**Ideas for teaching your children from home**

The following are some general ideas that might help you as you try to get through the next few weeks and months.  Countries that are ahead of us on this are finding young people like the freedom of learning from home.

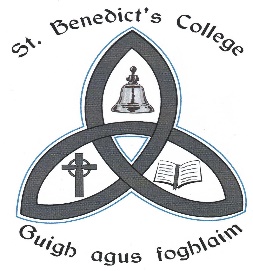
Try to get your child involved in a big project if you can - this can be more engaging and creative than doing several short school-type exercises each day - like the ones our college and other schools have posted online on learning platforms.  Let them explore and be as creative as they want to be. **Try to involve older relatives who are isolated, joining in to teach them or collaborate with them over Skype for a short time each day on some of the projects.**

Try to stay relaxed.  Learning should be fun.  Try to curtail distractions like mobile phones, TV and games - but remember phones might be helpful for this online learning work.  If you are really struggling with this, I’ve heard of some parents who’ve turned on the subtitles and turned off the sound to at least make them read while watching TV.  Not convinced there aren’t better ways of getting them to read though.

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| **Area** | **Suggestions** | **Online Links** |
| Getting organised | Online learning is not easy.  Filling in worksheets is an extremely small part of what normally happens in schools. This situation is not normal. Some things you can do to help are at this link. | [Advice on Studying from Home](file:///n:\RPF\Desktop\REMOTE%20LEARNING%20WEBPAGE\Advice%20on%20Studying%20From%20Home.pdf) |
| Google Classroom | Instructions for using this are on our website.  Your child has a login code (their school login + @c2kni.net)  Pupils should use their school password when signing up. | [Google Classroom](https://classroom.google.com/u/0/h)  [College website](https://www.stbenedictscollege.co.uk/coronavirus-academic-support) |
| BBC Bitesize | Excellent resource with a range of learning for all subjects. | [Link here for KS3](https://www.bbc.co.uk/bitesize/levels/z4kw2hv)  [Link here for KS4](https://www.bbc.co.uk/bitesize/levels/z98jmp3) |
| Online Learning platforms | There are many of these but most are not geared to young people - and many of them are trying to cash in.  Do not pay money for these  - you don’t need to. Still you might find something of use on the free sites (even for yourself) | [Edx](https://www.edx.org) - these are university standard courses so most useful for older pupils. Many of them are free  [Coursera](https://www.coursera.org/) - same as above |
| Youtube Learning | Some teachers are starting to post lessons but the problem is trying to find the good ones that are at the right level for your child.  You don’t really want to have to watch it through yourself first but that’s probably what you need to do.  Look for the ones with the highest views and likes and use these sparingly. | Watching a video can be very passive. Try to get them doing something active instead.  [You Tube](https://www.youtube.com/watch?v=Rz0go1pTda8) |
| Maths | Continue with your Maths Homework book. Aim to complete one section each week. Remember they are non-calculator and working out must be completed on the working out page.  MyMaths - log on and see what activities your teacher has set you. | [www.mymaths.co.uk](http://www.mymaths.co.uk) |
| English | Try to get your child to re-engage with reading - reading for pleasure without the need to complete exercises and activities is a good thing to do.  Many authors have box sets and trilogies which your child will enjoy working through.  If your child won’t read and you can afford it you might try e-books with the written copy as well so they can follow it.  Many children are keeping a journal of their thoughts, feelings and activities for future generations! | A quick search for “books for boys aged …”  “books for girls aged …” should get you started.  There are also lots of free online literacy sites especially at the moment for grammar punctuation and spelling.  A quick Google search should throw up something useful.  KS3 English on Bitesize is very good. |
| Languages | Duolingo - an app that gives free access to a range of courses; you can find French and Spanish courses. (There are others if you want to absolutely go for it). | Free on the apple store or google play.  Duolingo website [here](https://www.duolingo.com/) |
| Geography | 1. BBC Bitesize has an excellent section for KS3 Geography (Years 8,9 and 10), with all the topics under subheadings, videos for each and then  ‘Revise’ and ‘Test’ sections. These are all linked to GCSE, so if your child is Year 10 and has chosen GCSE Geography then this is an excellent way to get a head start on next year! 2. Write a daily journal. Every day, answer the following questions: 3. What is happening in the world today? Use www.bbc.co.uk/newsround or www.nationalgeographic.com 4. What is my response to this? (this could be a feeling or an action you are going to take)   3. Watch the [Smithsonian’s National Zoo live webcams](https://nationalzoo.si.edu/webcams) and ask children to write a short report on what the animals are doing.  4. Jot down a daily weather report using<https://kidsweatherreport.com/>. Type ‘Northern Ireland’ into the location and change to ‘Celsius’.Then record the Temperature, Wind speed, Humidity and General conditions e.g. ‘Partly cloudy’.  5. Try to describe and identify what clouds you can see every day using the website | <https://www.bbc.co.uk/bitesize/subjects/zrw76sg>    <https://www.bbc.co.uk/newsround>  <https://www.nationalgeographic.com/>    <https://nationalzoo.si.edu/webcams>    <https://kidsweatherreport.com/>    <https://www.weatherwizkids.com/weather-clouds.htm> |
| History | Extensive resources on Google Classroom.   * Get into a discussion with them on how they are living through unique events; ask them to compare this to wartime for their great grandparents and do a project on this.  1. Websites such as BBC bitesize, and apps like Kahoot and Socrative all have History quizzes on them to play. 2. Keep a daily diary of your experience through the coronavirus outbreak including your daily routine & the big news of the day. It could go into a time capsule as primary evidence. Could include newspaper clippings/stories from the internet. 3. Make a time capsule in a shoebox of 2020, including news items, fashion, music, culture, foods, hobbies etc. This would be for someone to excavate in 100 years time. 4. Interview an older member of your family via skype or FaceTime to find out what life was like for them as a child. 5. Watch or read Horrible Histories on CBBC Iplayer. (or read a historical novel e.g.The Boy in the Striped Pyjamas, Under the Hawthorn Tree, The Tattooist of Auschwitz). 6. Research an event/period in History that you have wondered about, produce a project on it - could be a comic/ model/poster/factfile etc. |  |
| <https://www.bbc.co.uk/bitesize/subjects/zk26n39> |
| HE | * Get them to engage with helping prepare food plans and menus. * Get them to work out online shopping for you and compare different stores * Get them engaged in cooking and preparing lunches as part of a project or assignment. |  |
| PE | * Exercise is vital.  Try to encourage regular exercise every day.  If you have facilities at home make sure they are safe and your child knows how to use them. * 20 minutes is fine; set them sensible challenges * Try a daily live PE lesson with Joe Wicks, the Body Coach. * skills based work for football or other sports (e.g. can you juggle a ball on your foot for 20 etc) * Practice skipping - doesn’t take much space and is a brilliant workout * Try an online yoga class- it can ease stress and anxiety by promoting relaxation whilst also increasing muscle strength and flexibility. * Check our Facebook page for weekly ‘Beat the teacher challenges’. | <https://www.youtube.com/watch?v=6v-a_dpwhro>    <https://www.youtube.com/watch?v=PUWg7fXnCf0> (might be at this level in two months...)  <https://www.youtube.com/watch?v=7kgZnJqzNaU>  [St Benedict’s College Facebook Page](https://www.facebook.com/CelebratingStBenedictsCollege/?modal=composer&ref=page_homepage_panel) |
| RE | * Some excellent opportunities for discussion on values and priorities for life in general. * No better time to talk to them about the meaning of life; social responsibility and living with gospel values. |  |
| Science | * Start a grow your own patch in the back garden somewhere. They’ll have to research how to set this up and look after it. * If you’re able to get to a garden centre and get some pots, seeds and compost...courgettes are very easy to grow - if not see if they can work out how to create seed stock from existing vegetables that you have in the cupboard. * Pick some flowers or weeds from around the garden and try to identify what they are. Internet research required here. * Experiments that can be done at home.  These could be good fun for you to try with your child. | <https://sciencebob.com/category/experiments/> |
| IT | Try to get them working on an automated presentation using [Movie Maker](https://www.microsoft.com/en-us/p/movie-maker-10-free/9mvfq4lmz6c9?activetab=pivot:overviewtab) (or similar free video editing software apps that they might already have on their phone or tablet) on any of the other topics suggested on this page   * Get them to do a VLOG (video log) on life during “lockdown” and edit this.  Older family members might be able to join in this. | There are some good instruction videos on this on Youtube - here’s [one](https://www.youtube.com/watch?v=O99NXVHfqMs).  Movie maker can be used to make photo based presentations with text captions. Music clips can be added into the background etc. |
| Careers/LLW | Get them to pick out some of the jobs healthcare staff treating the virus, or indeed any of the key workers on the Government list, are doing and do a profile on this.  If they have a family member working on the front-line services interview them and write a piece on it. |  |
| Music | * Buy them an instrument and encourage them to learn * You can either start with making up some tunes on your whistle or keyboard or guitar, whatever instrument you may have at home. * You could try to write some lyrics for a song and compose a melody for them. * You can record yourself (on your phone: voice memo) to keep track of progress made and try to write your ideas down. * If they’re really up for it and they are already playing or singing; get them to collaborate on a music video with some friends; pick a song; each one of them plays or sings it and records themselves; then do a mix and match video cut - if you’re really, really brave try and get some other family members or musicians out there to join in. | Most instruments have some Youtube resources to help get you started at least.    The video editing software from the IT section above would do the trick. |
| Art | * Set them a photography challenge - see what they come up with.  There are plenty of online and paper guides on this. * Look up some crafting challenges * (see links) or scrapbooking * Teach them to knit or sew simple projects (get their grandparents to show them on Skype how to do this - it’s the 21 Century so this can be gender neutral) | [Makes and Bakes NI](https://www.facebook.com/MakesandBakesNI/) - some really simple fun activities and challenges  for children of all ages - loved the sock bunnies in particular |
| TD | Design and make a game for the family.  Using resources from around your house. To develop communication skills, problem identification and practical skills.  Get your family to join you and make a competition out of it.  Tetris  Knots and Crosses  Maze  And many more  Take lots of photos of the manufacture process, upload photos to your google classroom account of your creative games.  Explore the range of resources on Technology Student. | <https://www.hellowonderful.co/post/diy-cardboard-tetris-game/>  <https://www.youtube.com/watch?v=4nb_1sAZESk>  <https://www.youtube.com/watch?v=z8Y4Mb-S-t4>  [Technology Student](http://www.technologystudent.com/) |

***Mrs McAteer and the Staff at St Benedict’s College - Randalstown.***

***Good Luck and most of all enjoy a brilliant opportunity to connect with your child/children.***

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