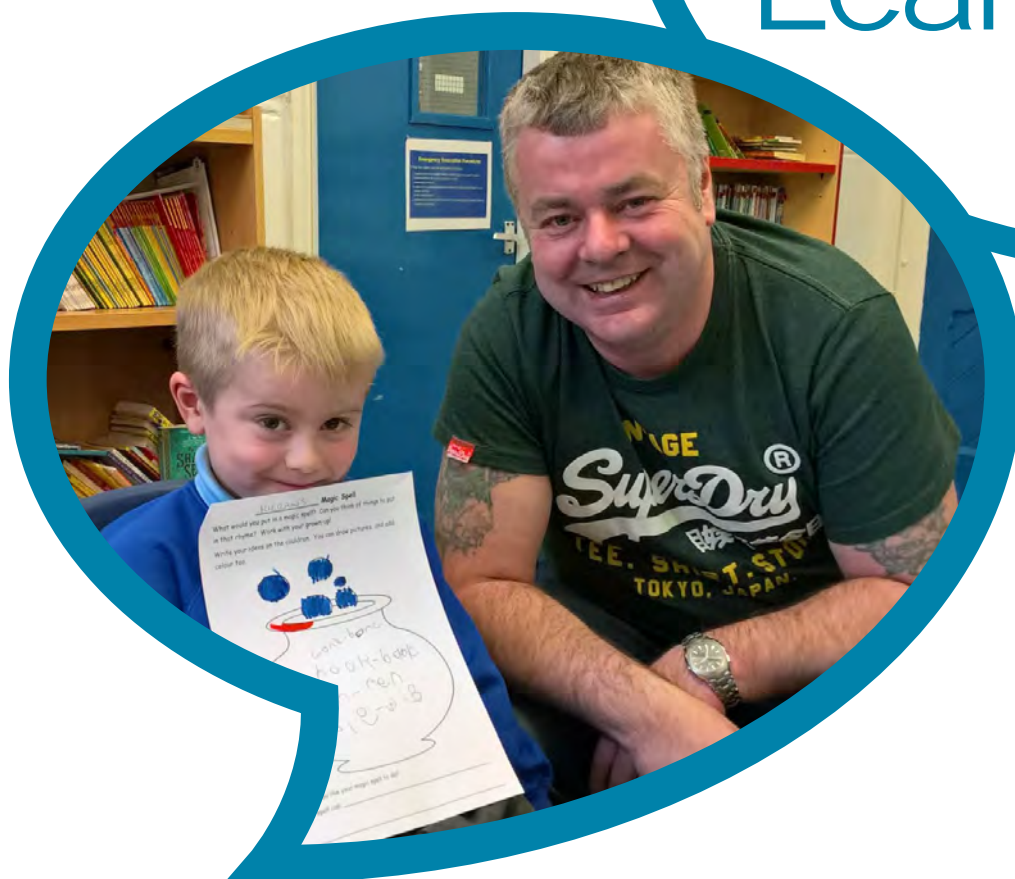


Community  
Learning and Skills  
(Cumbria Adult  
Education  
Service)

# Family Learning



Course information for schools and parents  
2017 - 2018

I learn, you learn - we learn together

Welcome to Family Learning, part of Cumbria’s Adult Education Service, known as Community learning and Skills (CLAS). We aim to work in partnership with local schools, children’s centres and community organisations to offer a range of exciting learning opportunities to families across Cumbria.

Contents

What is Family Learning?	3
Making progress with Family Learning ( <i>Possible next steps and gaining qualifications</i> )	4
<b>Family English, Maths and Language courses (FEML)</b>	<b>5</b>
English - reading and writing, speaking and listening, phonics	5
English - ESOL (English for speakers of other languages)	6
Maths and managing money	7
Early Years Foundation Stage (nursery and reception)	8
<b>Wider Family Learning courses (WFL)</b>	
Exploring science and designing and making	10
Digital information technology	11
Health and well-being: emotional health and resilience	12
Health and well-being: healthy living	13
Employability and volunteering in school	14
Creative and crafty	15
Contact us	16



## What is Family Learning?

Our free courses are a great way to help parents and carers enjoy working with their child to find out more about how to support learning and development. Our courses link closely to the Primary National Curriculum or the Early Years Foundation Stage framework and in some cases can be adapted for the lower years of secondary school.

Family Learning offers a friendly and supportive environment for adults to brush up on their own skills, including English, maths, employability, digital and personal and social skills. It can be a first step back into learning, or a chance to refresh and keep up to date. Children benefit greatly from the positive impact of dedicated one-to-one time with a family member and the on-going support at home that Family Learning encourages.

**Family English, Maths and Language (FEML)** courses provide a focus on key skills in English and maths and are designed to enable parents and carers to make progress at their own level whilst supporting their child.

**Wider Family Learning (WFL)** courses are designed to support families to work together across a range of subjects and topics, promoting a love of learning. These courses aim to enable family members to take a more active role in supporting their child's development and education, whilst raising awareness of the positive impact of that support.

Every Family Learning course includes practical ideas and activities that can be followed up at home and everyone can make progress no matter how "rusty" or out of touch they feel. Our tutors are all qualified teachers - many of them with years of experience - and they work with each group to meet the needs of every learner.

Registered childcare to enable parents to attend courses can be funded.\* The term "parent" is used to cover any close family member or primary care-giver.

*\*A crèche may be provided by the host venue or registered childcare costs refunded depending on demand.*





## Making progress with Family Learning

Family Learning courses are offered at different levels; factors affecting this could be the requirements of the host school/venue and previous courses that have run.

Virtually all Family Learning courses involve parents/carers and their child working together for part of the majority of sessions on a course. Some first sessions (and some final sessions on longer courses) may be for adults only to enable learners to settle in and complete the enrolment and induction process or complete course reviews. Involvement of children on Employability and Volunteering in School courses can be negotiated. The ratio is one family member or carer per child.

**Taster** courses typically last between two to three hours and this will be determined by the course and the venue requirements. They are designed to give parents and carers a chance to “dip in” with their child and get a taste of the subject area and explore the benefits of Family Learning.

**Beginner** courses are usually delivered over five or six weeks with each session lasting about two hours, depending on the subject. In most sessions the adults work together before the children join in.

**Improver** courses are run over seven or ten weeks, with each session lasting three hours. These partnership courses are jointly delivered with a teacher (or where appropriate a Higher Level Teaching Assistant) provided by the school and funded by Community Learning and Skills. The children benefit from small group work with the teacher whilst the adults have focused time with the tutor, then meet up for a joint session to learn together.

**A free visit forms part of an improver course** offering enjoyment and learning for all. Recent venues include Walby Farm Park, Rheged, Talkin Tarn, Lowther Castle, Lake District Animal Park, Maryport Aquarium and Brockhole Lake District National Park visitor centre, which provides bespoke educational materials developed for Family Learning. New venues and learning materials are planned for 2017-18.

## Possible next steps and gaining qualifications

For those who wish to move onto one of the accredited courses offered through Community Learning and Skills, we offer support and clear pathways.

Qualifications in English, maths, information technology and employability may support future employment prospects.

It may be possible to arrange a functional skills assessment in school following a family learning course with a follow-up course running in the school/host venue.



# Family English, Maths and Language courses

## English

Courses designed to:

- Provide parents and carers with skills and knowledge to support children's reading, writing, listening and speaking skills at home
- Refresh and develop the English skills and confidence of parents and carers



### Tasters: 2/3 hours

Name	Description	Parents of
<b>Storytime puppets</b>	An entry point course to find out more about Family Learning, providing a fun and creative introduction to ways to support children's language skills. Families can choose from a range of quality puppets to explore story-telling techniques and skills, followed up with making a puppet to take home.	KS1
<b>Mysteries and spies</b>	The theme can be adapted, but this short taster will give a flavour of Family Learning and a hands-on introduction to ways to support children's literacy skills through spy-themed activities, including code-breaking and using invisible ink.	KS2

### Beginners: 10 hours over 5 weeks

<b>Focus on phonics</b>	This course develops key skills and knowledge to support children's reading. Adults and children work together on fun and interactive activities, building reading confidence and exploring ways to encourage a love of books.	KS1
<b>Focus on English</b>	An introduction to some of the key skills for supporting children's development of writing, reading, speaking and listening in KS1. Adults and children work together on games and activities that can be followed up at home, including sharing stories, help with handwriting, listening skills and punctuation.	KS1
<b>Keeping up with the children in English</b>	An introduction to some of the key skills for supporting children's development of writing, reading, speaking and listening at KS2. Adults and children work together on games and activities to use at home, explore ways to help with homework, and brush up on some of the new terminology.	KS2

### Improvers: 21 hours over 7 weeks or 30 hours over 10 weeks

<b>Getting ahead with English</b>	Current teaching methods and expectations in schools are covered, along with a practical range of strategies and games to support children's learning. Ideal for refreshing and developing skills and offering progression onto a nationally recognised accredited qualification in English if required.	KS1 or KS2
<b>Getting ahead with "SPaG"</b>	Providing helpful preparation for Year 6 SATs (nothing to do with Italian pasta) a chance to get to grips with some of the key skills and knowledge surrounding spelling, punctuation, and grammar.	KS2

# ESOL

(English for speakers of other languages)

Courses designed to welcome and support learners with English as a second language.



Tasters: 2/3 hours		
Name	Description	Parents of
Welcome to family learning	A supportive and welcoming session for developing English skills and meeting up with other families through taking part in traditional games. Starting with bingo, families are invited to bring along an example of a game to share with the group.	EYFS, KS1 and KS2

Beginners: 6 hours over 3 weeks		
How school works	This course sets out to help parents and carers who are new to the English primary school system find out more. Topics include issues like attendance, holidays, punctuality, uniform, supporting learning, homework and where to seek assistance. The children will attend for a short time to share some of their learning in class.	EYFS, KS1 and KS2





# Maths and Managing Money

Courses designed to:

- Provide parents and carers with skills and knowledge to support children's maths skills and learn about current teaching methods used in schools
- Refresh and develop the maths skills and confidence of parents and carers



## Tasters: 2/3 hours

Name	Description	Parents of
<b>Maths puzzle challenge</b>	An entry point course to find out more about Family Learning and investigate maths skills through fun puzzles and challenges - tailored to the age of the children.	KS1 or KS2

## Beginners: 10 hours over 5 weeks

<b>Focus on maths</b>	Useful for learning about current methods used in the classroom, this course includes activities and ideas that can be used at home, covering topics such as place value, repeated addition, arrays, number-lines, grouping and measuring.	KS1
<b>Keeping up with the children in maths</b>	Useful for learning about current methods used in the classroom, this course includes activities and ideas that can be used at home that may help with homework. Topics include times tables, chunking, partitioning, grid multiplication and decomposition.	KS2
<b>Budget and gain</b>	Budgeting is a life skill and this course is helpful for those wishing to learn some strategies to help manage money and develop their child's financial awareness. Topics include calculating the best bargain, saving, cooking on a budget, and attitudes to money - and a chance to apply maths skills to real-life situations.	KS2

## Improvers: 21 hours over 7 weeks or 30 hours over 10 weeks

<b>Getting ahead with maths</b>	This course is ideal for those who want to refresh and improve skills at their own level and perhaps progress onto a nationally recognised accredited qualification in maths. A range of topics linked to the primary curriculum will be covered, including a look at digital resources, current teaching methods and plenty of hands-on activities to share with the children.	KS1 or KS2
---------------------------------	---	------------

# Early Years

Courses designed to:

- Provide parents and carers with skills and knowledge to support children’s development and learning in the early years
- Refresh and develop communication skills of parents and carers



Tasters: 2/3 hours		
Name	Description	Parents of
Sing- along and play	This first taste of Family Learning will enable parents and carers to meet up with other families and enjoy sharing action songs and rhymes with their child. Parents will learn the importance of children being able to develop a sense of rhythm and, with their child, will make a simple musical instrument to take home.	EYFS

Beginners: 10 hours over 5 weeks		
Focus on Phonics	This course develops key skills and knowledge to support children's reading. Adults and children work together on fun and interactive activities, building reading confidence and exploring ways to encourage a love of books.	EYFS
Story sacks	Story sacks encourage language development in a creative, exciting and interactive way. Learners develop understanding of how and why to make a story sack. Parents design and make a range of resources, then excitement builds as the sacks are shared with the children in the final session before being taken home to keep.	EYFS
Language and play	Young children learn best through play and on this course, parents and carers will discover just how important this is and how they can encourage their child's speech and language skills through a range of games and activities. Topics include sharing stories, making puppets, role-play, playtime outdoors and enjoying songs and rhymes.	EYFS
Number and play	As Language and Play - but designed to support early maths skills and communication.	EYFS







Improvers: 21 hours over 7 weeks or 30 hours over 10 weeks

<b>Learn together, every day</b>	This course builds on skills and knowledge gained on any of the above early years courses, by linking to the EYFS Framework and the Cumbria County Council “Time Together at Home” publication. Aiming to develop understanding of how children learn and develop through exploring fun and easy ways to support learning at home, the emphasis is very much on enjoyment and discovery. Topics include the importance of play and how to make the most of learning opportunities in everyday situations using low- cost or free resources.	EYFS
----------------------------------	---	------



## Wider Family Learning

### Science, Designing and Making

Courses designed to:

- Provide families with the opportunity to work together on design and make projects, exploring and applying scientific skills used in school
- To encourage interest in the STEM subjects (science, technology, engineering and maths) and develop skills and confidence of parents and carers



#### Tasters: 2/3 hours

Name	Description	Parents of
<b>Discovery challenge</b>	A taste of family learning: curious families can explore the science lurking behind seemingly ordinary objects and situations. Tailored to the age-group of the children, topics could include making volcanoes, mini-beasts and giant models, paper-making and other intriguing subjects.	KS1or KS2

#### Beginners: 10 hours over 5 weeks

<b>Science all around</b>	Fun and creative opportunities for working on investigations and tasks to develop scientific thinking, whilst building teamwork, problem-solving and practical skills. The choice of topics include: “Going Green” – the how and why of recycling and upcycling; “Bright Sparks” – investigating circuits, the science of light and shadows, making torches and shadow puppets; “Dig for Victory” – depending on the season, an opportunity to plan and develop an area of the school’s garden and explore the science out there.	KS1or KS2
---------------------------	--	--------------

#### Improvers: 21 hours over 7 weeks or 30 hours over 10 weeks

<b>Getting ahead with science, designing and making</b>	Great excitement can be created by families working together on designing and making tasks, boosting children’s interest in learning generally. Ideal for developing confidence and a wide range of skills, including scientific thinking, language, creativity, maths and presentation. Tailored to the group, topics could include fairgrounds, moving toys, sound, light, the human body etc. Plenty of opportunities for fun and practical learning and also a good refresher or starting point for any adults considering taking a qualification in science to meet potential employer’s requirements.	KS1 or KS2
---	---	---------------





## Design

Courses designed to provide families with the opportunity to develop skills and safe digital practices and learn about how to support learning through I.T. applications.



### Tasters: 2/3 hours

Name	Description	Parents of
<b>APPs in the class- room</b>	An opportunity to gain some insight to what APPs the children are using and how the use of technology can support learning of key skills. Tailored to the school through contact with the ICT co-ordinator.	KS1or KS2

### Beginners: 10 hours over 5 weeks

<b>On-line together: savvy and safe</b>	The widespread use of social media and the internet means that children can be at risk from inappropriate use. This course aims to provide parents and carers with the information and skills needed to educate themselves and their child to be safe online.	KS1or KS2
<b>Computing and coding</b>	From an early age, children now learn how to write simple programmes (coding) encouraging greater creativity in the use of computers. Skills, knowledge and new vocabulary surrounding the use of I.T. in the classroom are covered, giving parents and children practical opportunities to work together.	KS1or KS2

### Improvers: 21 hours over 7 weeks or 30 hours over 10 weeks

<b>I.T. in action</b>	The aim of this course is to develop a range of I.T. and communication skills using stop-animation software to produce a short film. In addition, parents and carers will learn a range of I.T. skills, which may be negotiated with the group.	KS1 or KS2
-----------------------	---	---------------

## What our learners say about Family Learning...

### Getting ahead with maths

*"I really enjoyed working with my son to help improve both our numeracy skills. I feel much more confident with all aspects of numeracy."*

### Number and play

*"I think the tutor was brilliant - a great course to help children".*

### Getting ahead with English

*"Excellent course, run amazingly well with lots of information which has been so helpful in mine and my child's learning."*

### Family Learning in general

*"Thanks to the support and encouragement of Family Learning, it has made me think about my own future in education..."*



## Health and Well-Being: emotional health and resilience

Courses designed to:

- Develop knowledge skills and understanding to support children's resilience: self-esteem, confidence and emotional well-being
- Support choices for a healthy lifestyle
- Enable parents and carers to develop their own resilience and well-being and access support



### Tasters: 2/3 hours

Name	Description	Parents of
<b>All about me</b>	Parents are invited to bring along photos and pictures of some of their child's special moments to capture in a frame to take home, learning display, craft and collage techniques. A great way to meet other families, spend quality time with the children and boost their self-esteem.	KS1 or KS2

### Beginners: 15 hours over 6 weeks (6 x 2½ hour sessions)

<b>I can do it: resilience, confidence, communication and engagement for KS1</b>	Through a series of practical challenges and making resources, skills and knowledge are developed around how to support healthy development, with a particular emphasis on healthy minds. Topics include ways to manage uncomfortable feelings, building self-esteem, "it's ok to make mistakes", persevering and coping with change. A great opportunity to build children's confidence and support their communication skills, with a look at how this can have a positive impact on their learning and overall well-being.	KS1
<b>Bounceback-ability: resilience for KS2</b>	"Bouncebackability" describes the ability to bounce back from everyday setbacks, known as emotional resilience. It is a skill that can be learned and is recognised as being important in maintaining and developing good mental health. This course covers a range of very practical key skills designed to support problem-solving, managing feelings, engaging co-operation, building confidence, the importance of sleep and promoting independence. For parents of children in Years 5 and 6, this course is adapted to support the move to secondary school. Learners make a box of practical resources to take home at the end of the course.	KS2

### Improvers: 21 hours over 7 weeks

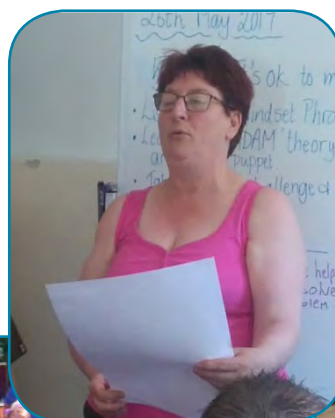
<b>Learning to learn: ways to become a confident learner</b>	This course is ideal for those who wish to develop a set of skills that will help support both adults and children to become more effective and confident learners. Ideally suited to those who might be considering taking an accredited qualification, this course will support positive attitudes to learning as well as build a set of useful strategies including study skills, time management and maintaining motivation.	KS1 or KS2
--	--	------------

## Health and Well-Being: Healthy living

Tasters: 2/3 hours		
Name	Description	Parents of
<b>Family Olympics</b>	On your marks, get set, go... this short three hour course provides a chance to meet up with other families and get active. Families take part in a "carousel" of accessible and active challenges, designed to get learners moving and having a good time, whilst being introduced to some of the benefits of exercise. A feel- good way to see what Family Learning has to offer.	KS1 or KS2

Beginners: 10 hours over 5 weeks		
<b>Healthy me, healthy you</b>	This course is designed to enable learners to find out more about ways to support a healthier life-style for themselves and their family. Learners will build knowledge of healthy food choices, learn about the importance of good nutrition, the role of sleep and how to promote it - and take part in and develop a range of physical activities to enjoy with their child. Learners will be introduced to two websites: NHS Choices and Change4Life, using resources from these to support learning.	KS1 or KS2



### I can do it

*"My confidence has grown... this course has made me put in for a new job and I am looking forward to the challenge."*

*"I have absolutely loved this course and so has (my son). I have grown in confidence, but I am thrilled with how much (my son) has grown."*



# Employability and Volunteering in School

Courses designed to develop skills to support volunteering and employment in school.



## Tasters: 2/3 hours

Name	Description	Parents of
<b>Helper in school</b>	An informal chance to get together with other like-minded parents to identify and discuss the key skills required to be an effective helper in school. Topics include how to give descriptive praise as a means of building self-esteem and encouraging good behaviour. The children may join in for a short time.	EYFS, KS1 or KS2

## Beginners: 10 hours over 5 weeks

<b>Skills for a classroom helper</b>	Many schools welcome additional help in the classroom and this course aims to equip learners with some basic skills to do this effectively. Topics include health and safety, supporting reading and positive communication. The children may join in for a short time to share books.	EYFS, KS1 or KS2
<b>Skills for a lunch-time supervisor</b>	This course is ideal for those parents and carers who are thinking of becoming a lunchtime supervisor (or a spring-board to the level 1 qualification below) and also those who are already in post who wish to upgrade their skills. Topics include lunchtime charters, positive behaviour management strategies, eating etiquette, engaging through play and being part of the team. Children may join for a short time.	EYFS, KS1 or KS2

## Improvers: Minimum 20 hours guided teaching time

<b>NOCN* Level 1 accredited award in supporting a child's learning *(National open college network)</b>	<p>This level 1 accredited course is for parents who would like to gain an understanding of how children learn and develop. It is particularly suitable for those parents who are interested in working with children as a volunteer or in paid employment, possibly progressing onto further qualifications such as a teaching assistant.</p> <p>There are a variety of units to select from:</p> <ul style="list-style-type: none"> <li>• Supporting your child's learning</li> <li>• Skills for listening to your child Supporting your child with maths Supporting your child with reading Supporting your child with writing</li> <li>• Supporting your child's literacy and numeracy development out of school</li> <li>• Understanding how and why to make a story sack</li> <li>• Understanding how to use a story sack with your child</li> <li>• Knowing how to use craft activities to support your child's learning</li> <li>• Knowing how to use games to support your child's literacy development</li> <li>• Knowing how to use IT to support your child's learning</li> <li>• Knowing how to use play to support your child's learning</li> <li>• Knowing how to use poetry and rhyme to support your child's learning</li> </ul>	EYFS, KS1 or KS2
---	---	------------------



## Creative and Crafty

Courses designed to:

- Provide parents and carers with skills and knowledge to work with their child to develop creative talents
- Encouraging self-expression and building self-esteem



### Tasters: 2/3 hours

Name	Description	Parents of
<b>Create and make</b>	An entry point course to find out more about Family Learning whilst enjoying a creative project to take home. Topics could include, collage, painting or modelling and could link to the season. A great opportunity to meet other families and spend quality time with the children.	KS1 or KS2

### Beginners: 10 hours over 5 weeks (5 x 2 hour sessions)

<b>Smart art</b>	This course can cover a range of arts and crafts activities, developing new skills and knowledge to enable parents and carers to develop their own abilities as well as support their child's creativity. Exploring why creative tasks are important to a child's development as well as learning positive communication skills are also covered. Topics may link to celebrations and festivals, offering opportunities to widen learning about cultures around the world.	KS1 or KS2
------------------	--	------------

### Improvers: 21 hours over 7 weeks or 30 hours over 10 weeks

<b>Mission art</b>	This course is on a mission – for families to plan, make and review their own creative project which will result in a piece of artwork for the children's school and may link to the work of famous artists. Possible projects include a tiled collage, a sculpture, or even props for the school play. As well as developing specific technical skills linked to the project which could include using clay, printing, felting, etc., learners will have opportunities to develop a host of other skills, including positive communication, confidence-building, team-work, planning and review. The group can negotiate how the project might end – perhaps deciding on an art show for other members of the school community to attend...	KS1 or KS2
--------------------	--	------------



## Family Learning host venues in the past academic year, 2016 -17

Walney Children's Centre	Parkside GGI Academy, Barrow-in-Furness
Caldew Lea Primary School, Carlisle	Moresby Primary School, Whitehaven
Beaconside C. of E. Primary School, Penrith	St James' C. of E. Junior School, Barrow
Maryport Children's Centre	Kingmoor CDC, Carlisle
Millom Children's Centre	St Herbert's C. of E. Primary School, Keswick
Howgill Children's Centre	Barrow Island Community Primary School
Brook Street Primary School, Carlisle	Ormsgill Primary School, Barrow
Heron Hill Primary School, Kendal	South Walney Infant and Nursery School, Barrow
Ewanrigg Junior School, Maryport	Montreal C. of E, Primary School, Cleator Moor
St George's C of E Nursery & Primary School, Barrow	Brook Street Primary School, Carlisle
St James Catholic Primary School, Millom	Hawse End Outdoor Education Centre
Newlaithes Infant School, Carlisle	Longtown Primary School near Carlisle
Abbotsmead CDC, Barrow	Milnthorpe Primary School, near Kendal
HMP Haverigg, Millom	Kirkby Stephen Primary School
Pennine Way CDC, Carlisle	Inglewood Community Nursery & Infant School, Carlisle
South Walney Junior School, Barrow	Ramsden Infant and Nursery School, Barrow
Burton Morewood C of E Primary Academy, Kendal	Ormsgill Children's Centre
Furness Academy, Barrow	Hawse End Cumbria Outdoors Activity Centre, Keswick
Fellside Cumbria Outdoors, Caldbeck	Bishop Harvey Goodwin Primary School, Carlisle
Langwathby C of E Primary School, Penrith	Victoria Infant and Nursery School, Barrow

If you would like to join us as a host school or centre, or would just like more information, please contact your nearest Community Learning and Skills Centre or visit our website.

**Allerdale** E: [allerdaleclas@cumbria.gov.uk](mailto:allerdaleclas@cumbria.gov.uk) T: 01900 706023

**Barrow-in-Furness** E: [barrowclas@cumbria.gov.uk](mailto:barrowclas@cumbria.gov.uk) T: 01229 820700

**Carlisle** E: [carlisleclas@cumbria.gov.uk](mailto:carlisleclas@cumbria.gov.uk) T: 01228 227303

**Copeland** E: [copelandclas@cumbria.gov.uk](mailto:copelandclas@cumbria.gov.uk) T: 01946 506416

**Eden** E: [edenclas@cumbria.gov.uk](mailto:edenclas@cumbria.gov.uk) T: 01931 716447

**South Lakes** E: [southlakelandclas@cumbria.gov.uk](mailto:southlakelandclas@cumbria.gov.uk) T: 01539 731694

[www.cumbria.gov.uk/learningandskills](http://www.cumbria.gov.uk/learningandskills)