



ST. PAUL'S CATHOLIC PRIMARY SCHOOL

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REMOTE LEARNING – F1

Our aim is to make sure that every child has the opportunity to continue their education during lockdown.

No one expects parents to act as teachers or childcare providers or to be able to provide all the activities that we offer in school.

Children gain so much from being in nursery. However, there are things that parents can do at home that will aid development.

You can help your child to learn through the little things you do with them, for example:

- everyday conversations
- make-believe play
- games with numbers or letters
- reading together
- involving them in the things you are doing, such as household chores, and talking with them about it

You do not need to set separate time or plan complicated activities dedicated to learning. These activities can be built into everyday life and play.

Keeping a routine

Children benefit so much from routine:

- get up and go to bed at the same time each day
- have regular meal times
- turn off any electronic devices, including the television, at least an hour before bedtime

Keeping active

Young children should be active for at least 3 hours a day in total.

It's also good to get some fresh air every day. If you do not have a garden and are taking children outside to exercise, make sure you follow social distancing rules.

While inside, there are plenty of things you can do to keep children active, such as:

- playing hide-and-seek
- seeing who can do the most star jumps
- making an obstacle course
- playing music and having a dance-off

Mental health and wellbeing

Staying at home and the change of routine may make this a difficult time for some children and they may be feeling a range of emotions about it.

They might get upset more often, or return to some behaviours they had grown out of. It's understandable and other families will be experiencing this. You are not alone and we at St Paul's are here to support you.

We are providing remote learning through our online learning platform and through paper-based packs; the first of which was issued to every child in week 1.

All online learning can be accessed on your child's class page through direct links. Here you will find our links to excellent educational websites.

It is also important that you child hears stories being read to them.

Cbeebies has a library of stories that can be accessed via the bbc iplayer or youtube if you want a variety of stories that you don't have at home.

<https://www.youtube.com/channel/UChYHezCINFSSmjIH-B5sYQ>

You can contact us at any time via your child's class page.

Please remember- you are doing a fabulous job.