

## Children & Young People

### Digital Citizenship

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If you see something that is wrong, tell your teacher or a trusting adult.

Before you speak: **THINK**

T = Is it True?

H = Is it Helpful?

I = Is it Inspiring?

N = Is it Necessary?

K = Is it Kind?

Give constructive feedback. THINK before you post or comment.



Treat people and equipment with respect at all times.



### Screen Free Bingo

**2020 BINGO GAME**

**screen-free week**

READ A BOOK	MAKE A CARD FOR A FRIEND OR FAMILY MEMBER	STRETCH	SPEND 4 HOURS OUTSIDE IN ONE DAY	LAUGH SO HARD YOUR BELLY HURTS
WRITE A LETTER	FIND A COOL ROCK, STICK OR SHELL	PLAY HIDE & SEEK	TELL OR WRITE A STORY	PLAY A BOARD GAME
LAUGH SO HARD YOUR BELLY HURTS	CREATE AN OBSTACLE COURSE	FREE SPACE	TELL SOMEONE THAT YOU WANT SCREEN-FREE	PLAY PRETEND
BUILD SOMETHING TALLER THAN YOU	MAKE YOUR OWN GAME	TRY A NEW FOOD	HAVE A DANCE PARTY	DISCOVER A NEW PARK
VISIT YOUR FAVORITE OUTSIDE PLACE	COOK TOGETHER	FIND A BUG	LAY ON THE FLOOR OR GROUND	PAINT OR DRAW

**RULES**  
Mark off each space as you do these activities during Screen Free Week (May 4-10, 2020). Get "BINGO" when you complete 5 across, down, or diagonal (need a challenge? Try to mark off the whole board!)

### Phase 2

**Phase 2**

family and friends	household	Indoors	physical distance	wash hands
getting around	drive locally	more public transport	physical distance	staggered work times
Schools, childcare and educational	staff return	childminders open	outdoor nursery open	university lab research
Working or running a business	factory open	warehouse open	flexible working	house moves
Shopping, eating and drinking out	small shops open	outdoor markets	pubs	outdoor restaurant
Open, culture and leisure activities	playground	sports courts	professional sports	public health advice
Community and public services	household waste recycling	optics	children's hearings	court
Gatherings and occasions	Places of worship	private prayer	weddings	small number of people
Health and social care	dentist	optician	chronic pain	referrals and bookings

NLC Communication Friendly Resources

### Competition



**Your child can win a £10/€10 National Book Token for each of their classmates – and surprise them all when schools reopen!**

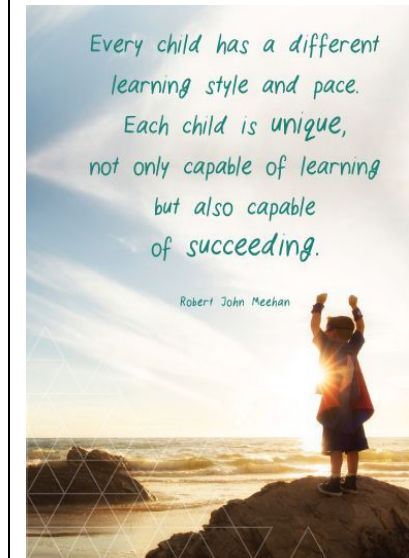
**Create a fabulous National Book Token design**, whether it's their school crest doodled in ink, a pencil drawing of the entire class, or something completely different, one child's design will be chosen to put on a National Book Tokens gift card every week for seven weeks.

#### How to enter:

All entries should be produced on A4 paper using [this printable template](#). Complete the entry form below to see where to email your scanned template. (If you do not have access to a printer and/or scanner, you can take a photo of the artwork and use [this editable form](#) instead).

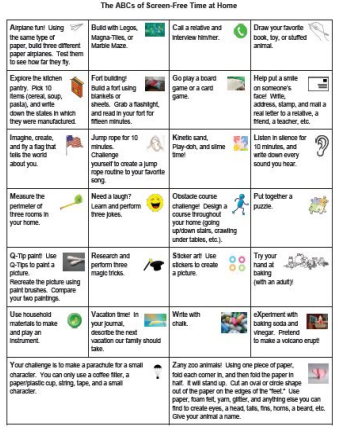


The competition is open from Wednesday 6th May and the **closing date for entries is Sunday 28th June 2020.**




















































































### Learn...



# Support for Learning Grid

W/B 22.06.20

Parent(s)/ Carer(s)	<p><b>Phase 2 - 22.06.20</b></p> <p>Face coverings are mandatory on public transport.</p> <p>Places of worship can re-open for individual prayer or contemplation.</p> <p>Professional sport can resume - with public health restrictions remaining in place.</p> <p>Dental practices can re-open to see patients with urgent care needs.</p> <p>Construction sector can implement remaining phases of sectoral plan.</p> <p>College and university staff can return to make essential preparations for restart in Phase 3.</p> <p>Consistent with Phase 2, accommodation can be provided for those required to stay away from home for work purposes</p>	<p><b>Phase 2 - 29.06.20</b></p> <p>Indoor (non-office) workplaces resume once relevant guidance is implemented. Includes: factories, warehouses, labs and research facilities. Excludes: indoor workplaces due to open in Phase 3 (e.g. non-essential offices and call-centres).</p> <p>Street-access retail can re-open once guidance is implemented. Interiors of shopping centres / malls remain closed for non-essential shops until Phase 3.</p> <p>Outdoor markets can re-open once guidance is implemented.</p> <p>Relaxation on restrictions on housing moves.</p> <p>Outdoor sports courts and Playgrounds can re-open.</p> <p>Registration offices open for high priority tasks.</p> <p>Marriages &amp; civil partnerships allowed with minimal attendees - outdoors only.</p> <p>Zoos and garden attractions can open for local access only (broadly within 5 miles) in this phase.</p> <p>Update on remaining Phase 2 changes on Thursday 2 July.</p>	<p><b>Screen Free Time</b></p> <p>Based on research into children's screen-based activities, the UK Chief Medical Office has given advice for parents and carers on how to help children develop balanced screen use.</p> <ol style="list-style-type: none"> <li>1. Sleep Matters</li> <li>2. Education Matters</li> <li>3. Safety when out and about</li> <li>4. Family time together</li> <li>5. Sharing sensibly</li> <li>6. Keep Moving!</li> <li>7. Talking helps</li> <li>8. Use helpful phone features</li> </ol> <p><a href="https://www.internetmatters.org/hub/news-blogs/new-screen-time-guidance-advises-parents-to-consider-not-using-phones-at-dinner-and-bedtime/">https://www.internetmatters.org/hub/news-blogs/new-screen-time-guidance-advises-parents-to-consider-not-using-phones-at-dinner-and-bedtime/</a></p>	<p><b>A-Z Screen Free Time</b></p>  <p>The ABCs of Screen-Free Time at Home</p>	<p><b>Play...</b></p>  <p><b>"Children need the freedom and time to play. Play is not a luxury. Play is a necessity"</b></p> <p>- Kay Redfield Jamison</p>  <p><b>WHAT CHILDREN NEED MOST.....</b></p> <p>LOVE Respect to PLAY to have fun to be seen TO BE LISTENED TO Your presence A hero A fostered sense of wonder LOTS OF HUGS To PLAY The chance to make mistakes Encouragement to try again Room to grow DREAMS To be told YES! To be trusted Affection GUIDANCE TO PLAY</p> <p>Growing A Jeweled Rose.com</p>
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Family	<h3>Screen Free Day</h3> <p>Try to get everyone in your family on board for one 'Screen-Free' day this week. If adults are fully committed, children feel everyone is sharing the experience and is taking it seriously.</p> <p>Decide what "screen-free" means for your family. Does it include email and text messaging? Are you still going to Zoom with family members in another state or country? There's no "right" way to do this, but make sure that you're all clear about what your commitment will be.</p> <div><div>PLEDGE CARD</div><div>I, _____, pledge that during the week of _____ I will only use screens when they are required for school. I will not: <b>1)</b> watch TV or videos; <b>2)</b> play games on tablets, websites, phones, or consoles; <b>3)</b> surf the web; <b>4)</b> use social media. Instead of spending time with screens, I will: _____ _____ _____ _____ Remember to encourage your friends and family to go screen-free!</div></div>	<h3>Online Safety</h3> <div><div>MANNERS MATTER BE A GOOD DIGITAL CITIZEN</div><div><div><b>DO'S</b> Treat others the way you want to be treated.  Be safe.  Know the rules.  Be vigilant. </div><div><b>DONT'S</b> Don't say anything online you wouldn't say to someone's face.  Don't plagiarize.  Don't believe everything you read.  Don't spend all your free time online. </div></div></div>	<h3>Summer Bucket List</h3> <p>This year the summer holidays are going to be different than previous years. There are so many things we can do to keep the summer holidays fun. So we have created a Bucket List for families to try! This may not be appropriate for all families, as always, these are just some ideas!</p> <div><div>Family Summer Bucket List</div><div><table><tr><td> We played a board game</td><td> We watched a film together</td><td> We camped in the living room</td><td> We played Hide &amp; Seek</td></tr><tr><td> We went for a family walk</td><td> We drew pictures together</td><td> We baked something together</td><td> We didn't watch the news today</td></tr><tr><td> We explored a forest</td><td> We made a gallery of our own work</td><td> We made a meal together</td><td> We stayed in our pyjamas all day</td></tr><tr><td> We went to a park</td><td> We played eye spy</td><td> I read 'get in something my class suggested</td><td> We had a day off homework</td></tr><tr><td> We made a den outside</td><td> We took a selfie</td><td> I read 'let's see what friends' challenge</td><td> We played a game</td></tr><tr><td> We made a den inside</td><td> We played my child's favourite game together</td><td> We had a social media free day</td><td> We made our own time capsule</td></tr></table></div></div>	 We played a board game	 We watched a film together	 We camped in the living room	 We played Hide & Seek	 We went for a family walk	 We drew pictures together	 We baked something together	 We didn't watch the news today	 We explored a forest	 We made a gallery of our own work	 We made a meal together	 We stayed in our pyjamas all day	 We went to a park	 We played eye spy	 I read 'get in something my class suggested	 We had a day off homework	 We made a den outside	 We took a selfie	 I read 'let's see what friends' challenge	 We played a game	 We made a den inside	 We played my child's favourite game together	 We had a social media free day	 We made our own time capsule	<h3>Whole School Photo Challenge</h3> <p>Burnbrae will create a photo diary of our lockdown doorstep photos! Please tweet/facebook post/post on Glow Teams or Google Classroom your lockdown doorstep photo - with a description of who is in the photo.</p> <p>Your photo can be you on your own, with your family, pets, etc as long it is on your doorstep. Why not get creative and use your imagination to create the image you capture. We can't wait to see your photos!</p> <div></div>	<h3>Grow...</h3> <div><div>EVERY CHILD IS A different KIND OF flower, AND ALL TOGETHER, MAKE THIS WORLD A Beautiful GARDEN.</div><div><div>We don't stop playing because we grow old; we grow old because we stop playing.</div><div>George Bernard Shaw</div></div></div>
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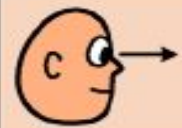




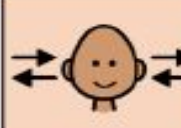





**K** = Is it Kind?

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 <h1>Family Summer Bucket List</h1>					
 <p>We played a board game</p>	 <p>We watched a film together</p>	 <p>We camped in the living room</p>	 <p>We played Hide n Seek</p>		
 <p>We went for a family walk</p>	 <p>We drew pictures together</p>	 <p>We baked together</p>	 <p>We didn't answer the phone today</p>		
 <p>We explored a forest</p>	 <p>We made a gallery of our art work</p>	 <p>We made a meal together</p>	 <p>We stayed in our pyjamas all day</p>		
 <p>We tried to climb trees</p>	 <p>We played eye spy</p>	 <p>I said 'yes' to something my child suggested</p>	 <p>We had a day off housework</p>		
 <p>We made a den outside</p>	 <p>We took a selfie</p>	 <p>I said 'no' to work/friends/colleagues</p>	 <p>We planted a seed</p>		
 <p>We made a den inside</p>	 <p>We played my child's favourite game together</p>	 <p>We had a social media free day</p>	 <p>We made our own time capsule</p>		



## Phase 2

family and friends	household	indoors.	physical distance	wash hands
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health and social care	dentist	optician	chronic pain	referrals and backlog





MANNERS MATTER  
BE A GOOD

# DIGITAL CITIZEN



## DO'S

Treat others the way you want to be treated.



Be safe.



Know the rules.



Be vigilant.



## DON'T'S

Don't say anything online you wouldn't say to someone's face.



Don't plagiarize.






















Don't believe everything you read.



Don't spend all your free time online.



## The ABCs of Screen-Free Time at Home

Build with Legos, Magna-Tiles, or Marble Maze.		Call a relative and interview him/her.		Draw your favorite book, toy, or stuffed animal.	
Explore the kitchen pantry. Pick 10 items (cereal, soup, pasta), and write down the states in which they were manufactured.		Fort building! Build a fort using blankets or sheets. Grab a flashlight, and read in your fort for fifteen minutes.		Go play a board game or a card game.	
Imagine, create, and fly a flag that tells the world about you.		Jump rope for 10 minutes. Challenge yourself to create a jump rope routine to your favorite song.		Kinetic sand, Play-doh, and slime time!	
Measure the perimeter of three rooms in your home.		Need a laugh? Learn and perform three jokes.		Obstacle course challenge! Design a course throughout your home (going up/down stairs, crawling under tables, etc.).	
Q-Tip paint! Use Q-Tips to paint a picture. Recreate the picture using paint brushes. Compare your two paintings.		Research and perform three magic tricks.		Sticker art! Use stickers to create a picture.	
Use household materials to make and play an instrument.		Vacation time! In your journal, describe the next vacation our family should take.		Write with chalk.	
Your challenge is to make a parachute for a small character. You can only use a coffee filter, a paperplastic cup, string, tape, and a small character.				Zany zoo animals! Using one piece of paper, fold each corner in, and then fold the paper in half. It will stand up. Cut an oval or circle shape out of the paper on the edges of the "feet." Use paper, foam felt, yarn, glitter, and anything else you can find to create eyes, a head, tails, fins, horns, a beard, etc. Give your animal a name.	