

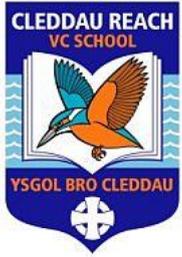
Cleddau Reach VC Primary School



Pupil Work Booklet

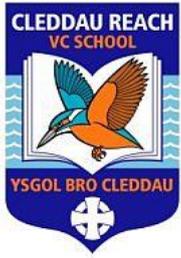
Foundation Phase Pupils





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Advice on Routines

If your child is between 3-7 years old they are taught within the Foundation Phase. The principles of the Foundation Phase encourage active play, learning through 'doing' and plenty of outdoor experiences.

Here are some suggested timetables that you could follow to support your infant child at home. It can be really helpful for your child to visually see their timetable each day. This will help them to focus their concentration to each learning task. Please do not feel that these need to be followed religiously, they have been designed to provide you with a helpful guide.

Suggestion 1

Before 9:00	Wake up	Eat breakfast, make your bed, get dressed, brush teeth
9:00-9:30	Physical Activity	Joe Wicks PE lesson (available on youtube), Gonoodle, family walk, yoga
9:30 – 10: 30	Phonics/ Literacy	Follow the guidance set by individual class teachers and find further activities to support your child's literacy skills within this booklet
10:30-11:00	Snack and free play	We encourage healthy snacks and outdoor play
11:00-12:00	Creative time	Lego, KNex, construction, drawing, crafting, play music, cooking, baking, junk modelling
12:00	Lunch	Involve your child in preparing their lunch
1:00-1:30	Maths time	Follow the guidance set by individual class teachers and find further activities to support your child's numeracy skills within this booklet
1:30-2:30	Quiet time	Reading, puzzles, family time, nap
2:30 – 4:30	Outdoor time	Bikes, walk the dog, play outside

Suggestion 2

9am – 9:30	Language time (reading and spelling)
9:30 – 9:45	Playtime (physical activity if possible)

9:45 – 10:30	Writing (phonics and letter formation)
10:30 – 10:45	Playtime
10:45 – 11:30	Maths activities
11:30 – 12:30	Lunch
Afternoon	Creative time and learning through play

Reading

Above all, please keep reading to your children (daily) and encourage them to read to you. Please look at <https://www.oxfordowl.co.uk/> for free access to Oxford Reading books - simply create a login and your child can read books at their reading ability and enjoy comprehension activities linked to the book.

Audible Stories

Audible have made hundreds of titles for children free to access on their [website](#).

Spelling

Continue to practise reading and spelling the first 100 High Frequency Words. Reception children can practise reading/spelling the tricky words- the, to, go, no, I, he, she, we, me, be, was, my, you, they, her, all and are using flashcards (you could make these with post it notes for example)

Maths

Your child has individual accounts for Easimaths. Each session takes around 15 minutes to complete. They could complete up to two sessions a day. Also look out for any set work digitally by your class teacher.

Handwriting

Please help your children practise their letter (capital letters and lower case) formation using cursive script. Remember that every letter 'starts from the line'.

Drawing

Illustrator Rob Biddulph offers [videos](#) designed to help your child learn how to draw!

RE at Easter

Watch the [animated film about Easter](#), attempt a short quiz and reflect on the range of feelings expressed at this important time of year in the Christian calendar.

Exercise and Wellbeing

A popular site we use in school is [gonoodle](#), for yoga and mindfulness try [cosmickids](#) and for daily exercise see [Joe Wicks](#). There are QR code links to some of these within this booklet.

Time

A great way to support your child during this time is to help them with the concept of time - reciting the days of the week, months of the year and talking about today's date. Everyday in school, we talk about the day, date and the month - ask your children to teach you one of the songs they have learned.

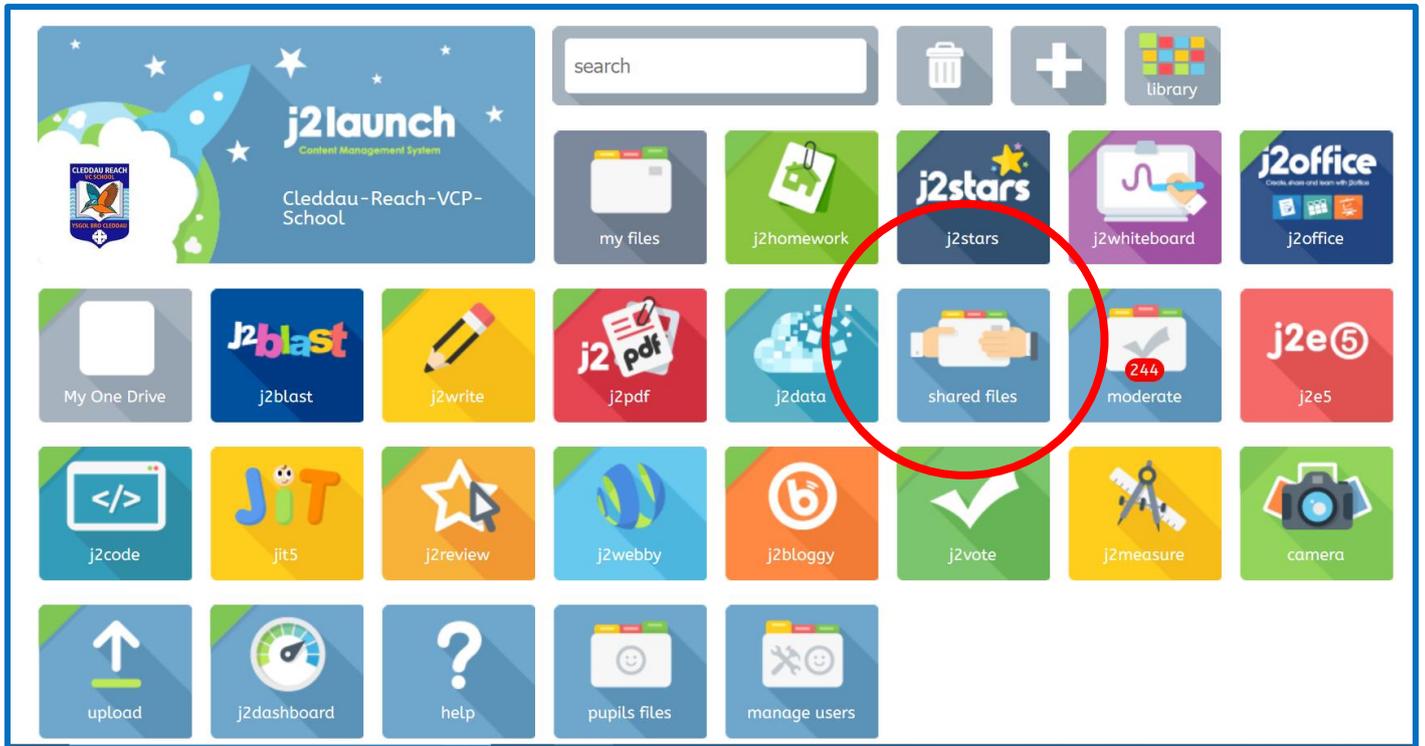
In Years 1 and 2, we are teaching the children how to tell the time using an analogue clock or watch face. You can help with this by talking about time with your child eg "we are having lunch in half an hour at half past 12", and with helping them to read the time. Enjoy making clocks together, writing numbers on a clock face and making the long and short hands.

The expectation at the end of Year 1 is that children should be able to read o'clock and half past the hour. The expectation at the end of Year 2 is that children should be able to read at least o'clock, half past, quarter past and quarter to and also read the time on the clock to the nearest 5 minutes.

How will the teachers be setting work?

Teachers are going to use 'HWB' to set literacy, mathematics and topic based work every Monday by 9am **from Monday 20th April onwards**. Individual class teachers will have given further detailed instructions on how to access this work within their class 'Home School Support' handout.

In most cases the children will be able to find their set tasks within the 'Shared Files' folder on Just2Easy.



What if my child needs help to complete the work?

Staff will make sure the work being set is appropriate and will be mindful of the fact they are not there to teach the children. As much as possible, pupils should complete tasks independently or if they are really stuck they should ask for help and advice from family members. However, if you have any questions regarding the work set you can email the class teacher. Most importantly, please don't worry. All we ask is that pupils try their best 😊

What should my child's daily routine look like?

Whilst your child is not in school, it is important that they get into a daily routine. Pupils are going to have to be more independent, so we advise following these top tips to make sure your child is more productive at home.

1. **Sleeping** - Get a good night's sleep and have a set time that you are going to go to bed and get up each morning.
2. **Daily Routine** - Have a plan for the day and complete your work during these times.
3. **Workspace** - Have a designated study area so that your child can focus on the work they need to do and switch off from distractions e.g. tablets, TV
4. **Healthy Eating** - Make sure they are eating a balanced and healthy diet as its important for their health and well-being.
5. **Stay Active** – Plan some time in the day where your child has an activity that keeps them active or focuses their mind e.g. exercise, walking, reading, completing a jigsaw, listening to music or cooking with a parent.

Staying Active and Mindfulness

The idea of being at home and not in school might seem very attractive at first but coming to school is a big part of staying active and helps pupils with their mental wellbeing. Therefore, you need make sure you use your time productively and you will feel better for doing a small bit each day.

Here are some useful tools you can use at home to support your child's health and wellbeing...

WELLBEING & KEEPING ACTIVE



Scouts

Scouts have developed some inspired indoor activities to help your child learn new skills!



PE with Joe Wicks

Joe Wicks 'The Body Coach' will be doing daily 30 minute workouts for children at 9am every morning.



Cosmic Yoga

'Yoga, mindfulness and relaxation designed especially for children'



GoNoodle

One of our personal favourites in school! Find lots of videos to get your child moving, dancing, stretching and wiggling!



Edinburgh Zoo Live Cams

Become an 'at home' visitor to Edinburgh Zoo and check up on the penguins, pandas and tigers!



Ted Talks for Kids

WeAreTeachers have compiled a list of the '35 must-watch TED talks for kids and teens'



Mindfulness Breathing

The following "Mindfulness Exercise" is simple and easy to follow. Encourage your child to have a go.

1. Find a quiet place that is free from distractions
2. Sit, stand or lie down with you back straight and relaxed.
3. Start by breathing in and out slowly. Breath in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
4. Let go of your thoughts. Empty your mind and focus your awareness on your breathing. Purposefully watch your breath, focusing on its pathway as it enters your body.
5. Try and do this for 2-3 minutes (or longer if you like) at least once or twice a day.

Recommended Reading List

Daily reading is an important tool for learning and a good habit to get into. Therefore, the following lists have been recommended for students to read at their leisure. However, as a school we would encourage you to read anything that you find interesting.

Foundation Phase
Owl Babies by Martin Waddell & Patrick Benson
The Lion Inside by Rachel Bright & Jim Field
All Join In by Quentin Blake
Mr Wolf's Pancakes by Jan Fearnley
Suddenly by Colin McNaughton
Peace at Last by Jill Murphy
The Wonder by Faye Hanson
Aliens Love Underpants by Claire Freedman & Ben Cort
Spinderella by Julia Donaldson & Sebastien Braun
Zog by Julia Donaldson & Axel Scheffler
Tiddler by Julia Donaldson & Axel Scheffler
Pants by Giles Andreae & Nick Sharratt
What do you do with a tail like this? By Steve Jenkins & Robin Page

How can I access free online eBooks?

We appreciate that it might be difficult for you to get some of the books with some local libraries being closed. Therefore, we are recommending you your County Library Service to access books online through 'Borrowbox'. Once you have joined the library and downloaded the Borrowbox app you can browse, download and read eBooks at any time from any location using the free app.

How can I access this resource?

- You will need to join the Library Service. Anyone 16 or above can register for a PIN but for most of our students you will need to ask parents to register online on your behalf.
- The following link can be used by parents to register their child online:
<https://www.pembrokeshire.gov.uk/pembrokeshire-libraries/join-online>
- <https://www.Schoolreadinglist.co.uk>

If you need any help with supporting your child with their reading at home please do not hesitate in contacting your child's class teacher via email. They will be more than happy to help.

Useful Websites for Learning

Whilst there are many websites with online learning activities, we have put together a list of a few good ones that students could use to help with independent learning. It's not an exhaustive list and you might have better sites that you use, but there are some good activities and material on these websites.

You could also access the following websites:

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

(Early Years 3-5yr olds)

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

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

<http://www.letters-and-sounds.com/phase-1.html>

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

Phonics play is currently free to use. Username-march20 Password- home

Phonics games using to support learning in school

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

Phonics games used to support learning in school

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

(free downloadable printouts)

Use the code at [CVDTWINKLHELPS](#) to access twinkl for free.

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

The app is currently free to download

<https://www.youtube.com/watch?v=DzKqCmjVXLI>

Writing Numbers | Number Songs | PINKFONG Songs for Children

<https://www.bbc.co.uk/teach/school-radio/eyfs-early-years/z6bgnrd>

bbc early years radio- (The children really enjoy joining in with the nursery rhymes on this website)

In addition to the above sites staff will be setting and sharing work through 'HWB' it's vital that your child has access to their login details. Please email your child's class teacher if there is a problem with accessing HWB <https://hwb.gov.wales/>

Safeguarding and Pastoral Concerns

If you have any questions or concerns regarding the work that has been set, please make contact with your child's class teacher via email.

For our pupils...

If you have any concerns that you would usually speak to the teacher or other adult in your class about, please use the appropriate email address below to get in touch with us. We will monitor our emails during school hours, but it may take up to twenty four hours for us to respond to your email. If there is anything that you need support with that is urgent, please speak to your parents, carers or another trusted adult.

Year R: loguej2@hwbcymru.net

Year 1: venablesj9@hwbmail.net

Year 2: evansm999@hwbmail.net

Year 3: ellisd52@hwbmail.net

Year 4: jamesd198@hwbmail.net

Year 5: woodwards14@hwbcymru.net

Year 6: pearsonr24@hwbcymru.net

For any general concerns of a pastoral nature: head.cleddaureach@pembrokeshire.gov.uk

If you require support over weekends or at other times of the day, the contact numbers below are good sources of support and guidance.

- Childline: 0800 1111
There is also the option to chat to one of their counsellors via message rather than over the phone. Alternatively, you can e mail in any questions and access the message boards and a range of activities on their website. Visit <https://www.childline.org.uk/> for more details.
- Samaritans: 116 123 or jo@samaritans.org (24 hours response time)
Visit <https://www.samaritans.org/> for more details

childline

ONLINE, ON THE PHONE, ANYTIME
[childline.org.uk](https://www.childline.org.uk/) | 0800 1111



Frequently Asked Questions

Question: Who do I contact if I have a question about my child's school work?

Answer: First of all don't worry, we just ask that your child does their best. All class teachers will be contactable via email and will aim to respond as soon as possible.

Question: Who do I contact with a pastoral question?

Answer: Your child's class teacher.

Question: If my child is ill, do they still need to complete the work set?

Answer: Complete what they can. It is no different to your child being at home poorly during the school year and keeping as up to date as possible. Staff understand that there will be times where they can't complete all of their work – that is ok.

Question: What do I do if my child runs out of work to do?

Answer: Use the recommended books, films and activities sheet to give you ideas for alternate activities. There are also lots of websites that are recommended to support your child with their studies. Be as creative as possible and make the most of this opportunity (Use youtube to learn to juggle, play chess, sing!). Encourage your child to help out with family chores.

Question: Will the work be marked?

Answer: Where possible teachers will give feedback on the work set (if it is required), however, this may not always be possible.

Question: If I email a teacher and I don't hear back within twenty four hours, what do I do?

Answer: We will try to cover all emails, but it may not always be possible.

Question: What do I do if my child doesn't know their HWB login details?

Answer: Email your class teacher for your child's details.

**Most importantly, remember, we are here to help and support you and your child through this time.
We'll get through it together.**