In this edition you will find a new set of learning activities to support your child’s learning at home. This includes a focus on the theme of space. There is information for parents to support a child who is visually impaired, along with hints and tips on how to celebrate children’s achievements.
Learning activities

**Literacy and English**

This week we have a few suggestions to help join storytelling with children and young people’s creativity and imagination.

- Look at a picture book or comic strip with your child. Ask them what the story is about.
- Support your child in P2-P4 to make a comic strip of their favourite story or a new story.
- Older children (P5-P7) can think about how their comic strip story could be told in pictures with only a few words. They could use speech bubbles for the characters to tell the story.
- Young people (S1-S3) are asked create an alternative ending to a film or TV programme.

**Numeracy and mathematics**

Here are some activities for you to use in everyday situations to help children and young people practice using numbers. They can develop their understanding and use of estimation to solve problems.

- Talk to your child in nursery or the early stages of primary school and help them to guess how much liquid a cup holds. This can help them to learn about estimation.
- Children in P2-P4 can fill a container with enough pasta for one person to help learn about estimation. They can develop their ability to add and subtract using mental strategies.
- Older primary children (P5-P7) can use bus ticket prices to calculate the cheapest way for a family to travel. They can estimate the total weight of a truck and its load.
- Young people in in S1-S3 can calculate the difference between the highest and lowest temperatures in a table. This will help them learn about addition and subtraction.

**This week’s maths words:**

- **Estimate:** to make a reasonable guess using the information you have.
- **Calculate the difference:** subtract the smaller number from the larger one.

Maths can be fun, and these activities are designed to be enjoyable. Sometimes we may use mathematical terms which are unfamiliar to you or your child. Please check handy hints and tips with these terms.
**Themed learning**

This week we look at space and have some ideas of how to explore the topic with children and young people.

- For children in nursery to P1 there are some ideas to help them find out about space travel and astronauts. They can then make their own space rocket from any items you have at home.

- Children at the early stages of primary school (P2-P4) can find out about the solar system. They can explore the different types of jobs that people working in the space industry do.

- Older children (P5-P7) can make their own advert for jobs in a space station. They can then find out more about Tim Peake, the British astronaut.

- Young people (S1-S3) can investigate the challenges that humans face in space. This can help them think about mental health and how it affects people in difficult situations.

**Health and wellbeing**

Looking after our health and wellbeing as best we can is really important for us all in these uncertain times. We have ideas and activities for children and young people at different ages that you might like to include in your family’s daily life. These activities can help children to understand their emotions, feelings and think positively about their abilities.

- Ask your child (nursery age to P1), to make different faces showing a variety of emotions. Talk to them about how each emotion makes them feel.

- Talk to your child (P2 - P4) about two good things that have happened to them in the last week. Ask them about these events and how they made them feel.

- Talk to your child (P5 - P7) about the range of feelings they have gone through in the last few weeks. They could write a list of their positive and negative feelings.

- Encourage young people (S1 - S3) to think about the skills they have learned in the last year. Ask them to select three and make a plan for how they can develop them further. They can make a ‘Well Done’ certificate for every skill they have.

[View activities →]
Learning activities through the medium of Gaelic

- This week, children can develop their fluency in Gaelic through talking about climate change, planning ideas for improving their bedrooms and building their skills for working in teams.

- There are also new activities for numeracy and mathematics. We use mathematical terms that your child does not know, please check these handy hints and tips. The online live support Gaelic4parents can also help.

Share your children’s successes in learning Gaelic using #cleachdiaigantaigh #Scotlandlearns

Support for reading

Stòrlann Nàiseanta na Gàidhlig have uploaded Storyworld reading books online (they are available as PDF files).
Accompanying audios files for all of the books can be found at Gaelic4parents.

Abairtean / Phrases

- Iarr taic bho do theaghlach is do charaidean
  Ask your family and friends for support

- Thoir seachad moladh agus misneachd gu cunbhalach
  Praise and encourage regularly

- Bi misneachail
  Be confident
Each week we will share top tips and helpful advice for you as a family

Here are our top tips for this week

Hints and tips

Support for individual concerns and questions

Have you used the online dictionary Learn Gaelic? If you need help with translating words and short phrases, and how to say words.

Did you know Gaelic4parents has an instant messaging ‘homework help’ service for parents? Live online help is available Monday to Thursday, from 5.30pm to 7.30pm.

Looking back, looking forwards!

At this point in the year many children and young people would have been celebrating their achievements and milestones. Many will miss activities such as nursery events, leaving ceremonies, sports days and school dances. Why don’t you as a family, celebrate achievements in other ways. You could make a memory box or time capsule with items that remind you of 2019-20, or why not write a list or create a book as a reminder of all the good things and family activities that you have enjoyed.

It’s also a time to reflect on some of the changes and learning that has taken place during lockdown. Did you or your children learn a new skill, look after a neighbour, clap for the NHS? In future years, you can look back and remember this unique year. It may also be a useful source of information for future generations of your family! Homestart have useful advice for parenting teens during Covid-19 including helping them cope with change.
Hints and tips for parents of a child who is visually impaired

- Allow your child to explore their surroundings. They can help you with jobs around the house such as loading the washing machine, putting food items away and helping to prepare food.
- Explore cooking utensils, buttons on washing machines, dishwashers and so on.
- Explain to your child what things are used for, how they work and what they are made from.
- Help your child to ask questions such as ‘what do you think that is made from?’ and ‘is that lighter or heavier than the other item?’.
- You can use baskets or boxes to gather lots of different items with different textures, smells and sizes. For example, empty shampoo bottles, scented candles or sponges are all good for helping your child to use their different senses.
- Plan a route together to a shop or park. Talk to your child about what they are hearing, feeling and smelling. Discuss the things that are there to help them such as textured pavements leading to road crossings and audible pedestrian crossings.

The National Accessible Library, Young Calibre audio library and Listening Books can provide access to books for those with visual impairments, including children and young people.

Frequently Asked Questions about supporting learning at home during COVID-19

A new page on Parentzone Scotland answers frequently asked questions about learning at home during the Covid-19 crisis. This FAQ learning at home also provides some top tips on how you can continue to support your child’s learning.
Parentzone advice for parents who do not live together

We know the last few months have had added challenges for parents who do not live in the same household. If you are looking for advice check out these pages on Parentzone Scotland.

Support for parents in Gaelic Medium Education

Comann nam Pàrant (@CnPNAiseanta) provides advice and support on Gaelic Medium Education to parents.

Money matters

Are you worrying about money because of coronavirus? For help you can contact Children 1st Money Advisors by calling Parentline on 08000 28 22 33 or go to their website for guidance and advice about money worries. Parent Club also advice about money and your rights.

Did you know you can get a Best Start school age payment even if you are deferring entry to school? The grant depends on the age of your child, not when they start school. Applications are open now for children born between 1 March 2015 and 29 February 2016. Find out more.
We all need routines to help organise our days, but your challenge is to **think of as many ways to change your daily routine as you can**. Take all of the everyday, normal things that happen, from getting out of bed to brushing your teeth at night, and change them. They could be tiny little changes, or big changes. You don’t have to do any of them – the point is to imagine as many as possible. How many can you come up with? 10? 20? 100?

Perhaps you could brush your teeth using a different hand, wear somebody else’s clothes, write a letter instead of texting, have a dance at lunchtime. Make them as fun and as wild as possible without being impossible.

You can write them down, or just shout them out. If you get stuck – keep thinking, creativity is all about sticking with a problem until the ideas start flowing again.

Children can do this on their own, with a parent, or as a family.

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**Creativity challenge for the week**

**CHANGE AS MANY THINGS AS POSSIBLE!**

Get this newsletter emailed directly to you each week! Or pass it on to anyone you think might be interested!

Make sure you sign up to receive our summer special edition next week!