

# Nottingham City Virtual School



**Information and Support for  
Learning from Home**

# Welcome to your Help Guide...

We hope this guide will be helpful for you and the young people in your home that are currently not attending education as a result of the school closures. It aims to provide useful advice and signposting that can help you during the Covid-19 school closure period.

In this booklet you will find:

- Useful Tips
- Useful Links

The booklet is separated into three main areas:

- Primary- information for learning at home
- Secondary- information for learning at home
- Post-16- information for learning at home

We will be reviewing and updating this information pack 1-2 weekly, so please keep checking for updates.

We hope that you find this resource useful!

Nottingham City Virtual School Team



**Nottingham**  
**City Council**

# Useful Tips

PRIMARY

## Hints and Tips for Primary Children

- ✓ Go to the child's school website to find daily plans and resources.
- ✓ Explore social media platforms for child's school
- ✓ Be flexible and use the children's interests to deliver lessons
- ✓ Have a structure to the day and a visual timetable
- ✓ Have a variety of activities – Art / PE / ICT / Technology / Numeracy / Literacy
- ✓ Have a consistent daily routine, with flexibility built into this
- ✓ Try to be located in one or two rooms in the house, then have a separate rest area
- ✓ Use environmental learning - baking, reading signs on walks, measuring, finding items with the letter sign, spotting red or blue things etc.
- ✓ Maintain the children's friendships using online platforms
- ✓ Have a mixture of learning styles – visual (eg. imagery and videos), kinaesthetic (learn by doing) and auditory.
- ✓ Have movement breaks regularly throughout the day - treasure hunts, assault courses, den building, imaginary play.
- ✓ Never underestimate the power of games - card games, board games, I Spy, Twenty questions, the list is endless. Very good for reinforcing number, literacy and social skills.
- ✓ Plan exercise into your timetable
- ✓ Make use of online stories and make time to read everyday



# Useful Links

## **BBC Bitesize**

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

## **Primary Resources**

<http://www.primaryresources.co.uk/>

## **Twinkl**

<https://www.twinkl.co.uk/home-learning-hub>

## **NASA**

<https://www.nasa.gov/kidsclub/index.html#.VpP5hDZH3zI>

## **Every School**

<https://www.everyschool.co.uk/>

## **Duo Lingo**

<https://www.duolingo.com/>

## **Good to Know**

<https://www.goodtoknow.co.uk/family/best-virtual-tours-for-kids-536089>

## **TES**

<https://www.tes.com/teaching-resources>



# Useful Tips

SECONDARY

## Hints and Tips for Secondary Children

- ✓ Go to the child's school website to find daily plans and resources.
- ✓ Be flexible and use the children's interests to deliver lessons
- ✓ Have a structure to the day and a visual timetable
- ✓ Have a variety of activities – Art / PE / ICT / Technology / Numeracy / Literacy
- ✓ Have a consistent daily routine, with some flexibility built into this
- ✓ Try to be located in one or two rooms in the house, then have a separate rest area
- ✓ Have a mixture of learning styles – visual (eg. imagery and videos), kinaesthetic (learn by doing) and auditory.
- ✓ Have movement breaks regularly throughout the day – yoga, mindfulness sessions
- ✓ Never underestimate the power of games - card games, board games, Q&A, What am I?. Very good for reinforcing number, literacy and social skills.
- ✓ Plan exercise into your timetable
- ✓ If you can, go out and use the garden
- ✓ Think about some projects, bigger tasks or challenges you can set
- ✓ Make sure your plan is achievable for your child, don't plan too much
- ✓ If some things don't work out, change it
- ✓ Use this time to invest in interests, hobbies and talents
- ✓ Get creative and use what you have to make something amazing
- ✓ Use music and dance to keep physically active and entertained
- ✓ Think creatively about how you use technology and everyday household items
- ✓ Make sure you do get plenty of fresh air and exercise, best that you can...



# Useful Links

- ✓ **BBC Bitesize** - <https://www.bbc.co.uk/bitesize>  
Resources for students in a range of subjects from reception to Year 11
- ✓ **Duo Lingo** - <https://www.duolingo.com/>  
Online interactive learning resource to support learning a range of modern languages
- ✓ **Technology Student** - <http://technologystudent.com/>  
Online interactive learning resource to support learning across Design and Technology subjects.
- ✓ **My Maths** - <https://www.mymaths.co.uk/>  
Online interactive learning resource to support learning in Mathematics. Requires login code from schools.
- ✓ **TES** - <https://www.tes.com/teaching-resources>  
A range of lesson plans and resources available. Some available at no cost.
- ✓ **Every School** - <https://www.everyschool.co.uk/>  
A range of resources available across many subjects.
- ✓ **World Geography Games** - <https://world-geography-games.com/world.html>  
A range of resources available across many subjects.
- ✓ **Seneca** - <https://app.senecalearning.com/courses?Price=Free>  
A suite of free resources available for students, teachers and parents across many subjects.



# Useful Tips

## Hints and Tips for Post-16 Students

- ✓ Have a structure to the day, with a clear focus on a particular area (ie – coursework, CV writing, UCAS applications, exam practice)
- ✓ Give the young person the autonomy to have a choice on how the day is structured
- ✓ Try to be located in one or two rooms in the house, then have a separate rest area
- ✓ Encourage the young person to write a daily log, reflecting on their learning and what they have accomplished each day. Praise all the achievements, no matter how small.
- ✓ Encourage the young person to have a ‘group chat’ with their peers and support each other / give advice. They may be more likely to discuss any concerns they have with a friend
- ✓ Encourage a mixture of learning styles - visual, kinaesthetic (learn by doing) and auditory.
- ✓ Have movement breaks regularly throughout the day – go for some exercise, walk the dog, join in with some online ‘keep fit’ videos
- ✓ Learning opportunities are everywhere around you, be creative!



# Useful Links

- ✓ **Barclays Life Skills** – [www.barclayslifeskills.com](http://www.barclayslifeskills.com)  
Provides workshops on CV writing, applying for jobs, interview skills and virtual work experience.
- ✓ **BBC Bitesize** - <https://www.bbc.co.uk/bitesize>  
Resources for students from reception to Year 11
- ✓ **BBC drama - podcasts** - <https://www.bbc.co.uk/programmes/p02pc9s1/episodes/player>  
Dramas for English Language learners, e.g. Alice in Wonderland and Frankenstein from BBC World Service.  
Improve your English with retellings of stories - classic and new.
- ✓ **BBC Learning English** - <http://www.bbc.co.uk/learningenglish/english/features/6-minute-english>  
Includes English my Way – basic level videos as well as higher level activities
- ✓ **BBC English in a minute** - <https://www.bbc.co.uk/learningenglish/english/course/eiam>  
A one minute video explaining a point of grammar followed by activities
- ✓ **BBC Skillswise** - <https://www.bbc.co.uk/teach/skillswise>  
Helps adult learners improve reading, writing & maths.
- ✓ **British Council Learn English Teens** - <http://learnenglishteens.britishcouncil.org/>  
Resource for learning English.
- ✓ **Daily Grammar** - <http://www.dailygrammar.com/>  
A collection of short lessons with questions and answers covering parts of speech, parts of sentence and types of pronunciation.
- ✓ **Digital Literacy** - <https://en.diglin.eu/>  
Online Materials to Practice Reading, Writing, Speaking and Listening for zero/low literacy students.
- ✓ **Draw a stickman** - <https://www.drawastickman.com/episode1>  
Mouse practice for beginner IT users





# Health and Wellbeing for All

## Health & Wellbeing:

<https://www.epinsight.com> Twitter - @EPInsight

EdPsychInsight have shared these ideas that might help while education settings are closed:

## Managing Stress: self-care during the coronavirus crisis

### Prioritise

- Break up the stress into smaller and more manageable chunks.
- Make “To do” lists – divide items into Must vs Should vs Could.
- Forgive yourself if you don’t achieve something – priorities can change quickly.

### Focus

- Disrupt negative thinking by paying attention to the present moment.
- Look at and listen to the sights and sounds in the garden or driveway.
- Notice how your feet hit the floor when walking from room to room.
- Tune in to the smell and texture of your food as you eat.

### Routine

- Minimise the impact of stress by maintaining structure and routine.
- Keep doing things which are familiar and meaningful.
- New decorating projects and clear-outs can give you goals to work towards.
- Plan a new meal, start a new book or try different genres for movie nights.

## Exercise Find creative ways of being active when indoors.

- Perform star jumps, lunges, planks and chair/wall
- push-ups during TV adverts.
- Learn a dance routine from YouTube.
- Schedule toning and bodyweight exercises each day: <https://tinyurl.com/y57d6cf7>



# Health and Wellbeing for All (continued)

## **Connect**

- Maintain support networks to promote belonging, safety and emotional regulation.
- Get in touch with friends that you haven't spoken to in a while.
- Use text, email, video chats or letters to check in and share news/gossip.
- Prioritise positive social media and avoid too much news coverage.

## **Breathe**

- Take control of your breathing to stifle panic.
- Slow and rhythmic breathing in and out.
- Consider movement & vocalisations from the BreathBody-Mind approach:

<https://tinyurl.com/tk4nkq4>

## **Gratitude**

- Take more notice of the pleasures in life.
- Thank others for what they do and say more often.
- Get into the habit of listing or reflecting on three good things which you are grateful for each day.

## **Young Minds**

- More information to support your mental wellbeing can be found at Young Minds

<https://youngminds.org.uk>

*Whilst every effort has been made to ensure that the links provided are accurate, we are not endorsing companies/providers.*

## **Cosmic Kids**

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

Mindfulness and exercise to well known stories.



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## Ideas of things to do with children and young people...

Reading a story. Reading together.	Construction- Lego, Knex, bricks	Sand pit	Water play- plastic trays, containers, washing up bowls	Finger painting Handprints
Make dens using sheets and blankets	Watch films together	Pasta shape painting and collage	'Paint' in the garden with water	Measure things with a rule or tape.
Play board games	Puzzles	Play shops	Play cafes	Make a house with a cardboard box
Make obstacle course	Trampoline	Make puppets out of socks	Scrapbooks	Make collages out of old magazines
Look at photos of animals, places etc	Look after pet and do a project about it	Simple cooking, sandwich making.	Baking – measuring, recipes, decorating.	Make your own play dough-salt dough
Make musical instruments with containers and rice etc	Make a show	Dance to music	Do a workout	Play card games
Make up a quiz and send it to friends by email	Treasure hunt- e.g. in the house and garden find 10 items to go in a matchbox.	Word games - I spy, 20 questions, alphabet memory games	I-pad games/ tablet games	Make your own board game
Do origami and send photos to friends	Colouring in	Birdwatch in the garden and learn to identify birds	Take photos of nature	Write a diary
Make a recipe book	Do a chore in the house	Child led project about an interest	Audible books/ story tapes	Learn to draw Make cartoons
Research a country	Make a quiz for the family online.	Older children deliver a lesson to younger children- could do online.	Learn a new language e.g. Duolingo website	Practice a musical instrument-use YouTube to learn.
Find a virtual tour of a museum or zoo	Google virtual tours	Webcams of volcanoes etc	Have fun doing hairstyles	Create outfits and do a fashion show

# I D E A S



## Ideas of things to do with children and young people...

Take photos of things close up - challenge people to guess	Junk modelling	Papier Mache	Ready steady cook challenge- What can be made?	Press flowers collect leaves.
Make pretend potions in the garden.	Science experiments- float or sink in the washing up bowl or bath.	Make decorations like paper chains, pom poms, paper bunting.	Make a video to share with the family	Write stories or make a comic book
Make a joke book	Paint on pebbles	Karaoke? Find lyrics on google	Chalk drawing on the patio/doorstep.	Sewing activities. Learn to knit or crochet.
Grow cress seeds or grow an apple pip etc	Sketch in the garden or items in the house.	Create a playlist	Listen to podcasts	Relaxation exercises
Learn a new word a day	Watch a nature programme	Make up a 'Strictly' routine	Design a dream island/theme park on plain paper	Make shadow puppets using hands and a lamp on the wall
Paper plate crafts- make faces, decorate	Make jewellery from pasta shapes or rolled newspaper tubes	Doodle/ scribble and make pictures from the doodle	Make paper planes and see who's can fly the furthest	Indoor games – e.g. bowling alley out of plastic bottles, indoor cricket with a wooden spoon.
Tea party for toys	Hide and seek/ Simon says	Make a picnic and have it indoors or in garden	Create a time capsule with messages, pictures etc	Write letters or cards
Fact learning challenges- counties of the UK, capital cities, Kings and Queens	Make your own word searches	Learn magic tricks	Learn the alphabet in sign language	Play charades with movie/book/TV titles. Play Pictionary on scrap paper
Cutting and sticking activities	Write a play script	Make up stories using model characters such as lego/ play mobile	Ice cube experiments- melt, float, shine light through	Make ice lollies with squash and water.

# I D E A S



# Information about Corona Virus?

*Highlight the links - then press ctrl and click to open the site*

These links have stories and information that might make it easier to answer questions.

➤ **How to talk to children about the virus.**

<https://childmind.org/article/talking-to-kids-about-the-coronavirus/>

➤ **Good visual ppt about coronavirus-primary aged and upwards.**

<https://carolgraysocialstories.com/wp-content/uploads/2020/03/Pandemics-and-the-Coronavirus.pdf>

➤ **Short story about Coronavirus- very visual and good for younger children**

<https://www.mindheart.co/descargables>

➤ **Social story about social distancing**

<http://l.ead.me/bbPKG6>



# What is Corona Virus?

*Highlight the links - then press ctrl and click to open the site*

These links have stories and information that might make it easier to answer questions.

➤ **TES resources around Coronavirus – All ages**

<https://www.tes.com/resources/search/?rawFilter=%28title%3ACoronavirus%20OR%20Covid-19%20OR%20Covid%29%20AND%20-%28price%3A%5B%2A%20TO%20%2A%5D%29>

**If your child has special educational needs and you are concerned about school provision:**

<https://www.ipsea.org.uk/news/ipsea-update-on-covid-19-school-closures-and-sen-provision>

