counselling and mental health support and training in UK schools.

The Place2Be website has some great links to help support your child's mental health and well-being during this difficult time, not only with issues surrounding the corona virus but also issues to do with school closures. Please use the following links for more information:

- [Coronavirus: looking after your mental health at home](#)
- [Coronavirus: talking to pupils about school closures](#)
- [Coronavirus: Helpful information to answer questions from children](#)

### Mindfulness Breathing Exercises



#### Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly.

Place your hands over your stomach. Take a big deep breath in, sitting up straight and make your belly puff out as if it was a balloon filling with air. Then exhale slowly like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward.

Repeat.

#### Sun Breaths

Sit on the floor in a comfortable position. Close your eyes and take some slow deep breaths in and out.

Picture a bright, shining sun smiling at you. Feel the sun on your face.

Breathe slowly and let the sun warm your face.

Imagine the sun warming your shoulders and back.

Imagine the sun warming your arms. Continue to breathe in and out slowly and calmly.

Imagine the sun's warmth spreading to your legs.

Finally, feel the warmth all the way in your fingers and toes.

Slowly stretch your arms overhead and your legs and feet out in front of you.

Take a deep breath in and bend over towards your feet.

Slowly exhale and sit back up. Take one more deep breath in and out and slowly open your eyes.



#### Rainbow Breaths

Stand with your feet shoulder width apart, arms gently resting by your sides.

Slowly raise your arms and take a deep breath in. Try to breathe in until your hands reach each other over your head.

Breathe out slowly while lowering the hands. Visualize the beautiful rainbow you are making.

Repeat 5 - 10 times. Each time you breathe in imagine you are adding another colour to your rainbow.

What colours are you adding to your rainbow?

Once your rainbow is done slowly open your eyes.



#### Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply.

Close your eyes and think about where else your bubble could go. Can you blow it far away?

Can you blow it to a friend?



Imagine your bubble is returning to you. Open your mouth and catch it for next time.

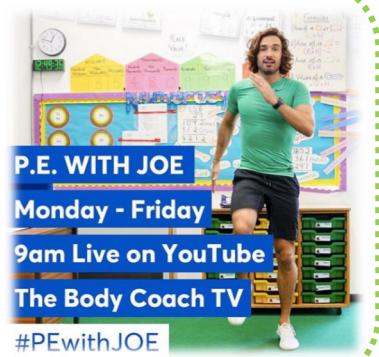
Repeat.

## PE Lessons with Joe Wicks (The Body Coach)

Joe Wicks has been hosting a free workout aimed at kids LIVE on his YouTube channel.

With the schools closed and with us all spending more time at home, it's more important that we keep moving and stay healthy and positive. Exercise is an amazing tool to help feel happier, more energised and more optimistic.

The workouts will be fun and suitable for all ages and even adults can get involved. You don't need any equipment, just tune in to my YouTube channel at 9am each morning for a 30-minute, fun workout.



## Time for Yoga

### Chair Pose

**Benefits** Strengthens legs, stretches shoulders and chest.

- 1 Start in mountain pose.
- 2 Exhale, and bend your knees as if you were sitting in a chair.
- 3 Reach your arms towards the ceiling, with your palms facing each other.
- 4 Hold this pose and breathe.



### Warrior II Pose

**Benefits** Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

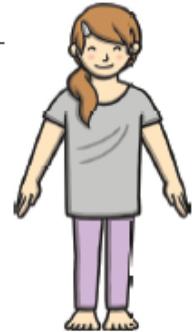
- 1 Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- 2 Inhale, and lift your arms parallel to floor.
- 3 Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- 4 Keep your torso tall, turn your head, and look out over your fingertips.
- 5 Inhale, straighten your legs and lower your arms. Repeat on opposite side.



### Mountain Pose

**Benefits** Improves posture, strengthens core, muscles and legs.

- 1 Stand tall with your weight balanced evenly on your feet.
- 2 Firm your thigh muscles and pull in your tummy.
- 3 Press your shoulders back and hold your arms out straight, a little way from your body.
- 4 Breathe deeply and hold as long as needed (at least two long breaths).



### Tree Pose

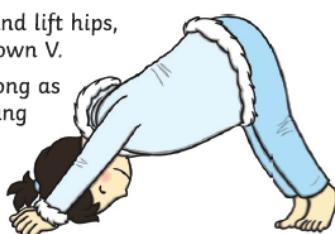
**Benefits** Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- 1 Begin in mountain pose.
- 2 Lift your right foot, turning your knee out; place your foot below your left knee.
- 3 Press your hands together.
- 4 Raise arms overhead, and look up to your hands if possible.
- 5 Return hands to your chest, and lower your right leg.
- 6 Repeat with left leg.



**Benefits** Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

- 1 Begin on hands and knees with toes tucked under.
- 2 Exhale, straighten knees and lift hips, so you are in an upside-down V.
- 3 Hold this position for as long as you like. Let your head hang down and breathe.
- 4 To release, exhale and bring knees to the floor.



### Downward-Facing Dog