



20th March 2020

Dear Parents and Carers

Learning at home

Staff have been working really hard to provide activities that you can access from our website so enable your child to continue their learning at home from Monday. Learning can be accessed through the school website under the 'Children' tab, then 'Class Pages' at <https://www.buriton.hants.sch.uk/class-pages/>

Staff will be regularly updating activities to enable your child to continue their learning whilst at home. In addition to these activities, there are general online resources that you may wish to use with your child if you feel it is appropriate to do so. Each class will have some English, Maths and Topic based activities on their class pages for your child to access.

As a general guide, the routine in school is that we teach reading and spelling and Literacy before 10.30am. After break, we teach Maths until lunch. After lunch, we teach Topic work which will be Science, History or Geography based. Other subjects such as P.E., Art, Music and RE also happen in the afternoon.

How you structure your child's learning is up to you and your circumstances, but following a routine may be helpful. As the weeks progress, we will continue to provide learning for each class on our website and we will also be giving you more ideas that may help you with your child in this unprecedented situation.

During this time, taking care of the well-being of everyone in your family is important and you may find the list of online resources below helpful.

Please bear with us, we are all trying our best in a very difficult situation!

With our very best wishes

Danielle Brown

Mrs Brown
Headteacher

Online resources

<https://www.nhs.uk/change4life/about-change4life> - ideas for exercise, recipes etc.

10 minute workouts – NHS website

The Body Coach TV on You Tube lots of activities for children to do at home and get fit. Joe Wicks is the first BBC Children in Need Schools Ambassador, his aim is to help children get fitter.

Mindfulness meditation for kids - 12 minutes -

https://www.youtube.com/watch?v=Bk_gU7l-fcU

Mindfulness for kids (pond) - 5 minutes -

<https://www.youtube.com/watch?v=wf5K3pP2IUQ>

Mindfulness for kids (balloon) - 6 minutes -

<https://www.youtube.com/watch?v=ZBnPlqQFPKs>

Meditation for anxiety - 14 minutes - <https://www.youtube.com/watch?v=4pLUleLdwY4>

Yoga for all ages (Rainbow Yoga) - 17 minutes - <https://www.youtube.com/watch?v=dF7O6-Qablo>

Yoga for young kids - 17 minutes - <https://www.youtube.com/watch?v=4ZpkRAcgws4>

Family Beginners yoga with kids - 11 minutes -

<https://www.youtube.com/watch?v=1CaxcNURmdg>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.bbc.co.uk/teach>

[https://www.thebestideasforkids.com/indoor-activities-for-kids/?fbclid=IwAR3G1aGXFBgu78-](https://www.thebestideasforkids.com/indoor-activities-for-kids/?fbclid=IwAR3G1aGXFBgu78-HuwMtdR818XUhsWad59JYBhMHmPcwbDnKC9uMraLY6PE)

[HuwMtdR818XUhsWad59JYBhMHmPcwbDnKC9uMraLY6PE](https://www.thebestideasforkids.com/indoor-activities-for-kids/?fbclid=IwAR3G1aGXFBgu78-HuwMtdR818XUhsWad59JYBhMHmPcwbDnKC9uMraLY6PE)

[https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-](https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children?fbclid=IwAR1O8ztPtCgTXDYZAeOBeYQDdPjtz1ARsYF6Fh2I3BWnByKUSZ80uSIbmds)

[children?fbclid=IwAR1O8ztPtCgTXDYZAeOBeYQDdPjtz1ARsYF6Fh2I3BWnByKUSZ80uSIbmds](https://www.bbc.co.uk/cbeebies/grownups/things-to-do-indoors-with-your-children?fbclid=IwAR1O8ztPtCgTXDYZAeOBeYQDdPjtz1ARsYF6Fh2I3BWnByKUSZ80uSIbmds)

[https://castlelanedaynursery.co.uk/coronavirus-15-ideas-to-entertain-the-kids-at-home-](https://castlelanedaynursery.co.uk/coronavirus-15-ideas-to-entertain-the-kids-at-home-without-glitter/?fbclid=IwAR1irVuNze5N8Hdd2dqq4C0eeT-8Y3vKeMW4Tbg_y0vjHjGmo_Su5xeb3Ho)

[without-glitter/?fbclid=IwAR1irVuNze5N8Hdd2dqq4C0eeT-](https://castlelanedaynursery.co.uk/coronavirus-15-ideas-to-entertain-the-kids-at-home-without-glitter/?fbclid=IwAR1irVuNze5N8Hdd2dqq4C0eeT-8Y3vKeMW4Tbg_y0vjHjGmo_Su5xeb3Ho)

[8Y3vKeMW4Tbg_y0vjHjGmo_Su5xeb3Ho](https://castlelanedaynursery.co.uk/coronavirus-15-ideas-to-entertain-the-kids-at-home-without-glitter/?fbclid=IwAR1irVuNze5N8Hdd2dqq4C0eeT-8Y3vKeMW4Tbg_y0vjHjGmo_Su5xeb3Ho)

Teddy's party idea: Throw a birthday party to one of your child's soft toys. Your child can "write" invitations to other toys to join the party, make decorations, decorate the room, help to bake a cake... it takes at least half a day and all the activity around it just raises the excitement. So eventually we make some tea, bring out a cake with candles, sing happy birthday and have a great party.