

Dear Parents,

I hope that the first week of home-schooling is going well. In these strange and uncertain times, I hope that you have taken the first week off school and the weekly extracurricular-rush-around, to appreciate some quality family time and enjoy the sun.

Since the announcement of schools being closed last week, the number and volume of resources that have been made available has continued to astound me. It is amazing how, when trouble strikes, people all over the world find a way to come together. Below I have provided links to extra resources you may have seen or heard of, but hopefully some that you haven't.

### **English:**

- David Walliams' read along:
  - o Every day at 1100 David Walliams is reading extracts from his very funny books. Children could read along at the same time, or simply listen along to the imaginary worlds he creates!
  - o <https://www.worldofdavidwalliams.com/elevenses/>
  - o He also has many fantastic resources related to each of his books. These include comprehension sheets, art activities and more:
  - o <https://www.worldofdavidwalliams.com/activities/>
- National Literacy Trust Resources:
  - o <https://literacytrust.org.uk/family-zone/5-8/>

### **Maths:**

- Maths with Carol Vorderman
  - o <https://tinyurl.com/ufugh44>
- Khan academy
  - o US based but early maths 'ist and 2<sup>nd</sup> grade' fantastic
  - o [khanacademy.org](https://www.khanacademy.org)
- Maths In Motion:
  - o <https://www.mathsinmotion.com/index.html>

### **PE**

- Joe Wicks the Body Coach.
  - o Joe Wicks is running a half an hour PE class from 0900am every morning live on his YouTube Channel 'TheBodyCoach'. This is a fantastic resources and his fun, child-friendly sessions can be joined in by all ages!
  - o <https://www.youtube.com/playlist?list=PLYCLOPd4VxBvQafyve889qVcPxYEjdSTI>
- Oti Mabuse's Dance classes
  - o <https://www.youtube.com/user/mosetsanagape>
- Darcy Bussell's Dance Academy
  - o <https://www.facebook.com/diversedancemix>

### **Science / Geography:**

- Science live at 11am with Maddie Moate.
  - o So far she has covered topics such as bird spotting, daffodil dissections, mini beasts and seeds – all of which link closely with our science curriculum.
  - o [https://www.youtube.com/channel/UCQ0\\_JQL4wdQd-Xe5hC4PwTg](https://www.youtube.com/channel/UCQ0_JQL4wdQd-Xe5hC4PwTg)
- Ben Fogle
  - o Ben Fogle is going live at 4pm each day on his Instagram page.
  - o <https://www.instagram.com/p/B-Mt-1rHA4a/>
- Steve Backshall

- Every day at 0930am the host of the kids programme 'Deadly 60' is going live to answer questions posted by his followers about all kinds of topics. This is streamed live on his Facebook page and YouTube channel:
- <https://www.facebook.com/stevebackshallofficial/>
- <https://tinyurl.com/rhbjk7p>
- TED talks:
  - There is a section on the TEDtalk website specifically designed to provide informational videos for children. These videos can be filtered down (e.g. age specific / topic specific, etc) so they provide appropriate, interesting information. Videos include things such as: Why dogs have floppy ears; how deep the ocean is; and how igloos keep you warm.
  - <https://ed.ted.com/lessons?>
- BBC Bitesize:
  - BBC Bitesize is an invaluable tool, providing resources throughout all subjects such as videos, games and lesson ideas which are closely linking to the schools' curriculum.
  - <https://www.bbc.co.uk/bitesize/levels/z3g4d2p>

### **Music:**

- Myleene Klass Music classes
  - Every Monday and Friday at 1000am Myleene Klass is videoing music lessons for children. So far she has taught lessons covering what basic rhythm is, and the difference between a major and minor.
  - On a sidenote, for those of you with babies and toddlers she is also doing lullaby sessions at 1830 on Wednesdays!
  - <https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ/>

### **Languages:**

- Busuu free language lessons
- <https://www.busuu.com/en/keep-kids-learning>

I will also be sending out an English task on the new SeeSaw app soon, as well as hopefully some maths resources about telling the time. The English will be a story writing task based of Alan Peat's story writing structure. If you would like to find out more about how this works please follow the link below or watch his video explaining his story-writing formula. <https://alanpeat.com/free-resource-developing-story-writing-in-the-infant-classroom/>

I hope that this gives you plenty to work from, however please do not hesitate to contact me for any resources, questions or help. I am more than happy to provide specific resources or help in any way I can. If you have tried to email me and I have not replied, please make sure you have typed my email correctly: [K.Bennett-Jones@stclement.sch.je](mailto:K.Bennett-Jones@stclement.sch.je) (Bennett has two n's and two t's as well a hyphen! Sorry!).

Below I have outlined a rough timetable similar to the one which we follow during school. You may like to adopt this even partly to give your days more structure.

Another idea I have seen from a friend and colleague of mine is using this time off school to teach his children essential life skills. So far he has taught his 5 year old son some basic car maintenance such as how to check the oil and fill the water! You may think about doing something similar, or maybe working on skills such as riding a bike without stabilisers or how to fix a puncture!

|       |                        |                                    |                         |             |           |                             |                                                                 |                |
|-------|------------------------|------------------------------------|-------------------------|-------------|-----------|-----------------------------|-----------------------------------------------------------------|----------------|
| Times | 0900 – 0930            | 0930-1015                          | 1015<br>–<br>1030       | 1030 – 1130 | 1130-1200 | 1200<br>–<br>1300           | 1300 –<br>1400                                                  | 1400 -<br>1500 |
| Day   | Joe Wicks<br>PE lesson | English /<br>writing /<br>spelling | <b>Break<br/>/ play</b> | Maths       | Reading   | <b>Lunch<br/>/<br/>play</b> | Geography /<br>History / Science /<br>Art / DT / ICT /<br>other |                |

For Parents:

In these times, so many educational resources have been presented for children. However, to be able to provide your children with these opportunities, stimulate their learning and harness their energy, whilst being so constricted to your own movements is, I'm sure, causing many challenges for your own wellbeing.

Please ensure that as well as looking after your children you also look after yourselves and each other in these challenging times. We are all in this together, so please remember that the struggles you are facing, are being faced by us all together.

As well as resources for your children I thought I would also include some resources for you in the hope that it could potentially help.

The local Yoga business 'Kalimukti' is now streaming many of their classes online. This is a fantastic way of releasing stress and have a bit of time to de-stress and relax. <https://tinyurl.com/v3g2r78> There are additionally many free versions, similar to this, online such as 'Yoga with Adriene': <https://www.youtube.com/user/yogawithadriene>

As well as fitness and wellbeing. Many food and beverage businesses have now made their services available online. A new website [www.fetch.je](http://www.fetch.je) has launched to help islanders through the Coronavirus crisis by compiling all these services onto one website so that people can more easily arrange collections and deliveries from local business and trades.

As staff we were also made aware of the AXA support programme, available for all Government of Jersey employees. <https://www.axabesupported.co.uk/> If you are not employed by the Government of Jersey, Mind Jersey have some fantastic resources available online and on their Facebook page: <https://www.mindjersey.org/> <https://www.facebook.com/mindjersey/>

I hope you are all keeping well. I am finding things very quiet and strange without the class and do miss them all dearly. Please contact me whenever you need.

| CLASS SCHEDULE                       |                                         |
|--------------------------------------|-----------------------------------------|
| Live streaming online to your home   |                                         |
| <b>MONDAY</b>                        |                                         |
|                                      | 19:30 - 20:30<br>Hatha Yoga<br>Calli    |
| <b>TUESDAY</b>                       |                                         |
| 10:00-10:45<br>Kids Yoga<br>Ashley   | 18:00 - 19:00<br>Hatha Yoga<br>Ewa      |
| <b>WEDNESDAY</b>                     |                                         |
| 13:10 - 13:55<br>Hatha Yoga<br>Calli | 19:30 - 20:30<br>Pilates<br>Ashley      |
| <b>THURSDAY</b>                      |                                         |
|                                      | 18:00 - 19:00<br>Jivamukti Yoga<br>Roxy |
| <b>FRIDAY</b>                        |                                         |
| 13:10 - 13:55<br>Pilates<br>Ashley   | 17:45 - 18:45<br>Vinyasa Yoga<br>Sam    |
| <b>SATURDAY</b>                      |                                         |
| 9:30 - 10:30                         | 11:00 - 12:00                           |

Don't leave home  
unless it's for the .....



Stay healthy and stay positive 😊

Best wishes,

Miss. Jones – [K.Bennett-Jones@stclement.sch.je](mailto:K.Bennett-Jones@stclement.sch.je)

Keeping up to date with the latest Covid-19 news:  
<https://www.gov.je/health/coronavirus/Pages/index.aspx>