

**Community
Learning and
Skills**

Family Learning



**Course information for schools,
nurseries and children's centres 2020/21**

Learning Together

Welcome to Family Learning, part of Community Learning and Skills. We aim to work in partnership with local schools, nurseries, children's centres and community organisations to offer a range of exciting learning opportunities to families across Cumbria.

Contents

What is Family Learning?	3
COVID 19 and Family Learning Online	4
Possible next steps and gaining qualifications	4
Family English, Maths and Language courses (FEML)	5
English - reading and writing, speaking and listening, phonics	5
ESOL - Signposting to courses in English for speakers of other languages	6
Maths	7
Early Years Foundation Stage (nursery and reception)	8
Wider Family Learning courses (WFL)	
Science and Design Technology	10
Digital	11
Health and wellbeing: resilience and confidence	12
Health and wellbeing: healthy living	13
Art and craft	14
Family Learning list of partners 2019-20	15
Contact us	16



What is Family Learning?

Our free courses are a great way to support parents* and carers to support their child's learning and development at home.

**The term "parent" is used to cover any close family member or primary care-giver.*

A family learning course offers:

- Fun, practical and engaging learning activities for families to follow up at home, building on what children are learning in school or nursery
- A friendly, inclusive and supportive environment to help parents update and refresh their own skills and build confidence
- Support for assisting with homework and understanding current teaching methods
- Content clearly linked to the Primary National Curriculum or the Early Years Foundation Stage Framework
- Quality time for each child with a family member (one-to-one ratio)
- An opportunity to build links between home and school/nursery
- A step into wider learning opportunities for parents
- Content tailored to meet the needs of each school/setting and families
- Qualified, enthusiastic, friendly and experienced tutors
- *Funding towards registered childcare to enable parents to attend

**(A crèche may be provided by the host venue or registered childcare costs refunded, depending on circumstances. Please contact us for more information.)*

Family English, Maths and Language courses provide a focus on key skills and are designed to enable parents to make progress at their own level. Current teaching methods are introduced so parents can more effectively support their child's learning.

Wider Family Learning courses offer families the chance to work together across a range of subjects and topics and develop a wide variety of skills. These courses also build confidence and promote a love of learning.

Different levels to support progression

Taster courses typically last up to two or three hours and offer a chance to "dip in", have fun and explore the benefits of Family Learning. The first part of the session is for the adults, before the children join in. A Beginner Course should be booked at the same time as a Taster.

Beginner courses are usually delivered over three to six weeks with each session lasting about two hours, depending on the subject and are packed with practical activities. In most sessions the adults work together before the children join in.

Improver courses are run over seven or ten weeks, with each session usually lasting three hours. They are delivered by one of our tutors, working with a teacher provided by the school or nursery – we fund their time*. This could be a supply teacher or a part-time member of staff willing to take on more hours. The usual session format is:

The children work with the teacher whilst the adults work with the tutor, then everyone meets up for a joint session. Families then enjoy working together, with parents putting into practice new skills and methods, whilst the children share what they have learned. This is an effective way to deepen knowledge and understanding of how and what the children learn in school, as well as strengthen key skills and build confidence. First and final sessions are for the adults only.

*(*Contact us for more information)*



In addition, we offer:

A free educational visit as part of an Improver Course: A visit to a local museum or attraction for the parents and children enrolled on the course, based on the course theme and exploring opportunities for learning outside of home and school.

Cumbria Outdoors Activity Days: We offer free, reward activity day courses with Cumbria Outdoors for participating schools. (Subject to availability: please contact us.)

A flexible approach

Family Learning courses are primarily designed for parents and children to work together - this is when the full impact of Family Learning is achieved. The exact timings can be negotiated to suit. Sometimes however, we understand that it might not be possible to involve the children; please ask for our advice and guidance.

COVID 19 and Family Learning Online

A number of Family Learning courses have moved online – with some online exclusives new for 2020-21. The offer is constantly being updated, so please check on our website. Online courses tend to be for the adults only – with follow-up work to be done with the children between sessions. All online courses are delivered through ZOOM. We look forward to resuming our usual face-to-face delivery as circumstances allow – please get in touch to discuss your needs.

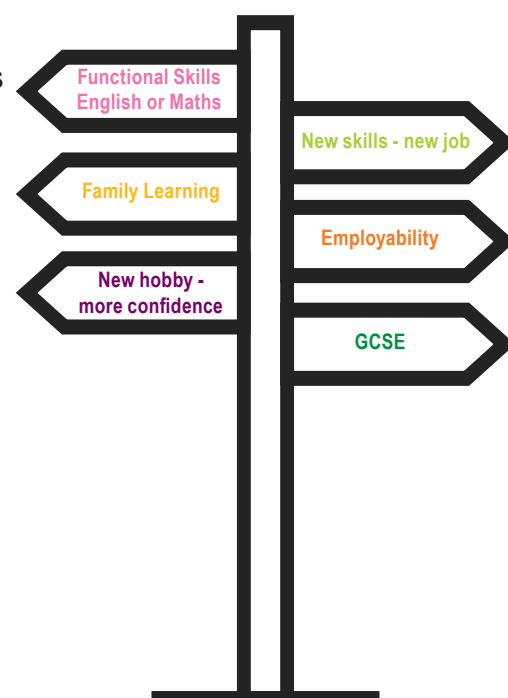
To access a Family Learning Online course:

- Parents can book on through the website - these courses are open across the county and parents can be signposted: www.adultlearning.cumbria.gov.uk
- If you have a particular course in mind that you would like to a group of families or year-group in your setting, but is not currently online, please get in touch with your local centre (details on the back page) and we will do our best to meet your needs.

Possible next steps and gaining qualifications

We are keen to support learners who would like to do more. As well as considering booking a sequence of Family Learning courses for your setting, please consider signposting families to our wider programme of adult education opportunities.

Many courses are subsidised or free, depending on circumstances. If you would like to explore opportunities to host any courses from our programme on your site as a progression from Family Learning, just get in touch (details on the back page).



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
Storytime Puppets	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.	Reception/ KS1
Mysteries and Spies	Packed with ideas to support children's literacy, this course is a memorable introduction to Family Learning and is a great stepping stone to our longer English courses. Two hours of fun and learning, based around spy-themed activities, code-breaking and the chance to get the children enjoying writing with invisible ink.	KS2

Beginners: 4 hours over 2 weeks

Skills to Support Children Reading Aloud	This short and engaging course will provide parents and carers with some of the key skills and knowledge to help ensure that hearing a child read aloud is an enjoyable and rewarding experience for all concerned. Whilst aiming to help parents and carers to support their own child's reading, the course may also provide a confidence-boost to encourage volunteering to hear children read in school, as differences between the two contexts are explored.	Reception/ KS1/ KS2
---	--	---------------------

Beginners: 6 hours over 3 weeks

Ready, Steady, Write!	This course focuses on finding out what skills children need in order to develop their writing skills and how these can be supported at home - as well as exploring ways to encourage children to want to write.	EYFS/ KS1
------------------------------	--	-----------

Beginners: 10 hours over 5 weeks

Focus on Phonics (Letters and Sounds or Read Write Inc.)	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. Skills covered include blending for reading, sound-talk, segmenting for spelling, strategies for learning "tricky" words and letter formation. The course can have a greater focus on a particular phase according to need. Suggested groupings for this course are: Nursery (aged 3+) and Reception; Reception and Year 1, Year 1 and Year 2, or if necessary, Reception, Year 1 and Year 2.	Nursery (aged 3+)/ Reception/ KS1
---	--	-----------------------------------

Beginners: 10 hours over 5 weeks

Focus on English	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
Keeping up with the Children in English	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
Spotlight on SPaG	Providing helpful preparation for SATs, a chance to get to grips with some of the key skills and knowledge surrounding spelling, punctuation and grammar. Families learn through games and hands-on active learning strategies to bring a little fun to learning spellings and grappling with grammar.	KS1 or KS2

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

Getting Ahead with English	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. A free reward visit forms part of the course.	KS1 or KS2
-----------------------------------	--	------------



Signposting to ESOL courses

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

We offer a range of adult-only ESOL courses, both for beginners and those wishing to gain qualifications. Please signpost any members of your school community, for whom you feel this may be helpful, to their local Community Learning and Skills centre (details are on the back page). Alternatively, please contact us directly if you have a group of adults for whom you feel learning English as an additional language may be of help - we may be able to set up a bespoke community learning course to meet local need.



Maths

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
A Little Less Puzzled	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

Focus on Maths	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
Keeping up with the Children in Maths	Useful for learning about current methods used in the classroom, this course includes fun activities and ideas that can be used at home that may help with homework. Topics include standard and non-standard methods of calculation, games and activities to support learning times tables and can be linked to specific areas requested by the school.	KS2

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

Getting Ahead with Maths	This course is ideal for those who want to refresh and improve skills at their own level, gain confidence and find out how to support their child with maths. It is also a useful stepping stone to taking a maths qualification for those who wish to progress further.	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
- Support early years settings with delivery of the Healthy Families Pledge. For more information visit: www.cumbria.gov.uk/publichealth/healthyfamiliescumbriapledge.asp



We are keen to develop our work with Early Years settings to support families to learn together and contribute to the County Council's Early Years' strategy. We are always open to new ideas for courses - so do get in touch if you would like to discuss specific needs or just share a good idea!



Tasters: 2/3 hours

Name	Description	Parents of
Sing-Along and Play	This first taste of Family Learning is a chance to meet up with other families and enjoy sharing action songs and rhymes with their child whilst learning about how this links to early language development. Families make a simple resource to take home such as a puppet or a musical instrument.	EYFS
Storytime Puppets	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.	EYFS
Awesome Me	Use collage techniques to make a crafty canvas all about your child and take home a resource to celebrate his or her fabulous uniqueness. This is a fun way to get a taste of Family Learning and boost children's confidence. It is an ideal stepping stone to "Happy Minds" or "Family Active Start".	EYFS
Create and Make	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.	EYFS

Beginners: 10 hours over 5 weeks

Focus on Phonics	Find the information on page 5.
Story Sacks (10 or 12 hours)	Story sacks encourage language development and a love of books 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.

Beginners: 10 hours over 5 weeks		
Chat-away and play	Young children learn best through play and on this course, parents and carers can explore 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.	
Count-along and play	As Chat-away and play - but designed to support early maths skills and communication.	
Happy Minds - build your child's resilience	Young, healthy bodies are supported by happy minds and on this course parents can explore the importance of developing resilience from an early age - all through making crafty resources to share back home, along with the chance for plenty of discussion.	
Fairy Tale Science	A great little course exploring the science behind some of our traditional stories, for example, have you ever considered what materials and design of bridge would be best to support the Three Billy Goats Gruff as they cross the treacherous river? Parents can explore how an interest in science can be fostered from an early age through fun and investigative activities, whilst providing plenty of opportunity for chat with little ones and gain an understanding of early scientific concepts.	
Family Active Start (Formerly "Healthy Movers")	Coming soon - this exciting new course has been designed in partnership with Active Cumbria and links directly to Cumbria County Council's Healthy Families Pledge Awards . Initially available in Allerdale and Copeland, this course provides a bespoke opportunity to involve the wider family in the Active Start programme . Designed for those early years providers who are already using the Active Start materials in their setting with the children (or who would like to), this course is packed full of top quality learning resources for families to enjoy together, whilst parents can explore the many benefits of encouraging an active lifestyle for their young child at home. (To find out more about the Active Start Programme for your setting and when it might be available in your area, please email kelly.alty@cumbria.gov.uk) For information about this Family Learning Active Start course, please contact us (details on back page).	

Beginners: 6 hours over 3 weeks		
Ready, Steady, Write!	Parents and carers find out about a range of easy activities to support their children to develop the muscles, balance and hand-eye coordination that they need to enable them to hold a pencil effectively and begin to write. Fun and practical, there are a range of materials that the children can use to begin early writing.	EYFS

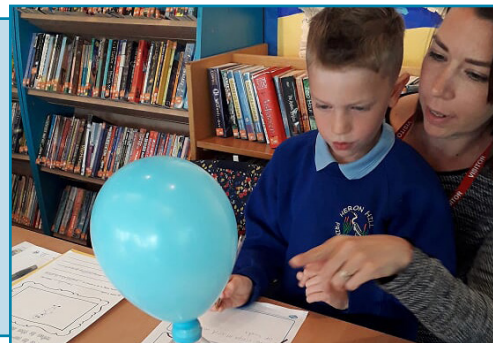
Improvers: 21 hours over 7 weeks or 30 hours over 10 weeks		
Learn Together... Every Day	This longer course provides the extra time for parents to explore more fully how young children learn and is full of fun and accessible ways to support learning and development at home. Parents are introduced to the "Time Together at Home" resources, developed by the council's Early Years' team, which are full of ideas and activities. The emphasis is very much on trying new experiences and exploring the importance of play. Includes a reward visit.	EYFS

Wider Family Learning

Science and Design Technology

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
Discovery Challenge	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 slime, mini-beasts and giant models, paper-making and other intriguing subjects.	KS1 or KS2

Beginners: 10 hours over 5 weeks

Science All Around	<p>A hands-on course to encourage interest in the STEM subjects. Families work together on investigations and tasks to develop scientific thinking, whilst building teamwork, problem-solving and practical skills.</p> <p>Other ideas may be considered, but current topics for KS1/KS2 include:</p> <p>Going Green – the how and why of recycling and upcycling - design and make a sculpture or display to get the message across to others;</p> <p>Bright Sparks – investigate circuits, the science of light and shadows, make torches and shadow puppets, or design and make a moving model!</p> <p>Dig for Victory – depending on the season, an opportunity to plan and develop an area of the school's garden and explore the science (and maths) out there;</p> <p>Creative Chemistry – make some fabulous slime and investigate chemical changes.</p> <p>And for EYFS/KS1 – Fairytale Science – explore the science in some well-known stories. (see page 9)</p>	<p>KS1 or KS2</p>
		<p>EYFS</p>

What our learners say about Family Learning...

Science All Around

“Really interesting ideas to try and do at home”

Fairy Tale Science

"I have really enjoyed learning. The teaching has been informative. A good tutor; good teaching technique."

"I absolutely love these... (Early Years) courses!"



Digital

Beginners: 10 hours over 5 weeks

Savvy and Safe Online	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. This is an adult-only course, delivered by one of our I.T. tutors.	KS1 or KS2
------------------------------	--	------------

What our learners say about Family Learning...

Getting Ahead with Maths KS2

"Another fantastic course - thank you"

"This course has helped me a lot explaining maths to my child and helping with homework..."

Getting Ahead with Maths KS1

"Our tutor was absolutely amazing... giving us the confidence to help our kids more and dramatically improve how we teach them numbers."

"I have always enjoyed Family Learning and will definitely recommend the course to other parents."

Getting Ahead with English KS1

"The tutor was excellent..."

"... really helped with knowing how to help my child".

Child First Aid

"Great course - targets met."

"I feel so much more confident as I look after my grandson when my daughter is at work."

Focus on English (KS1)

"Excellent course materials; really useful to be able to ask questions directly about our children's learning and issues they may struggle with."

Keeping up with the Children in English (KS2)

"Brilliant course helping me refresh my learning in English and giving me plenty of help and advice on how to help with the children's school work."

"Really impressed with the course it has really helped and the tutor was lovely and explained everything well"

Number and Play

"Excellent course, well organised and ran; very informative."

Health and Wellbeing: resilience and confidence

Courses designed to:

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



Tasters: 2/3 hours

Name	Description	Parents of
Awesome Me	Use collage techniques to design and make a crafty canvas all about your child and take home a resource to celebrate his or her fabulous uniqueness. All materials are provided – this is a fun way to get a taste of Family Learning and boost your child's confidence. This short taster is a great stepping stone to "I Can Do It" or "Bouncebackability".	EYFS, KS1 or KS2

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

I Can Do It: Resilience for KS1	Through a series of practical challenges and making resources (see the front cover!), 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 wellbeing.	KS1
Bouncebackability: Resilience for KS2	"Bouncebackability" describes the ability to bounce back from everyday setbacks. It is also known as "resilience" which is recognised as an important factor in maintaining good mental health. A range of practical key skills are covered to help parents support their children to build resilience. Topics include: managing feelings, coping with change, engaging cooperation and building confidence and self-esteem, with other optional topics depending on the needs of the group. The course is fun and practical, taught through games and interactive activities. Learners make a box of practical resources to take home at the end of the course and for parents of children in years 5 and 6 the course is adapted to support transition to secondary school.	KS2

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

First Aid for Children (non-accredited)	This course covers the key basic skills and knowledge, covering topics such as CPR and how to use a defibrillator, burns, choking, breaks and bleeding. Ideal for building confidence and a stepping stone to an accredited qualification. Children are not involved in this Family Learning course.	EYFS, KS1 and KS2
--	--	-------------------

Health and Wellbeing: Healthy living

Tasters: 2/3 hours

Name	Description	Parents of
Family Olympics	On your marks, get set, go... this short 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 everyone 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

Healthy Me - Healthy You	This course can have a specific focus or be more general, and include topics such as healthy food choices and the benefits of good nutrition, the role of sleep and how to promote it, as well as ideas to help both adults and children get active. Resources from NHS Choices and Change4Life are explored and each week a resource or activity can be followed up at home - it might be crafty, tasty or energising!	KS1 or KS2
---------------------------------	---	------------



Bouncebackability

"A really interesting course - I feel much more confident talking about emotions and worries and also how to encourage self-esteem and resilience".



Art and Craft

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
Create and Make	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.	EYFS or KS1 or KS2

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

Smart Art	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

Mission Art	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. Projects could be based around developing skills with clay, felting, printing or collage, whilst offering opportunities to build confidence and teamwork. Depending on the needs of the school, this course could even be a project for designing and making a stage set for a school production. 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 Partners 2019-20

Beaconside Primary School, Penrith
 Bishop Harvey Goodwin School, Carlisle
 Brisbane Park Infant School, Barrow
 Brook Street Primary School, Carlisle
 Burton Morewood C.E. Primary Academy, Kendal
 Caldew Lea Primary School, Carlisle
 Castle Park Junior School, Kendal
 Church Walk Pre-School Nursery, Ulverston
 Croftlands Junior School, Keswick
 Cumbria Outdoors
 Derwent Valley Children's Centre, Keswick
 Ewanrigg Junior School, Maryport
 Fir Ends Primary School, Smithfield, Carlisle
 Flimby Children's Centre
 Grange C. of E. Primary School, Grange-over-Sands
 Greengate Junior School, Barrow
 Hayton C. of E. Primary School, Carlisle
 Heron Hill Primary School, Kendal
 Howgill Children's Centre, Millom
 Kingmoor Infant School, Carlisle
 Milnthorpe Primary School
 Morton Children's Centre, Carlisle
 Newlaithes Infant School, Carlisle
 Newtown Primary School, Carlisle
 North Eden Sure Start Childrens Centre, Penrith
 Ormsgill Primary School, Barrow
 Parkside Academy, Barrow
 Ramsden Infants, Barrow
 Robert Ferguson School, Carlisle
 Roose Nursery and School, Barrow
 Sedbergh Primary School
 Shap C. of E. Primary School
 South Walney Infant Schools, Barrow
 South Walney Junior School, Barrow
 St Herbert's C.E. Primary School, Keswick
 St Josephs Catholic Primary School, Cockermouth
 St Margaret Mary's R.C. School, Carlisle
 St Martin and St Mary C.E. Primary School, Windermere
 St Mary's Primary School, Ulverston
 St. Marys R.C. Primary School, Whitehaven
 Stainton C. of E. Primary School, Penrith
 Stanwix Primary School, Carlisle
 Staveley Primary School, Kendal
 Stramongate School, Kendal
 Tebay Primary School
 Victoria Academy, Barrow
 Warcop Primary School & Red Squirrels Nursery
 West Allerdale Childrens Centre, Maryport
 Workington Childrens Centre, Minto Centre



If you would like to host a family learning course, 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 T: 01900 706023

Barrow-in-Furness E: barrowclas@cumbria.gov.uk T: 01229 820700

Carlisle E: carlisleclas@cumbria.gov.uk T: 01228 227303

Copeland E: copelandclas@cumbria.gov.uk T: 01946 506416

Eden E: edencclas@cumbria.gov.uk T: 01931 716447

South Lakes E: southlakelandclas@cumbria.gov.uk T: 01539 713257

adultlearning.cumbria.gov.uk

