

Gordonbrock School

HOME LEARNING

NEWSLETTER

Monday 18th May 2020

Message from Mrs Wright

Dear Parents and Children of Gordonbrock,

I hope this finds you and your families well in these continued tough times.

I know that Gordonbrock children will be demonstrating great resilience with their home learning and approaching any challenges they face with a Growth Mindset. Children, we are extremely proud of you! We miss you greatly at school and we look forward to when we can safely see you all again.

Since the last Home Learning Newsletter, we have launched our You Tube channel, where we have posted a video message from the teachers, our Sing Up! Day assembly (what a lovely memory!) and a singing assembly from Mr Prescott. Last week, we also started daily 'story time' sessions—keep checking [here](#) to see when your year group's story time is posted.

Teachers have continued to provide a Science, Geography and Writing task each week, linked to the learning you would have been doing at school, as well as Mathletics, Numbots and Timestables Rockstars that you can use for your maths learning. In the last fortnight, there has also been an additional learning task that your teachers have created for you; so far you have had an Art task and an RE task linked to this half term's learning. We really hope you have been enjoying them; we love receiving emails showing us the learning that you have been doing at home. Have a look at our [Home Learning Resources](#) page to find out what your learning tasks are for this week and to explore all of the other fabulous resources and activity suggestions that we have.

In addition to all of these, and the previously recommended websites such as BBC Bitesize and Hamilton Trust, we would also highly recommend [Oak National Academy](#) which has online lessons and tutorials for Maths, English and other subjects for each year group, including Early Years. On the following pages, you will find some new home learning ideas (which we will also update on our website) as well as some reminders from the previous Home Learning Letters.

All of the staff at Gordonbrock continue to miss you all and the teachers have really enjoyed writing you a [Keeping in Touch letter](#) each week so that they can say 'hello.'

We have also really enjoyed making contact phone calls to you and your families; if you haven't received your call yet, don't worry, it will be made some time this week. Thank you, parents and carers, for all of your positive feedback regarding home learning and, in particular, the teacher video. We really do appreciate your comments and it has been a pleasure to speak to you.

Next week is the half term holiday and so this week will see the last set of home learning tasks that you will receive for this half term, as we take a week's break.

Parents and carers, as we continue to adapt to new routines and as time passes, I would like to reiterate that you are doing an amazing job of supporting your child's wellbeing and learning during this time.

Stay safe and look after yourselves and your family.

Mrs. Wright, Head of School

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 corona pandemic. To read the current government guidelines follow this link: <https://www.gov.uk/coronavirus>.

New Resources and Ideas



Currently being offered for free during school closures, these online Maths lessons, games and tutorials, created by Carol Vorderman, are matched to the Primary National Curriculum and support Maths learning from Reception up to Year 6.



Oak National Academy is an online collection of video lessons and curriculum resources for Primary schools. It provides three hours of learning per day and covers Maths, English, Science, Geography, Languages, History and Art.

Maths

Your child's teacher continues to set maths tasks on Mathletics. To access Mathletics, go to: <https://login.mathletics.com/> and log in using the details that were sent home in your child's home learning pack.

For extra maths practice, children are also able to log-on to Numbots and Timestables Rockstars.

Numbots is an online platform for boosting addition and subtraction skills. To access Numbots go to <https://play.numbots.com/#/account/school-login/3584> and login using the details provided below.

Times Table Rock Stars is a fun and challenging programme designed to help students master the times tables! To access Times Tables Rock Stars go to: <https://play.ttrockstars.com/auth/school/student/3584> and login using the details provided on this page.

In order to get the best out of both Numbots and Times Tables Rock Stars, 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.

Your Child's 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.

Talk For Writing Resources and Activities

If your children enjoyed the Talk for Writing booklets that were set for the Writing Learning Tasks earlier this half term, you can visit the Talk for Writing blog [here](#) to find lots of fun and engaging writing ideas and activities, with new activities added all the time!

Creative & Thinking

We continue to set weekly whole school 'creative projects' and 'thinking tasks' that you can join in with, these can be found here:

[School Closure Home Learning Resources](#)



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 be continuously adding to the resources.

New Resources and Ideas

London Learning at Home

The Mayor has launched 'London Learning at Home' to bring together the city's free learning and cultural resources that children can access from home. Parents, carers and teachers can easily search for resources by age range, subject, key stage and level of adult supervision needed.

Link: <https://www.london.gov.uk/coronavirus/london-learning-at-home>

'The London Curriculum has reached out across the city to bring together free learning and cultural offers that children can access from home. We want to support teachers and families during this challenging time and ensure that young Londoners still feel connected to the incredible people, places and culture of their city.'



MAYOR OF LONDON

WELLBEING

For advice on how to talk to your child/ children about coronavirus have a look at www.childrenscommissioner.gov.uk/

Mindfulness Breathing Exercises

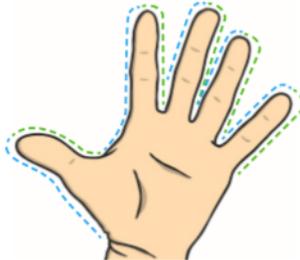
High Five Breathing

----- Breathe in
----- Breathe out

Step 1: Stretch your hand out in front of you.

Step 2: Use the pointer finger of your other hand to trace around the fingers of your hand.

Step 3: Breathe in as you trace up and breathe out as you trace down.



Time for Dinosaur Yoga

STEGOSAURUS

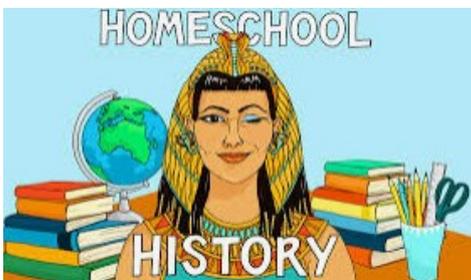


1. Begin by sitting on your heels. Touch your forehead to your knees.
2. Exhale and push hands back towards heels with hands facing out.
3. Inhale and lift hips towards the ceiling.
4. Hold for 30 seconds.
5. Exhale and lower hip. Interlock fingers.
6. Inhale and lift arms towards the ceiling. Pretend your arms are stegosaurus plates on your back.
7. Hold for 5 breaths.

Weekly Philosophy Activities



As a school, we always strive to develop our children's critical thinking skills and their ability to reason and debate, cultivate 'thinking for oneself' and deliver learning with the idea that it should also develop **how** children think, not just what they think. The wonderful Philosophy Foundation has given us some great resources to help you support your children at home. Look out for the 'Weekly Philosophy' button that will appear on our Home Learning page this week, for weekly philosophy tasks for each year group!



A BBC Radio 4 pod cast: Homeschool History

Fun history lessons for all the family, presented by 'Horrible Histories' Greg Jenner. Full of facts and jokes, the series brings to life a broad range of historical topics. Click [here](#) or download the Podcast from BBC Sounds.

SEND Support for Learning

Cognition and Learning

- **Dyslexia SPLD Trust website:** Online videos and activities to help motivate and support your children with their reading and writing at home.
Link: <http://www.thedyslexia-spldtrust.org.uk/>
- **Bell House website:** Local community service with online support and resources for children with dyslexia.
Link : <https://www.bellhouse.co.uk/>
- **Drumbeat website:** Ideas for supporting reading and writing at home.
Link: <https://www.drumbeatasd.org/page/?title=Reading+and+Writing&pid=354>
- **Working Memory and Thinking skills website:** Games and activities that require children to stop, focus, think, plan and remember.
Link: <https://childhood101.com/short-term-memory-games/>

Communication and Interaction

- **Communication Trust website:** Resources to support children with Speech, Language and communication needs.
Link: <https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/>
- **Drumbeat website:** Practical communication activities to support your child's development throughout the day.
Link: <https://www.drumbeatasd.org/page/?title=Communication&pid=353>
- **Touch and Learn Emotions App** (Free app)
A quiz on interpreting facial expressions: this app presents 4 pictures of different emotions. Children then have to choose the correct emotion to match what they hear.
- **Social skills builder App** (Free app)
This app uses real life scenarios to solve problems, teach friendship skills and help develop emotional understanding.

Sensory and/or Physical

- **Griffin OT website**
Advice, resources and fine motor skill activities to support children with sensory difficulties and motor skill difficulties.
Link: <https://www.griffinot.com/>
- **Drumbeat website**
Indoor gross motor sensory play ideas and occupational therapy activities.
Link: <https://www.drumbeatasd.org/page/?title=My+Health+and+Wellbeing&pid=352>
- **Drumbeat website**
A booklet to support fine motor skills, specifically cutting using scissors.
Link: <https://www.drumbeatasd.org/attachments/download.asp?file=975&type=pdf>
- **Dance Mat Typing website:**
An interactive touch-typing game to support children to become competent typists.
Link : <https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr>
- **Twinkl website**
Practical activities and games to support your child's sensory and/or physical needs.
<https://www.twinkl.co.uk/resources/specialeducationalneeds-sen-sensory-and-physical-needs/sen-sensory/sen-sensory-activities-and-games>

Social Emotional and Mental Health

- **NSPCC - Current awareness for policy, practice and research (CASPAR).**
NSPCC Learning has pulled together resources to help support children's mental health during the coronavirus outbreak.
Link: [Supporting children and young people's mental health](#)
- **Rising Stars - Supporting wellbeing**
Fun and colourful positive activities and stories to spread happiness at home. In collaboration with The Happy Newspaper.
Link: <https://www.risingstars-uk.com/specialpages/wellbeing/resources-to-help-spread-happiness-at-home>
- **Mini Me Mental Wellbeing**
Children's Yoga.
Link: <https://preview.mailerlite.com/z9m4y6/1408489411645019262/m6d7/>
- **HappyMinds**
Building your child's resilience, self-esteem and confidence
Link: <https://myhappymind.org/our-products/#Product-Families>

Please also check the school website for additional SEND Learning Support.

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.

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 info@gordonbrock.lewisham.sch.uk