



Home Learning Information and Resources

Dear Parents and Children,

Please find enclosed some activities and ideas to support your child's learning at home.

We hope you will enjoy the work we're providing and look forward to seeing you all again as soon as is possible. There are a few important things to bear in mind.

- Try to have a structure to your day. It won't be a formal timetable like we have for lessons in school, but make sure you include variety.
 - **Definitely enjoying a story every day is of the highest priority**
 - Problem solving activities
 - Physical activity – very important – get outside if you can, but also there are lots of lovely ideas for exercise and dance fun. Children need to be physically active for **at least 2 hours a day!!!!** ...so no 'vegging out' for hours on end or overdoing screen time, please, please. That's a really bad idea for your mental and physical health.
 - Creative art or craft activities. This can include cooking as well as art and craft.
 - Singing: songs, rhymes and singing games. Look for ideas on YouTube.

- To begin with, we are sending home learning materials for two weeks, but will hope to update information thereafter if required. Please don't worry if you can't cover all the activities in two weeks. Also don't put too much stress or impose long hours of study upon yourself or your child. Balance and variety is the thing to aim for.

- If something seems tricky, try to break it down into smaller steps or simplify instructions.

- Similarly, look for ways in which activities can be developed or taken further to deepen understanding. It's always great if you can find a practical application of learning – putting it into a real context to make or do things around the house...sadly we're not going to be out and about much.

REMEMBER. At Loughton Manor First School our aim is "Building a life long love of learning in a safe and happy school."

We can't all be in school and enjoy being 'safe and happy' together at the moment , but do keep your child **loving their learning** ... that is, keep it fun for you both!

A handwritten signature in black ink that reads "L. Bancroft". The signature is written in a cursive style.

Lizzie Bancroft, Headteacher