



KNGS Community Newsletter 27th March 2020

In these uncertain times, we would like to maintain the strong community support we always feel at KNGS. During our social isolation, we will still support each other to maintain our health and wellbeing. This KNGS Community Newsletter will be one of the ways we can do this.

Although this first issue will offer tips and advice, in the future, this will be a way to share some of the ideas and tips we are learning along the way as we learn to navigate through this time of geographical isolation. We hope that this will offer support but also allow us to keep in contact with each other and share what we learn.



If you would like to contribute ideas or an article, please let us know. This may be from students, parents or carers or from other members of our KNGS community. Students may find useful learning resources or tips for how to exercise in the house or keep active, parents or carers will develop ways to keep students engaged with school work or even find recipes using our store cupboard basics. None of us have lived in this way before so let's share what we learn. Please also

send your images for our KNGS 'Time well spent' gallery.

We would love to hear your ideas so if you have tips or want to write a blog about your experiences, please send them to Lisa Shakespeare at lshakespeare@kngs.co.uk

Helping students to learn at home for parents and carers

You are not expected to set up a classroom or to teach your child but giving structure and support will make a big difference. Blogs and internet based guidance is popping up minute by minute but the following may help:

1. **Negotiate some 'school rules'** and set up a learning space. This may be difficult but try to limit distractions such as the TV or app notifications



Keep your eye out for free resources on the internet. There are more every day. We will bring you some of the best ones we have found next week. Let us know what you have found and we will share these.

2. **You don't have to teach.** Just as when your child has homework, help is about talking through any problems and asking questions rather than having the answers. This often helps the child navigate their way through difficult areas. Be around to do this but feel you need to be with them all the time. This will also help your child to take control of their own learning.

3. **Create a structure to your day.** There is no specific time that students should be studying but studying the subjects they would have in their normal timetable may help. Take opportunities to break up the day and to have specific break times. At school, students would not do the same activities for a prolonged period so are unlikely to do now. Make use of times to move around such as PE with Joe Wicks. It seems like most of the children in our country are exercising with Joe Wicks now!

4. **Learning comes in many forms.** If you have opportunities to learn by doing, take the opportunity. This may be by using ratios to alter a recipe, it may be development of problem solving via board games. Not all work should be screen based and if you have any books in your house, now is the time to dust them off.

5. **Use praise.** Keep the big picture in mind. Your child normally works hard in school and learns lots. If they are 'off task' a little in the coming weeks, try to focus on what they are doing well and give plenty of specific praise. If you need to redirect, ('I was really impressed by the way you concentrated on your history work, you can use the same determination with this work') this will sound positive rather than telling off for not working.



Jamie Oliver's Speedy Dough Balls

SERVES 4-6 / 20 MINUTES

250g self-raising flour

olive oil

Anything to eat with them – garlic butter, cream cheese

Place the flour and a good pinch of sea salt in a bowl, make a well in the middle, then mix in around 150ml of water and bring together to form a dough. Knead vigorously for a few minutes, then roll out into a long sausage, roughly 2cm thick. Chop into 2cm nuggets, toss in 2 tablespoons of oil, then rest for 5 minutes. Place in a non-stick frying pan over a medium heat for around 10 minutes or until golden and cooked through, turning occasionally.

Alternatively, I cooked them in the oven for around 10-15 mins. They were delicious and I put the leftovers in the freezer for snacking.



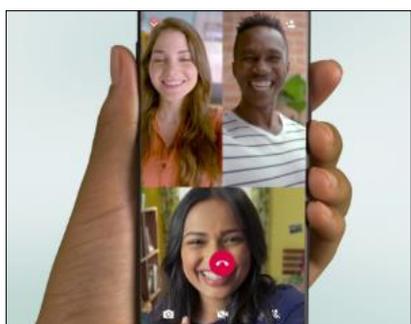
You may be doing PE with Joe Wicks along with your children at 9am every morning but the 7 days of sweat workouts are brilliant too.

https://www.youtube.com/results?search_query=7+days+of+sweat+with+joe+wicks

Tips for Students

You have already been given lots of advice on how to complete your work but remember that you will be expected to bring your folder of work and keep any digital work safe for when you return to school. Be organised and keep your work in subject and date order. This work needs to be high quality and your usual high standard. Don't worry if you get stuck; do your best and you will be able to check later.

School is only part of your life and now that you are at home, this section is how to enjoy living in doors with your family. Although you have been set work by your teachers, there are lots of extra resources you can use including the wisdom of other members of your family,... talk to them! This is time to start using what you have along with your imagination.



Remember that this is a strange situation for everyone in your family and everyone is learning how to do their work, share computers or devices and even cook without the normal flexibility of shopping.

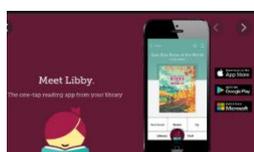
Be considerate and see things from the other persons point of view. You will have the opportunity to talk to your family more than you have ever done before. If there are family members in another household, Whatsapp video or Facetime if you can – you may need to teach your parents

or grandparents to do this. Be patient with them! Or send them a link to a help site such as: <https://www.youtube.com/watch?v=W28Ti9WjoKc>



PE with Joe Wicks – 9am every day. Be there. Everyone else is!

<https://www.youtube.com/watch?v=-8o8wMgAT-Y>



eBooks are available from Birmingham central library. Sign up via https://www.birmingham.gov.uk/info/50163/library_services/1550/ebooks If you don't have a library card already, don't worry, you can get a temporary one at this sit.



You can also download or stream books from <https://stories.audible.com> for free as long as schools are closed. Includes books in other languages



iBooks

Apple has also made some audio books available for free. You can access books via the app on your phone or tablet. Just go to the 'Book Store' and the free books section



Online safety: remember the tips you have learned – they still count!
<https://www.thinkuknow.co.uk/>

There are free activity packs for parents/carers and students on the Think U Know site at <https://www.thinkuknow.co.uk/parents/Support-tools/home-activity-worksheets/>

This is for 11-13, 14+ and for parents or carers



Online safety at home
SIMPLE 15 MINUTE ACTIVITIES TO DO WITH YOUR CHILD

Activities for 11-13s

Number 1, 24/03/2020

Activity 1: Watch *First to a Million*

- Download the *First to a Million* Powerpoint file [here](#). It's a big file so it may take a few minutes.
- Open the Powerpoint and watch the film. *First to a Million* is an interactive drama where you choose what happens next.
- In the final scene of *First to a Million* Jamal looks to camera and says "You were there, what do you think we should do?". Write down and answer these questions:
 - **How has each character been affected by what has happened? (Jamal, Meg, Tariq, Aleeya, Lucas)**
 - **What do you think each character should do next?**

Activity 2: *First to A Million – What Happened Next?*

- Re-open the Powerpoint file and watch the 'Character Films', which show what Meg, Lucas, Tariq and Aleeya did next.
- While you watch, write down the name of all the support services for young people which get mentioned.

Stay safe during the Coronavirus outbreak

Coronavirus

Wash your hands with soap and water more often for 20 seconds

Use a tissue to turn off the tap.
Dry hands thoroughly.



Palm to palm



The backs of hands



In between the fingers



The back of the fingers



The thumbs



The tips of the fingers



Great sites we have seen

Keeping good mental health:

- NHS: <https://www.nhs.uk/oneyou/every-mind-matters/coronavirus-covid-19-staying-at-home-tips/>
- Action for Happiness – Keep calm. Stay Wise. Be Kind. <https://www.actionforhappiness.org/>
- Guided **meditation**: <https://www.tenpercent.com/coronavirussanityguide>
- Dragonflyimpact has advice for children and parents in the emotions they may be currently feeling at <https://dragonflyimpact.co.uk/>. This also includes advice for parents of ADHD and ASD children as well as a daily challenge

Keeping your body fit:

- NHS: <https://www.nhs.uk/oneyou/for-your-body/>
- Joe Wicks – PE for the younger person, 7 days of sweat for some, and Joe Wicks for seniors for the less fit – all on <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Learning or general interest

- BBC Teach including live lessons <https://www.bbc.co.uk/teach>
- BBC Bitesize has an ever expanding range of content at <https://www.bbc.co.uk/bitesize>
- Pearson ActiveLearn including textbooks for Edexcel exam courses <https://www.pearsonactivelearn.com/app/Home>
- BBC Earth <https://www.bbcearth.com/>
- Global Positive News <http://globalpositivenewsnetwork.com/>

And if you like more structure for your day

9.00 PE with Joe Wicks on <https://YouTube.com>

10.00 Maths with Carol Vorderman on <https://www.themathsfactor.com/>

11.00 English with David Walliams on <https://www.worldofdavidwalliams.com/elevenses/>

12.00 Lunch with Jamie Oliver on <https://www.jamieoliver.com/features/category/get-kids-cooking/>

1.00 Music with Mylene Klass at <https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

1.30 Dance with Darcey Bussell at <https://diversedancemix.com/>

2.00 History with Dan Snow for 30 days at <https://www.historyhit.com/>

3.00 Science with Brian Cox. Not every day but <https://cosmicshambles.com/stayathome/upcoming-schedule>



Educational psychologist telephone helpline for parents and carers

Are you a parent or carer at home with your children during the school shut down, feel that you need someone to talk to about how you can cope with this challenging time for families?

Birmingham Educational Psychology Service is providing a telephone helpline for any parent or carers of children, who feel they would benefit from a consultation with a psychologist to support them with any concerns arising at this time, for them or their families.

Areas of concern you may wish to discuss could include:

- Anxiety around the current situation and its impact on your children and family.
- Supporting you to support your children's emotional needs.
- Concerns about family relationships.
- Concerns about friendships, learning, daily structure and activities.
- How to best look after yourself so you can support your children.

The concerns can be related to school or family life.

You will be offered an initial telephone consultation of 30 minutes with a psychologist and a potential follow up session of another 30-minute consultation at a later date. These will be Monday-Friday, within standard working hours.

If you would like to access this service please email: Stephanie.Bowen@birmingham.gov.uk with the following information:

- Your name
- The telephone number you would like to be contacted on.
- The name of your child's school.
- Times and dates you are **not** available for a consultation.
- Whether an interpreter is required for you to access this service.

We will aim to get back to you within 2 working days to confirm a time and date for your consultation.

This service will, **as far as possible**, be confidential.