

# Roseberry Academy News

Enjoy Believe Achieve Inspiring Lifelong Learning

## Pupils of the week

*You are ALL pupils of the week this week for being amazing!*



**Don't forget to check your class blog pages on the website for updates!**

**Home discussion question**  
**Stan asked... Which came first, the chicken or the egg?!**



We are all getting used to a new way of living at the moment and I have been delighted by how positive and resilient adults and children have been during this very strange time. I understand that the prospect of children learning at home may be daunting for some parents. We do want children to keep learning, but we don't want home learning to become stressful for all involved during what is already a worrying time for most. With that in mind, here are some useful tips for you all. Be safe - you are all very precious!

Mrs Channing

### **How to support home learning**

- \* Follow this guidance to create a positive learning environment at home
- \* Be realistic about what you can do
- \* You're not expected to become teachers and your children aren't expected to learn as they do in school. Simply providing your children with some structure at home will help them to adapt. Use the tips below to help you make this work for your household
- \* Experiment in the first week, then take stock. What's working and what isn't? Ask your children, involve them too
- \* Share the load if there are 2 parents at home. Split the day into 2-3 hour slots and take turns so you can do your own work
- \* Take care of your own health and wellbeing. This will be new for your entire household, so give it time to settle. Take a look at the links at the end of this factsheet for some advice on mental health and wellbeing

### **Keep to a timetable wherever possible**

- \* Create and stick to a routine if you can. This is what children are used to. For example, eat breakfast at the same time and make sure they're dressed before starting the 'school' day – avoid staying in pyjamas!
- \* Involve your children in setting the timetable where possible. It's a great opportunity for them to manage their own time better and it'll give them ownership
- \* Check in with your children and try to keep to the timetable, but be flexible. If a task/activity is going well or they want more time, let it extend where possible
- \* If you have more than 1 child at home, consider combining their timetables. For example, they might exercise and do maths together – see what works for your household
- \* Designate a working space if possible, and at the end of the day have a clear cut-off to signal school time is over
- \* Stick the timetable up on the wall so everyone knows what they should be doing when, and tick activities off throughout the day
- \* Distinguish between weekdays and weekends, to separate school life and home life
- \* Make time for exercise and breaks throughout the day
- \* Start each morning with a PE lesson at 9am with Joe Wicks
- \* If you have a garden, use it regularly. If you don't, try to get out once a day as permitted by the Government (households can be together outdoors but 2 metres apart from others)
- \* Get your children to write in a diary what they did each day – this can be a clear sign that the 'school' day has ended



Why not sing Rattlin' bog today? Teach it to your grown ups!

## **D.F Motors**

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### Coronavirus

If you are worried about Coronavirus, or need further information, please call the Coronavirus helpline on **0800 0468687** or visit <https://111.nhs.uk>

If you need to contact us, please call **01642 722883** or email [office@roseberryacademy.org](mailto:office@roseberryacademy.org)  
Please note that office staff are homeworking and so phones are being diverted. You may need to leave a message on the answerphone. We will respond to you as soon as we can!



#### Times Tables Rockstars awards this week

Most improved accuracy - Shaleena C

Most coins earned - Oliver T

Most improved Speed - Harry W



Police have suggested we all visit the 'Friends Against Scams' website:

<https://www.friendsagainstsams.org.uk/>

It is an online training session which will take around 20 minutes to complete to raise your awareness of fraud and give valuable tips and tools to prevent you becoming a victim.

### Looking after ourselves and one another!

*It's really important that we look after our mental health and that of our children.*

*Going outdoors into the garden, or for a walk once a day, can have huge benefits upon our physical and mental health. Why not go out for a 'looking and listening' walk? Children could list the nature that they hear and see along the way. Why not sketch trees and plants now and then each week to note the differences as things grow? Draw the clouds, count birds flying over in a 2 minute period and record on a spreadsheet or bar graph. There's lots you can do to keep busy, active and in the fresh air. Many of you have started to take part in Joe Wicks' daily PE session, including our staff! This is a great way to start your day with a spot of P.E in your own home!*

*Tune in to see Joe Wicks for a live lesson at 9am daily!  
<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>*

### Other activities to keep children engaged throughout the day...

As well as completing work set by your child's teacher, make time for other activities, too. Have some creative time or watch a dance video from Go Noodle to get the heart-rate going.

Get your children to write postcards to their grandparents or to pen pals.

Ask grandparents to listen to your children read on FaceTime (or ask grandparents to read to younger children).

Give them chores to do so they feel more responsible about the daily routine at home.

Ask them to help you cook and bake .

Accept that they'll probably watch more TV/spend time on their phone – that's ok but you might want to set/agree some screen time limits and make sure you have parental controls on all devices!



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