

THINGS TO DO

A weekly newsletter from SEND Supported



ISSUE 1

23rd March 2020

As part of today's On-line Offer launch, here is a first weekly newsletter signposting to activities and websites to use with your pupils, whether at school or home. This includes a page for families who are caring for their children, and their learning, while at home.

Please forward this newsletter to any family who may find it helpful and share freely. If you know anyone who would like to receive future copies of **THINGS TO DO** they can sign up here for updates: <https://sendsupported.com/>

Take care, Leo and Lucy

EDITOR - Joanna Burden, with design help from Amelie Sartain.



Inside, you will find ideas and activities arranged in themes:

- * Emotional wellbeing
- * Learning
- * Autism
- * Family
- * Children at home



EMOTIONAL WELLBEING - Kate Griffiths

At a time when there is a lot of advice available relating to wellbeing it's important to ensure the advice is reliable, properly researched and evidence based- so it's going to work! The best starting point is to go back to the 5 ways to Wellbeing which was researched & developed by The New Economics Foundation.

Below are the links to both MIND and the NHS versions:

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-yourself/five-ways-to-wellbeing/>

<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Although some of the ideas are not possible at the moment, they are very easy to adapt and provide some great ideas to support both your wellbeing and the wellbeing of the children and families that you work with.

Joe Wicks has offered to become "the nation's PE teacher" following the closure of schools in the UK amid the coronavirus pandemic. He will be running virtual PE classes every weekday to ensure children are still keeping fit from home. <https://www.independent.co.uk/life-style/coronavirus-joe-wicks-live-pe-lessons-watch-youtube-school-closures-a9413081.html>



LEARNING - Clair Cole

National Literacy Trust <https://literacytrust.org.uk/family-zone/>

Split up by age group, you will find ideas and guidance for simple activities that will engage children at home, while also benefiting their reading, writing and language development. You'll be able to access free reading and writing resources, audiobooks, videos, competitions and reading challenges.

Woodland Trust

<https://www.woodlandtrust.org.uk/blog/2020/03/nature-detectives/>

Nature based activities for children at home. Plus a link to 'Tree Tools for Schools' which provides tree-based activities linked to English, Maths, Science, Art & Design and Geography for KS1 and KS2.

BBC Bitesize

<https://www.bbc.co.uk/bitesize>

A wealth of resources, advice and games for Primary and Secondary across all curriculum areas.

Oxford Owl

<https://home.oxfordowl.co.uk/>

Free ebooks, maths, phonics and spelling activities/games for Primary aged pupils.

twinkl

<https://www.twinkl.co.uk/resources/covid19-school-closures>

Free resource packs to help with distance and home learning.



AUTISM - Jules McLean

The National Autistic Society homepage now shows information about Covid-19 and links to pages with health advice. There is also a link to download Carol Gray's social story to help parents explain the situation to children who may be finding it hard to understand. <https://www.autism.org.uk/services/helplines/coronavirus.aspx>

This toolkit will help support children at home during this time of uncertainty. This toolkit provides families with what they need to help structure their child's day at home, no matter his/her age. <https://www.adhdfoundation.org.uk/wp-content/uploads/2020/03/Self-Isolation-from-school-schedule-for-home.pdf>



FAMILY & CHILDREN AT HOME - Clare Viney

The Family Information Service Newsletter contains a wealth of information useful to families in Warwickshire at this time.

<https://www.warwickshire.gov.uk/coronavirus>

The IPSEA website contains current information for families of children with SEND. These range from answers in relation to questions about entitlement to provision to considering the obligations of Local Authorities to continue with Statutory Assessment.

<https://www.ipsea.org.uk/news/ipsea-update-on-covid-19-school-closures-and-sen-provision>



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