



Supporting your Child at Home with Home Learning and Inclusion.

Learning to make a difference through God's love.

Jesus said, 'Love one another as I have loved you'
John 13:34

Inclusion at NJS

Inclusion is very important to everyone at NJS; we value everyone involved in our school family.

Please use this links in this resource to support you and your family during this difficult time.

It is essential that all families stay in touch using the school website as the main source of information. All staff are regularly posting information and Mrs Moody is keeping families up-to-date on a very regular basis.



Children with SEND

This is a challenging time for children with SEND. There are lots of resources available to families that provide fun activities to help you through this difficult time.

If your child has an Education Health Care Plan (EHCP) they may still be able to go to school.

It is good to remember that you are not required to deliver a full curriculum to your child. All children do learn at different levels but lockdown may heighten their anxiety and this may present as reluctance to learn; this is not the case. The SEND children need a strong routine and structure to assist their learning pace. **Establish a clear learning timetable with your child – they are used to seeing and relying on visual timetables in school.**

Useful resources to support children with SEND

[SEND Home Learning Resource \(Twinkl\)](#)

[150 Sensory Learning Ideas](#)

[Audible free stories](#) – Free only during lockdown

[Supporting Adults with SEND and behaviour](#)

Also, refer to the previous document on website for SEND resources, which will signpost you to several websites with useful resources.

Calm Down Strategies Suggestions for Children

- Blow bubbles
- Chew sweets (not too many)
- Use a fidget
- Use a weighted lap cushion
- Use stretchy resistance bands
- Wear noise reducing ear muffs
- Diffuse essential oils
- Listen to music
- Do some yoga
- Bounce a ball
- Build things with LEGO

Hum or sing a song

Deep breathing exercises

Go for a bike ride

Draw a picture

Dance

Pop bubble wrap

Play with playdough

Use a stress ball

Tightly hug or squeeze an item/cuddly toy

Wear sunglasses to prevent bright lights

Use positive affirmations

Key Message for Children with EAL

If you feel that your level of English is not sufficient for you to support your child in the above activities (in English) please don't worry. Working with children and deepening of knowledge in home language is **equally important**, e.g. in reading, storytelling, science, history or maths. Allow your children to explore their own interests and to **summarise** in home language what they have read or found out from books or educational websites. To develop communication skills in English, you can encourage other family members or friends, who can communicate well to do this with your children through the use of internet. For example, encourage your children to attempt writing in English, to watch some entertaining TV programmes or to find out interesting facts in English.



Supporting Children with EAL

We recommend that you regularly check the school website for updated information.

Ideas to support at home:

- Reading together is a wonderful way to engage your child to learn. It is also a great opportunity for developing conversational skills, responding to the humour of the book, and a way of strengthening emotional bonds. All family members can be involved in reading
- For younger children, hunt for objects inside or out that begin with different letter sounds (and make a list). Support learning of vocabulary – **focus on alphabet sounds.**
- Encourage older children to research a topic they are interested in. Start by thinking of questions that they would like to know the answer to. They might then enjoy making their own fact file. This might include drawings, pictures and information downloaded and their own observations.

More ideas for EAL

- Cooking and baking – you can read instructions, estimate an ingredient's weight and weigh the ingredients, or write your own instructions/recipes.
- Gardening or walking (if either are options) - looking for signs of Spring e.g. tree buds; flowers; insects; birds; butterflies; observing weather changes and reading the thermometer.
- Design and technology projects such as building a bug hotel or making a bird feeder.
- Playing together – Lego bricks, board games, etc.
- Colouring, painting or cutting out.
- Writing a diary, letters, own stories or fact files on a subject of your child's interest.
- Finding different shapes around the house and describing their properties and the materials they are made from.

Useful Websites to Support at Home

<https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources/coronavirus-covid-19-list-of-online-education-resources-for-home-education> a very useful resource with links for many different learning platforms from early years to secondary school. **Extensive list of resources for a wide range of curriculum areas.**

<https://www.bbc.co.uk/bitesize> a website with free daily lessons for children

<https://flashacademy.com/free-eal-home-learning-support/> Free Home Learning Resources for Children with EAL

<https://home.oxfordowl.co.uk/books/free-ebooks/> electronic library with free books for children



COVID-19 Social Stories to help you explain the situation at home

- Social stories are designed to support your child's understanding of situations affecting them. The images help you to support their understanding if vocabulary is tricky for them. Within this next section you will find social stories on the following themes:

- Covid-19
- Stopping Germs
- Covid-19 Closures
- Being flexile with school work at home
- When loved ones are sick
- When I am sick

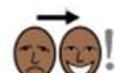
COVID-19

    .
Some people are getting sick with the coronavirus / COVID-19 .

     +  .
People with COVID-19 may get a fever, cough and feel tired.

       .
Older people, not kids, have been getting sick from COVID-19.

      .
Sick people can be tested to check if it is COVID-19.

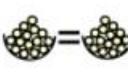
      .
Sick people can go to the doctor to feel better.

        .
Sick people will stay away from other people so they don't

  .
spread germs.

      .
Most people with COVID-19 will feel better in a couple weeks.

Stopping Germs

 We  want  as many  people  as possible  to stay healthy.

 How  can  we  stay healthy?  By stopping  germs!

 It is important  to use soap  to wash our hands.

 Wash your hands  for 20  to  30  seconds  to  wash away  germs.

 When  we  can't  wash our hands,  we  can  use  hand sanitizer.

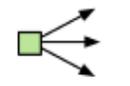
 Also,  try  not  to touch  your  face.

 I can  stop  germs!

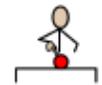
COVID-19 Closures

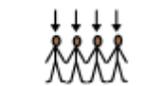
Some schools and places might close to help prevent germs

from spreading.

People in charge will decide what is best for my community.

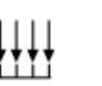
They want to keep everyone healthy!

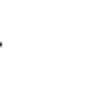
If my school is closed, I can do school work at home!

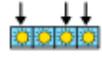
My parents, teachers, and trusted adults will let me know if

places close and when we can all go back.

I will go back to school when the COVID-19 germs are gone!

 I  usually  go to school  to  do  my school work.

But  things  are different  right  now.

 My  teachers  are  at  their homes.  I  am  at  my home.

But  we  still  have  school work  to do!

 My  teachers  can  send  me  school  work  to  do  at home.

 A grown up  up  at home  can  help  me  get started  on  my work.

 I  can do  my  school work  at  home!

 My  teacher,  my  family  and  I  will  all  feel  proud  when

 I  work hard.

Being Flexible with School Work at Home

     
I used to do my school work at school.

     
Now I do my school work at home!

 is  than .

     but     options.

 I can  choose:

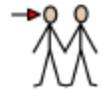
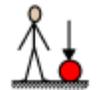
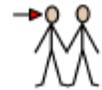
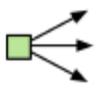
 •where to  work

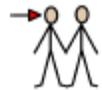
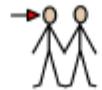
 •when to  work

It is  ok if  I  do  my  work  different at .

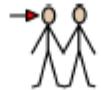
When Loved Ones are Sick

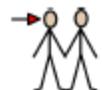
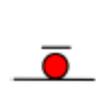
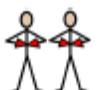
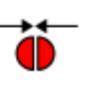
    
Someone I love is sick.

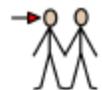
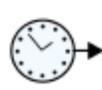
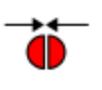
       
They need to stay away so they don't spread germs.

       
I might miss them. They miss me too!

   
I can talk to them on the phone.

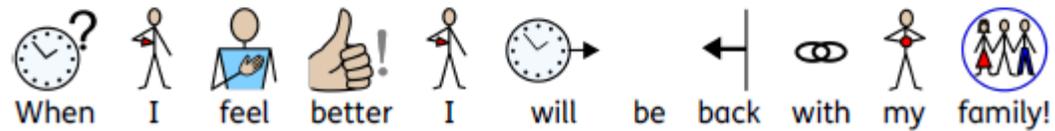
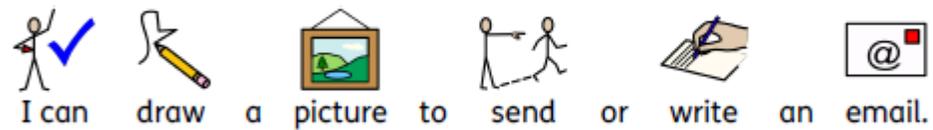
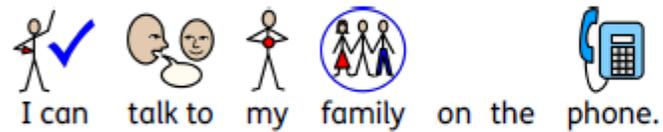
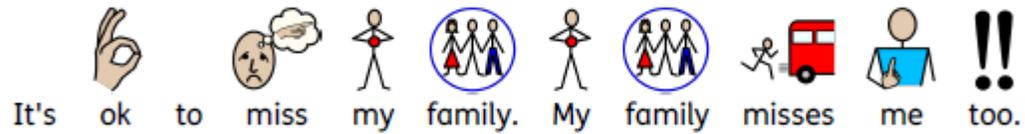
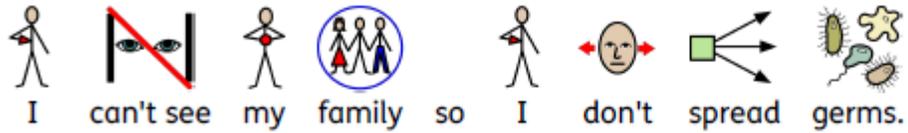
     
I can make and send them a card.

       
They still love me even though we can't be together now.

      
They will try to get better soon so we can be together


again.

I am Sick





Mental Health and Wellbeing

ThinkNinja is an App designed by child psychologists and available for free during lockdown. It is designed to provide mental health support for 10-18 year olds, simply go to your Apple or Android app store, search and download.

Keep a Wellbeing Journal and include feelings for each day, goals for the day, keep lists of things to do, find motivational quotes to keep your spirits lifted, do a mindful picture, include photographs of daily events as well as many other interesting things you do as a family.

Speak to each other at home.