



**St Joseph's**

**Catholic Primary School**

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Monday 6th April 2020

Dear Parents/Carers

We hope that all of you are keeping well and safe during this extremely challenging time.

We know that you and your families are being impacted in many different ways by the Covid-19 pandemic and our school's closures. These are extraordinarily difficult times for many and we are trying to do our part in a community of caring.

After two weeks of school closure for most children, we hope that you all have access to the home learning packs that your child brought home before we closed, or were delivered to your home. Some families have made contact with class teachers and requested further activities and tasks, which is encouraging!

When the summer term commences on Monday 20<sup>th</sup>, it is our intention to continue to give children the opportunity to regularly apply and develop their learning and limit the impact of school closure on their progress. We now have a new **Home Learning section** to our [website](#) (different to the Class Blog pages) where class teachers will upload each week's learning as a series of suggested activities for English, Maths and the wider curriculum. However, the time may look very different for each family. Building in time to look after each other, be physical, creative and relax is as important as completing the set activities. You need to decide what works for you and your family. Feel free to adapt and carry these out in whatever way you feel appropriate – we have tried to ensure all tasks can be done on OR off line.

Now that it is the Easter break, while there is no expectation to continue regular home learning tasks, we have added some fun activities and links to the website,

We recognise the importance of enabling children to communicate with their teachers, offering some normality, and will begin to upload video messages and story time sessions made by the staff for children to watch and listen to. Please remember that teachers can be contacted by both parents and pupils through the class email address (ie Year1@stjosephs.greenwich.sch.uk) for support, guidance or just to say hello. We would love to see and hear about what children have been up to and hope to share on our Twitter page @stjos\_greenwich.

This is an exceptional situation and we are extremely grateful to you for all your support and for working with us.

We wish you the whole of our community all the very best and hope and pray that you and your families all remain healthy and that we will see you back in our school in the not too distant future.

Kind regards

**Jacki Keogh**  
**Head of School**

**Lisa Lazell**  
**Executive Headteacher**

Should you need to contact the school office, please email: [support@stjosephs.greenwich.sch.uk](mailto:support@stjosephs.greenwich.sch.uk)

# How to support Home Learning



Follow this guidance to create a positive learning environment at home

## **Be realistic about what you can do**

You're not expected to become teachers and your children aren't expected to learn as they do in school.

Simply providing your children with some structure at home will help them to adapt.

Take care of your own health and wellbeing. This will be new for your entire household, so give it time to settle. Allow yourself and your children to have breaks.

## **Keep to a timetable wherever possible**

Create and stick to a routine if you can. This is what children are used to.

For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!

Involve your children in setting the timetable where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership.

Check in with your children and try to keep to the timetable, but be flexible.

If a task/activity is going well or they want more time, let it extend where possible

If you have more than 1 child at home, consider combining their timetables. For example, they might exercise and do maths together – see what works for your household.

Designate a working space if possible, and at the end of the day have a clear cutoff to signal school time is over.

Stick the timetable up on the wall so everyone knows what they should be doing when, and tick activities off throughout the day.

Distinguish between weekdays and weekends, to separate school life and home life.

## **Make time for exercise and breaks throughout the day**

Try to start each morning with some exercise – for example a PE lesson at 9am with Joe Wicks.

If you have a garden, use it regularly. If you don't, try to get out once a day as permitted by the government (households can be together outdoors but 2 metres apart from others).

Get your children to write in a diary what they did each day – this can be a clear sign that the 'school' day has ended.

## **Other activities to keep children engaged throughout the day**

Where you have more freedom in the timetable, make time for other activities. Add some creative time.

Give them chores to do so they feel more responsible about the daily routine at home - ask them to help you cook and bake.

Accept that they'll probably watch more TV/spend time on their iPad/tablet/phone – that's ok but you might want to set/agree some screen time limits.

## Suggested Timetable For Your Day



ACTIVITY	Suggested length of time	
Activities set by my teacher	Up to 1 hour	Every day log on to DB to complete online and paper based activities set by your teacher
Spellings	10 minutes	Practise spelling 10 or more words a week from the word list for your year group (in the middle of your Reading Record) Use the strategy: say, look, cover, write, check. Say in a sentence, write in a sentence, have a spelling test etc
Times Tables/ Mental Maths	10 minutes	Log onto <a href="#">Times Tables Rocks Stars</a> or <a href="#">Mathletics</a> . Work on your tables or number bonds to 10 or 20. Or do a written quiz with a family member – try a different times table each week and challenge yourself! Ask your teacher for your log-in details if you don't have them.
Reading for pleasure	20 minutes	Read (to yourself, to someone or with someone) a book, comic or magazine. Whatever you like! Record what you've read in your Reading Records. The children's newspaper <a href="#">First News</a> is uploaded every week – great for keeping up with news around the world! <a href="#">Audible</a> is offering lots of children's audio books for free Ask someone (maybe a grandparent) to listen to you read on FaceTime - or ask them to read to you!
Exercise	At least 10 minutes	Try an online activity such as: <a href="#">Joe Wicks Go Noodle</a> <a href="#">Super Movers</a> Create your own circuits and activities to do with your family – make up a dance routine to your favourite song to get you moving. Add to it each day. Practice mindfulness (see Tips)
Fresh air	At least 20 minutes	Get some fresh air, if possible – in your garden, on your balcony, open a window. If you can, go outside for a walk, kick football, throw a frisbee, use your scooter, walk a dog, ride your bike, go for a walk etc. but remember to stay 2 metres away from anyone that you don't live with.
Help others	Throughout the day	Help out at home eg Lay the table before a meal, tidy your bedroom, help a sibling, read a story to a younger relative, make dinner, do the washing up
<b>Some other suggestions</b>		
MFL	10 minutes	Get an adult to create a <b>free</b> account with <a href="#">Duolingo</a> and learn a new language for 10 minutes a day
Blog writing	10 minutes	Write a blog piece for your class page. Add pictures and photos and email to your teacher to upload.
Diary entries	10 minutes	These are unusual times and
Life skills	20 minutes	Play a board game or a card game. Learn a new skill eg knitting, tie your shoelaces, jigsaw puzzle, whittling, cooking, sewing, calligraphy, telling the time. Practise your joined up (cursive) handwriting. There will be suggested activities on your class Home Learning page too.
Get Creative!	You choose	Do something creative – draw, dance, sing, paint, write a poem make something etc And don't forget to share it with your teacher by email for the class blog

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# Fun MINDFULNESS ACTIVITIES for children

by Big Life Journal

## 1 "JUST ONE BREATH" BREATHING ACTIVITY

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.



## 2 CREATE A GLITTER JAR

- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.



## 3 HEARTBEAT EXERCISE

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



## 4 GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



## 5 TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.

