

COVID-19 SELF ISOLATION

Here at Carbeile the health, safety and well-being of every child is paramount. During this time of world wide pandemic we want to ensure that even though we are unable to care and support your child at school we can support you and your child at home. Self isolation is something that is new to us all and although this can be daunting we want to provide you with some ideas and activities to make this time more enjoyable and to keep our children's young minds active.

Reading Skills:

- Bug Club - Children have access to Bug Club and will find login details in the back of their reading records. Please use this to promote their absorption and recall of a story.
www.activelearningprimary.co.uk
- Try reading with your children at least x3 times a week. Set goals with your child, challenge them to read one more page or to finish the book by a set date.
- Encourage your child to further their knowledge on their favourite book or their favourite author.

Use VIPERS when reading with your child.

V - Vocabulary
I - Infer
P - Predict
E - Explain
R - Retrieve
S - Summarise

There are some fantastic resources online for most of your children's favourite books and authors. Here are some I have found already.

- <https://www.wimpykidclub.co.uk/kids-downloads/>
- <https://www.worldofdavidwalliams.com/schoolzone/>
- https://www.roalddahl.com/docs/BFGLessonPlans_1530800800.pdf
- <https://www.booktrust.org.uk/globalassets/resources/childrens->

Maths:

- All children have access to Mathletics, encourage your child to use this during their time away from school. All activities are set to your child's ability and the current unit for their class. They can also play against their classmates and collect points! All previous learning tasks will also be repeated to consolidate their understanding.

<https://login.mathletics.com>

- Times Table Rockstars is an amazing and fun times table game. All children will have access to a login, this can also be downloaded to a phone or tablet.

<https://trockstars.com>

Maths can be found all around the home!

- Play board games such as Monopoly, Snakes and Ladders, child friendly darts and card games.
- Baking - get your child to measure out ingredients, can they double the ingredients to make more?

Here are some great recipes for your child to try:

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

- Bag of sweets? Get your child to **share them equally** between the family.
- Home cooking - encourage your child to help with meals, 'how many potatoes will we need for five of us?'

English:

- Get your child to start a diary about their time off, this could be in the style of Greg Heffley, Anne Frank or Nikki Maxwell.

This could be one to re-read in the future!

- Get your child to create a poster about how and when to use Paragraphs/ Fronted Adverbials/ Adjectives/ Prepositional Phrases or Nouns. See if they can blow you away with their knowledge!
- Try some non-fiction writing, such as a leaflet or biography and maybe write your own story.
- Handwriting- encourage your child to continue writing during their time off, this can be done in many ways.
 - Writing to family members/ grandparents.
 - Writing a list of their favourite things.
 - Writing a paragraph from their favourite book.

Kindness at Carbeile:

- FaceTime or Call an elderly relative, isolation can be very lonely for the vulnerable.
- Create a letter or a postcard and post it to a friendly neighbour.
- Bake a cake for a somebody, **remember food hygiene!**

Keeping Active:

Being active can seem quite hard during this time. Here are some activities that may be useful.

- Go Noodle is a fun dancing activity that can be done in any room. Join in parents this is FUN!

<https://family.gonoodle.com>

- Short HIIT workouts for children are great and can be found on YouTube.
<https://www.youtube.com/watch?v=kAXg3cM0UCw>
- Build an indoor assault course in your house, can you get from one room to the next without touching the floor?

TV and Shows:

There are some great TV shows that are very educational and fun to watch with your children. Here are some that are highly rated by children.

Deadly 60 (CBBC) **HORRIBLE HISTORIES** (CBBC) **Africa** (BBC)
Blue Peter (CBBC) **Newsround** (CBBC)
Planet Earth (BBC) **You Vs Wild** (Netflix)

These can be found on BBC Iplayer, YouTube and Netflix and link in well with some of our 8 principles of our curriculum design.

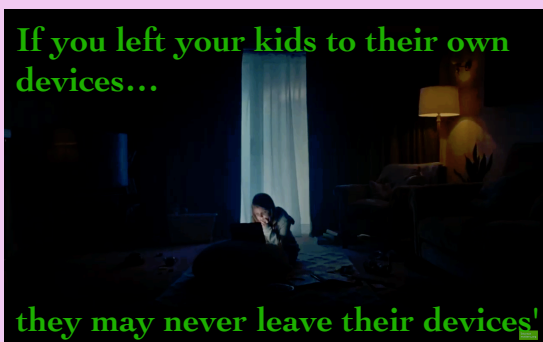
Further your child's knowledge with these shows...

- How do we live today?
- How can you help or change this?
- What would you do?

E Safety:

At Carbeile we understand that during this time it will be difficult to limit the time children spend on their devices. Please follow our schools E-Safety information that is found on the school website.

<http://www.carbeile.cornwall.sch.uk/parent-zone/e-safety/>



Screen Time Tips:

- Set a time limit with your child, get them to use a device to set a timer such as Alexa, phones or timer apps.
- Encourage your child to use their screen time to create a piece of art or a power point to show their friends and family.
- Play a game with your child online. Encourage positive play.

Website Links:

Make sure you head to our website www.carbeile.sch.uk to find information about:

- Curriculum (links to resources, planning for the term and individual subject information)
- Home Learning sheet and links.
- Twinkle www.twinkl.co.uk/offer and enter code **UKTWINKLHELPS**

Twitter: Tweet us your amazing work, see if it makes it onto your year groups Twitter page.

Create a Poster:

Calling all children!

- Using the information on the school website can your child design a colourful poster about **Our Values** or **Our Curriculum**. Who knows the best ones may be used around the school or appear on the school website!

Art:

- Create portraits of each other, make it fun. Have a competition who can do the best!
- Sketch everyday objects using sketching techniques you've used at school.
- Try Origami, any scrap paper will do.
- Use pinterest.co.uk there are endless art activities to try.

Science:

Using the children's knowledge of how to write up an experiment, conduct an investigation about:

- **Friction** - use a variety of toys such as cars to test different types of friction.
- **Disappearing Glass** - Get your child to show you their amazing magic skills using a glass, oil and water that they learnt during our recent Magic Day!
- **Pepper and Soap Experiment** - This is a really fun and easy experiment, it also demonstrates the importance of using soap to wash away any germs!

All information can be found on Google and Pinterest. Can your child write up and conduct an experiment we haven't seen yet?

- Research the next topic for your child's year group:
Year 3- From Source to Sea
Year 4- Amazing Amazon
Year 5- Maya
Year 6- World War 2

Mindfulness & Wellbeing:

Self isolation and social distancing is something that is new to us and something that can be quite daunting. It's important to take this time to communicate effectively with your child and support them if they are feeling overwhelmed. Encourage your child to engage in school work but also enjoy this time together. Bring out your inner child, dance like no one's watching and let them watch that funny video one more time.

Practice together mindfulness by using techniques learnt at school, such as mindful colouring, yoga and mediation. All of this can be found online.

Keep well and stay safe.