

SENsational learning ideas – Keep Smiling!

Dear Parents / Carers,

Welcome to our fifth edition of the SENsational newsletter. As families have been at home for a number of weeks now our focus is Keep Smiling! Think about what you can do to keep cheerful and enjoy some fun alongside the learning.

Thoughts for the week



“A smile is a curve that sets everything straight.”

Phyllis Diller - American actress

“Nothing shakes the smiling heart.”

Santosh Kalwar - Nepalese writer and poet

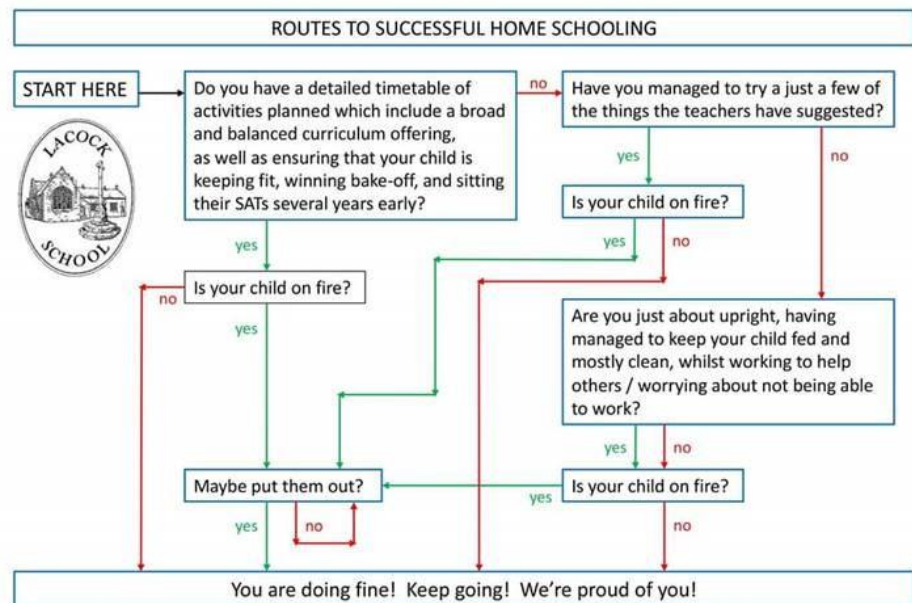
Deciding what to do

The key thing is to focus on what your child needs and what is manageable for you and your family.

Don't get stressed if you can't achieve all the learning you want to do.

Lacock School have produced this flow chart on successful home schooling.

You are doing fine! Keep it up!



Here are some upcoming national events that link to our theme.

8 May	No Socks Day	Let your feet free. Use socks for other activities – make sock puppets and put on a fun play, sort sorts into pairs, use them for counting in twos,
12 May	Limerick Day	Try writing funny limericks for friends and family. This is celebrated on the birthday of Edward Lear who was know for poetry as well as limericks.

May is [bike month](#) – set cycling targets, clean bikes and do bike maintenance.

Find out about different events through online calendars such as Days of the Year which can be accessed at this weblink <https://www.daysoftheyear.com/>. Be aware that not all of the days are appropriate for celebrating with young people.

There are lots of resources and suggestions for activities on our home learning website.

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



Skills Builders activities

- Litfilmfest have launched their quick-fire write – weekly writing challenges for children of KS2 and KS3/4 to have a go at. These use videos with questions at the end to respond to and children can upload their work. [Website](#)
- Rebecca Westcott from Courtney has worked with the BBC Bitesize to produce Bud's Number Garden an online game for children in EYFS or those needing support with recognising numbers, counting and sequencing. Bud the bee invites you to explore his magical garden, try out his fun games and puzzles. [Weblink](#)

Calm and Happy (wellbeing)

- Cosmic Yoga for kids - a mindfulness session focusing on feelings in our bodies. [Website](#)
- Lockdown wellbeing: 7 ways to stay calm and happy at home - this article helps us to keep thinking positively and continue to find ways to promote being happy and calm at home. [Website](#)
- You Tube video – Keep Smiling by Bars and Melody - cheer yourself up with this catchy song by teen duo – Bars and Melody. [Website](#)
- Can do this Video showing school staff with message boards saying, video sketches and Spiderman making an appearance! [Website](#)
- Colgate – Bright Smiles, Bright Futures Colgate oral care website – education programme including fun activities and videos with Dr. Rabbit and Dr. Brushwell. [Website](#)
- Learn how to give a relaxing (fully clothed) back massage using this weather story. [Website](#)

Be Creative

- Make a dotty portrait of your smiley face Make Lichenstein inspired portrait of yourself and your lovely smile! He famously painted in dots so this is an easy way to get really effective results. [Website](#)
- Experiment with self-portraits Picasso style A range of portrait ideas based on the work of Picasso. Perfect for all ages. [Website](#)
- Make an emoji stress ball out of a balloon and household items. If you don't have play doh, you can use flour instead! [Website](#)
- Make bath bomb gifts to say thank you to someone using ingredients you probably have at home. [Website](#)
- Make and send a card to cheer someone up.
- 30 things to do including creating crafts for people you miss, going on a bear hunt, off ground game using household items and travelling the world virtually. [Website](#)



Keep Active

- Gympanzees - fun activities for families and their children with specific disabilities including resources, videos and activities for early years, primary and secondary. [Website](#)
- 10 minute shake up - Incredibles 2 Jack-Jack's Super Shapes - can you lead everyone in a shapeshifting routine? [Website](#)
- Change 4 life – keep kids moving at home with a seated obstacle race, potato golf and Badmin-Cricket for early years and primary. [Website](#)
- Join the Move Crew with a new keeping active mission every day – this week is about acting cool and calm under pressure. [Website](#)

Frequently Asked Questions - South Gloucestershire Coronavirus FAQ site has answers to frequently asked questions to support you [here](#).

Contact us with your COVOD queries on SENDCOVIDenquiry@southglos.gov.uk or 01454 866123.

The telephone helpline will be available between 9 and 1 on weekdays (except Bank Holidays) but you can email in at any time. We aim to get back to you within 48 hours. Any questions posed to this helpline will be used to inform an FAQ section on the South Gloucestershire website.

If you have any ideas for home learning you would like us to share please email us at jo.briscombe@southglos.gov.uk.