

Dear Parents and Caregivers,

Attached a series of lessons for home schooling. The lessons should be loosely based on a whole school timetable to allow for similar lessons. I will attach videos etc. on Seesaw that can be used on the day.



5, 6 and 7 year old children need to move often (as you know), so try to avoid long stretches of sitting. Setting a timer can be helpful, as they can see an end to the time they need to sit. Mix it up by alternating 'desk' activities and movement ones where possible. Search brain breaks on your computer. There are many great action songs with movement on YouTube. Go Noodle, Cosmic Yoga and finger rhymes are some you could try.

<https://www.youtube.com/channel/UC2YBT7HYqCbbvzu3kKZ3wnw>

[https://www.youtube.com/results?search\\_query=cosmic+yoga](https://www.youtube.com/results?search_query=cosmic+yoga)

[https://www.youtube.com/results?search\\_query=super+simple+songs+nursery+rhymes](https://www.youtube.com/results?search_query=super+simple+songs+nursery+rhymes)



When writing it is very important to encourage correct pencil grip and letter formation as per the SA handwriting charts. No letters in English start at the bottom. Encourage correct sizing, spacing and use of lines where possible. Reception and Year 1 children are in their early stages of writing but it is important to guide them in this. Read with your child every day, this means you reading aloud to them, and/or letting them have a go at reading to you. Look at the cover, get them to predict what the story may be about, ask them questions about the story and clarify any new or unknown words. Look for sight words and the sounds that they are learning. Nursery rhymes are a valuable source of sight words and develop a sense of rhyme, which is so important for young learners.

Life will happen and there will be times that you do not get everything done. This happens at school too and you will need to be flexible. Be guided by your child, remember they are capable of doing many things independently and do not always need your help.



Encourage your child to play, make and create every day. Lego, blocks, construction, dancing, singing, modelling, playdough, performing, collage, threading and puppets to name a few. Children learn so much through play.

We are all learners in this together. As teachers we are upskilling every day in new ways to embrace home learning, particularly with the use of technology e.g seesaw and online teaching.



Feel free to contact me via Seesaw or by email but keep in mind that I am at school teaching the children who are still here and may not be able to get back to you promptly.

How fortunate are we to be part of this fabulous school community! We wish you the best of luck with home learning.

Warmest regards to you all,

Nada