

## TEACHING AND LEARNING GUIDANCE FOR PARENTS

Welcome to our last Learning Newsletter of the academic year. As always, we will look to help you in implementing tried and tested learning strategies at home, in order to benefit your child and further enhance their educational experiences in the long term.

### A SUMMER OF FUN AND LEARNING

Research about how much children lose ground over the summer is well documented, but this doesn't have to happen. In fact, you can encourage your child to have a summer of fun and learning with these five free and easy things to do.

#### 1. Read Every Day

Reading four to five books over the summer has a positive impact on reading achievement when pupils return in September. This activity builds vocabulary which in turn boosts all academia.

- Encourage children to visit a library often and check out books and resources that they may not have tried before. Listen to books on tape.
- Subscribe them to a magazine. Have them read out instructions to you if you're making something.
- Take turns reading to each other. Allow children to stay up later at night as long as they're reading.



#### 2. Use Maths Every Day

The largest summer learning losses for all children occur in mathematical computation, an average of 2.6 months.

- Practice the multiplication tables by making each point in a game worth 7 points or 8 or 9.
- Ask your children to figure out what the bill will be at cafes, restaurants, etc.
- Encourage the use of MathsWatch via the internet.
- Make up maths word problems in the car and at the dinner table.

#### 3. Get Outside and Play

Intense physical activity programmes have positive effects on academic achievement, including increased concentration; improved mathematics, reading, and writing test scores; and reduced disruptive behaviour.

Find ways to ensure your child is physically active for 60 minutes each day either with friends or as a family. Just getting out for a long walk and discovering new areas in your locality is a great starting point. Many councils put on free swim sessions for different age groups so check out your local leisure centre programme.

#### 4. Write Every Week

Practicing handwriting and writing for extended periods will help pupils keep up to speed ready for September.

Ask your child to write a weekly letter to his or her grandparents, relatives, or friends.

Encourage them to keep a summer journal or online blog.

Have them write the family's shopping list.

They could go as far as writing a script for a film or animation and actually acting it out.



#### 5. Do a Good Deed

Students learn better and 'act out' less when they engage in activities to aid in their social emotional development, such as community service.

Encourage your child to help out neighbours or friends. He or she can volunteer with a local group or complete a service.

Some Chorley and South Ribble volunteering experiences can be accessed in this link:

[www.chorleyvcfsnetwork.org/volunteering](http://www.chorleyvcfsnetwork.org/volunteering)

For lots of ideas of things to do and places to go in the locality, see the link below: [www.dayoutwiththekids.co.uk](http://www.dayoutwiththekids.co.uk)



# SCHOOLS OUT FOR SUMMER!

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## ‘SCHOOLS OUT’ Schedule.

- ❖ Family Bootcamp on the Gym floor ages 8+ (members only).
  - ❖ Friendship Day
  - ❖ Keep Active school circus
  - ❖ Baby swim
  - ❖ Zuu classes
  - ❖ Lets party dance class
  - ❖ Sports Day
  - ❖ Meet our Experts event – Arteritis
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- ❖ NEW MENUS for adults and children- Kids eat free between 11:30-1:30 with a full paying adult.
  - ❖ Afternoon Tea Package:  
Adults £9, Adult and one child £12, Adult and two children £15.  
AND MUCH MORE!

Visit our Facebook and Instagram page for our activity schedules!

Free Day trial for one adult with this leaflet.

T&C's apply. Please ensure non-members bring photo ID. Non-members £5 per child per day.  
Adults come free on the day of activities.



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