Support for Learning Grid

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Children

Reading

Read Write Inc.

Head to **Oxford Owl for home for free RWI eBooks** and other resources
provided by Oxford University press.
Parents will just need to sign up for
free!

https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/?view=image&query=&type=book&age_group=&level=&level_select=&book_type=&series=Read+Write+Inc.#

myOn by AR

Schools may be closing, but reading doesn't have to stop. To help support teachers, students and parents to 'Keep the UK and Ireland reading', we are offering access to thousands of enhanced digital books through myON and articles from myON News.

https://readon.myon.co.uk/library/browse.html

AR online quizzes

P4-7 can take quizzes on books you read through their student AR accounts.

https://ukhosted26.renlearn.co.uk/22 43939/default.aspx

Touch Typing

This website teaches how to touch type and is very visual with hands on the keyboard to show where to place fingers. It is a series of lessons and takes no longer than 5-10 mins.

https://www.typingclub.com

This website is like dance mat but for touch typing! A little more fun once you know how to touch type a group of letters.

https://www.bbc.com/bitesize/artic les/z3c6tfr

Nessy Learning

How many words per minute can you #touchtype? http://bit.ly/2shooka Try the FREE mini-game, particularly useful for those with #dyslexia



Read Write Inc.

Daily virtual lessons for children

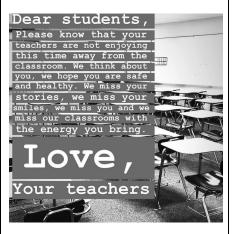
Read Write Inc. Phonics lessons on Facebook and YouTube for children to watch at home. Three short Speed Sound lessons every day for the next two weeks. The films will only be available at the times below:

- Set 1 Speed Sounds at 9.30 am and again at 12.30 pm
- Set 2 Speed Sounds at 10.00 am and again at 1.00 pm
- Set 3 Speed Sounds at 10.30 am and again at 1.30 pm

Please note: the films are streamed live and won't be available at other times.

We're also releasing a film of a poem for P1 and P2 children to join in with at 2.00 pm every day. The poems will be available on YouTube to watch again and again.

A great opportunity for children to learn these by heart!



Support for Learning Grid

Parents/ Carers

Financial Information

Coronavirus: How your Employment and Benefits are Affected

https://wellbeing.nevber.co.uk/news/ coronavirus-how-vour-employment-an d-benefits-are-affected

Coronavirus: 9 steps to manage its impact

https://wellbeing.nevber.co.uk/news/ coronavirus-how-could-it-impact-yourwork-and-finances

Parentline Scotland

Our staff are working from home to ensure that we can continue to offer help and advice to anyone who needs us. We will support every family to cope through coronavirus.

Call **08000 28 22 33** free, browse our website for advice and support, or start a webchat.

https://www.children1st.org.uk/help -for-families/parentline-scotland/?a clid=EAlalQobChMlmuPPvbu46AlV1 ZTVCh2NtaweEAAYASAAEaK26 D B wE



Tips for Supporting Anxious Children and Young People During Social



Feel the Feelings "It's okay to feel like this." May children or young people may be feeling anger or confusion or sadness. Whatever the feeling. It is important that adults acknowledge that it is obay to feel it and not divergent or tru to supports the feeline.



Name the Feeling "Can you show me how you

some of the unknown. This can also help them feel validated



Be the calm "How can I help you?"

Children and young people may react in differen ways to have we as debits word as an appear than to. If adults are in control of their reactions to their plants, all allows obtained and upon nearly and u



Provide structure_"It's time for lunch"

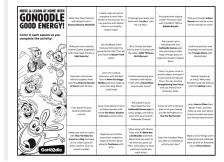


Most importantly, take care of yourself. Look after your mental and emotional well-being too



Families

GoNoodle Good Energy



https://www.aonoodle.com/aood -energy-at-home-kids-games-andvideos/

Make a Rainbow 'Make people smile'

Drawings of rainbows have started appearing in the windows of houses across the country. Families are being encouraged to make the pictures to 'spread hope' amid the ongoing coronavirus pandemic.



Explaining all the disruption that is happening right now can be very difficult for children to understand. We feel a wonderful way to help to try and explain it to young ones, is to link it to bears going into hibernation.

When a bear goes into hibernation, they do it for the health of their community and themselves. In the winter, food is scarce, hibernating allows other animals to have access to the limited resource. It slows the spread of disease and virus among other animals during a season when immune systems are lowered, and energy is limited... It is also a time of conserving health for the bear, a time for reflection... it is a time that allows you to renew, to undergo change, to honour your place in life and food cycles. It is not a time for anxiety. When it is time for hibernation, a hear can finally relax. All of the stress of finding food, territory and a mate disappears. The bear believes that they have done enough and trust themselves. They know this process is necessary and they will come ou the other side renewed.

Be a Bear. Stay Home. Rest. Know you are doing this for something much bigger than yourself.





during important work phone calls

