



St. Mark's Catholic Primary School

Proudly and Joyfully, we love, live and learn as God's children

A guide for ALL PARENTS in
the event of

self-isolation or school closure



Purpose of this booklet

Dear parent(s) and carer(s),

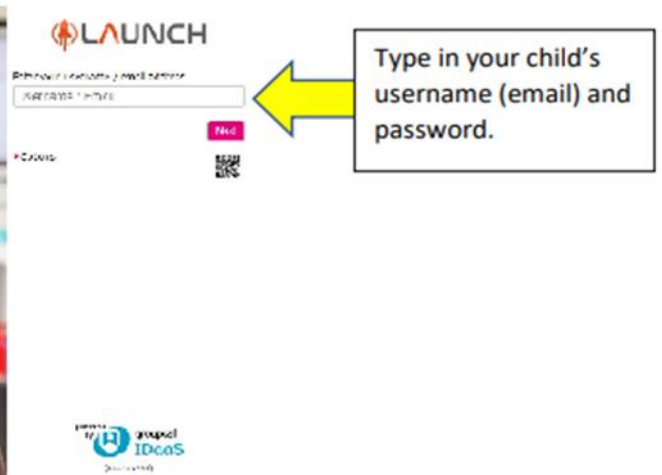
We have created this booklet for you to support your child with their home learning, should they not be able to attend school for any reason. If or when your child cannot attend school, we want to make sure that they keep learning. We have made a work plan for your child so that you know how much work we expect you to do, and on what days, and that work must be submitted at the end of each day. Staff at St. Mark's have reviewed a range of resources to give your child the best home learning experience possible. We recognise that this will not be the same as having your child in school but we have used resources that will mirror the learning taking place in school, so that their gap in learning does not widen any further.

Staff in school will have already demonstrated to your child how to access and use BGfL and the work undertaken via BGfL during the lockdown earlier in the year, showed that the majority of children were skilful at using this.

To support you as parents we have included a step by step guide so that you can help your child should they need it. If for any reason you are unable to access any of the home learning resources, please contact the school office, either by email or telephone: (enquiry@stmarkrc.bham.sch.uk/ 0121-357 9892)

Home Learning - How do I access BGfL for my child's home learning activities?

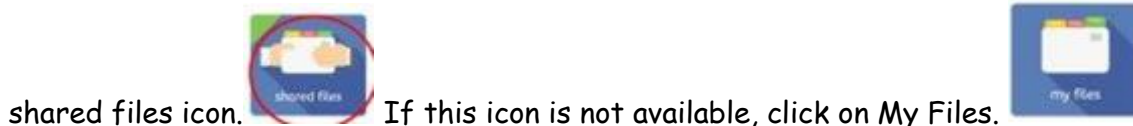
1. To log in, go to the following website <https://login.bgfl365.uk/>



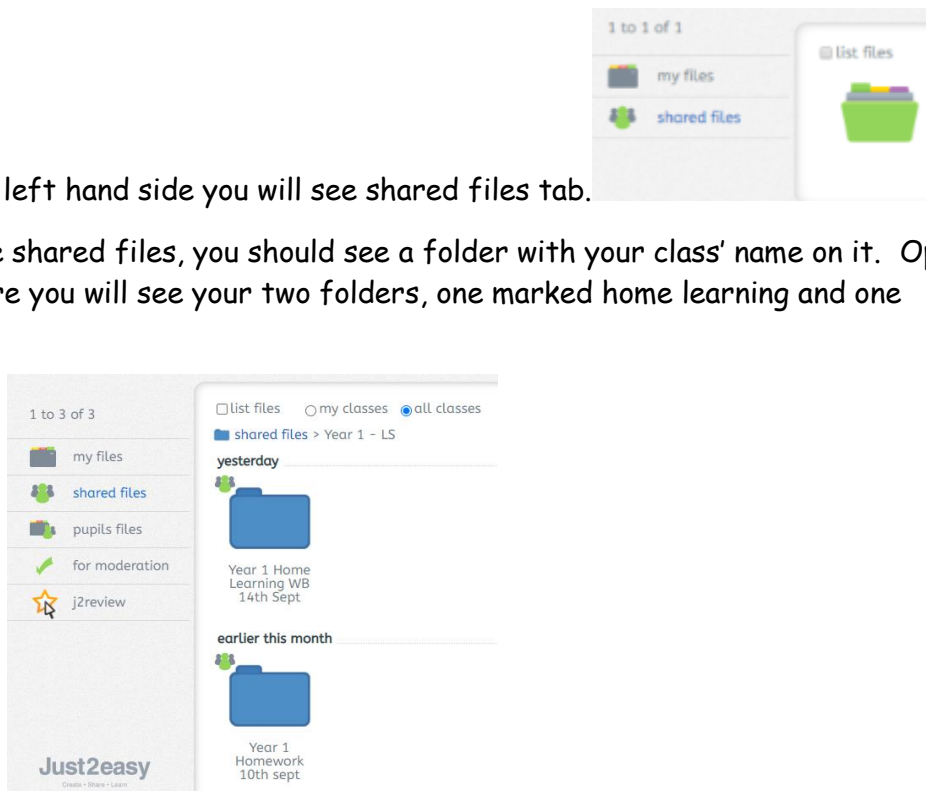
2. Once you have logged into BGfL365, you should see the launch page, which displays a number icons and tools.

To find shared work:

1. To find the weekly home learning document that has been shared by teachers, click on the




2. In My Files, on the left hand side you will see shared files tab.
3. Once you are in the shared files, you should see a folder with your class' name on it. Open the folder and there you will see your two folders, one marked home learning and one marked homework.



4. In the home learning folder, there will be a document dated with the week and this will include the children's work for each day. Each day will look like the one below:

<u>Wednesday</u>	<u>Website Link</u>	<u>Next Step</u>
Writing	Simple and compound sentences - https://classroom.thenationalacademy/lessons/to-explore-simple-and-compound-sentences-74tp8t	Write three simple and three compound sentences of your own
Maths	Comparing numbers - https://classroom.thenationalacademy/lessons/ordering-and-comparing-3-digit-numbers-68w68d	Choose three numbers. Imagine an alien had just entered the room. Write down what you would say to him if you were teaching him how to compare numbers.
Computing	Computing - Create an information page about Andy Warhol. Include what you like/ dislike about his work Some information about him Some images of his work.	

To access the websites; either copy and paste the hyperlink into your internet browser or hold down the Ctrl button on your keyboard and click the mouse button over the hyperlink.

For years 1 to 6, this will mostly then take you to the lesson overview on the Oak Academy website. 

Each lesson is broken down into a variety of ways including:

- quizzes
- videos
- presentations
- worksheets
- transcripts

The worksheets do not need to be printed out. At the start of each lesson, the teacher explains the resources you will need:

- ✓ Paper
- ✓ Pencil
- Possibly other basic items

The next step is a challenge question which your child can complete. Once your child has completed their work, take a photo and upload it to BGfL. Your work will be marked by staff.

Websites your child should be using include:



Please keep your child's log in details in a safe place!



How do we upload a photo of the work completed?

To upload a photo onto BGfL, click on the upload icon, choose files from your desktop or photo library on your mobile phone. Press 'done' and then the photo will be uploaded. You will then see the picture in Myfiles.

Reception children

Your child will be using mostly Education City for their home learning. The tasks will include interactive games and worksheets, which can be completed on the website with help from an adult. Alternatively, you can print off the worksheet, complete it and upload a photo of the work onto BGfL for it to be marked by a teacher.

What is Bug Club?



Bug Club is a powerful whole school reading programme that is proven to raise attainment in reading. It brilliantly combines stunning books and an incredible online reading world, filled to the brim with kid-favourite characters, to hook children into a lifelong love of books and develop confident young readers.

Your child has already been emailed their Bug Club log-in to their BGfL account so they can read age-appropriate books online at home. Staff in school will monitor your child's reading via Bug Club as we expect children to be reading at home for at least 20 minutes per day.

What is MyMaths?

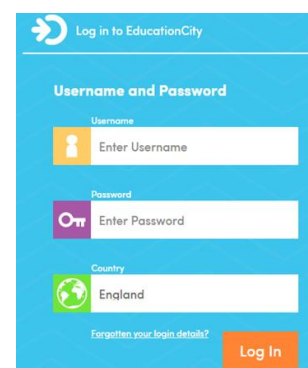


For children in years 1 to 6, Maths will continue to be set on 'MyMaths', which offers interactive lessons, and assignable home learning tasks and worksheets, along with a wealth of resources that will help improve your child's learning, confidence and fluency of Maths.

What is Education City?



All children have access to Education City, an educational resource for children. Your child has been emailed their login details via BGfL and work will be set here, with hyperlinks in the home learning document. A page on the website gives troubleshooting information and the link is <https://www.educationcity.com/support/>



Top Tips for Home Learning

- Take regular breaks from schoolwork (e.g. every hour, take a ten-minute break).
- Make yourself a plan for your school day and stick to it if you can – don't worry if you stray off path!
- Set some small goals for the day.
- Keep a school routine – you could start and finish at a certain time every day.
- Avoid doing schoolwork in your bedroom.
- Make it as much like a school day as possible – you could take your lunch and breaktime at the same times as you would at school.
- Avoid background distractions, e.g. the TV – this will make you more productive!
- If you are having difficulty with some aspects of home learning, please message your class teacher on BGfL via the chat speech bubble.

What to do if your child is worried...

We will stay in touch with your child whilst they are learning from home, this will be via BGfL (please look for the speech bubble icon on your child's work).

If there's something that's worrying you or your child, or you want to talk to a specific member of staff who you feel more comfortable with, you can request this via an email to the school office who will forward this on to the member of staff you would like to speak to – remember, every worry is relevant, whether it is big or small. We aim to get back to parents on the same day but sometimes this is not possible, and a response may take a little longer so please be patient.

If your child is worrying about something relating to a classmate, this is also a very relevant concern. Again, please inform your child's class teacher via an email to the school office.

If you experience any technical issues while learning at home, you should let the school office know as soon as possible.

Mental health and wellbeing

The change of routine and staying at home may make this a difficult time for some children. Public Health England has published advice on how to **support your children's wellbeing** during the coronavirus outbreak:

<https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>

Helping children and young people cope with stress during the pandemic:

1. Listen to and acknowledge your child's concerns
2. Provide clear information about the situation
3. Be aware of your own reactions
4. Connect with your child/ren regularly
5. Provide and support safe ways for your child/ren to connect with family and friends
6. Create a new routine
7. Limit exposure to social media

Useful website links to help you support your child:

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://mindedforfamilies.org.uk/>

<https://www.childrenscommissioner.gov.uk/wp-content/uploads/2020/03/cco-childrens-guide-to-coronavirus.pdf>

<https://interagencystandingcommittee.org/system/files/2020-04/My%20Hero%20is%20You%2C%20Storybook%20for%20Children%20on%20COVID-19.pdf>

<https://www.nhs.uk/change4life>

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Guidance is also available to help you **look after your own mental health**.

10 ways to look after your mental health

- Remember it is normal to feel sad, stressed, confused, scared or angry during a crisis
- Maintain a healthy lifestyle as far as you can, including diet, sleep and exercise
- Keep connected to people by phone, email and social media
- Be kind to others and to yourself
- Use skills you already have, and have used in the past to deal with stress
- Limit worry by watching or listening to media coverage less
- Don't smoke, drink or use drugs to deal with your emotions
- Get the facts to help you determine your risk and protect yourself
- Seek advice you can trust from the NHS and the Government
- Structure your day with things that you can realistically achieve

Staying Safe Online

The software and websites included in this booklet are all safe for your child/ren to use. Using the internet can be a great source of learning but there are some websites that can be unsafe for children. Please NEVER leave your child unsupervised on the internet.

If you are spending all day at home, you will likely be spending more time online. Whilst there are many positive aspects of using the internet, such as keeping in contact with those you can't see and staying entertained, you must also remember to use it sensibly.

Please reassure and remind your child that they must report anything concerning to a member of staff in school immediately (You can use BGfL to do this or email or telephone the school).

If your child is speaking to another child out of school hours on forums/chat rooms please monitor this, as we have had some parents in school complain that the content of some of these chat rooms is inappropriate.

While you are spending more time at home, you should consider the ways you can stay safe and maintain a healthy relationship with the internet by doing the following:

- Having tech-free mealtimes
- Not keeping your phone or tablet in your bedroom
- Ensure parental controls/privacy settings are in place on your child's computer/ipad/phone to keep them safe.
- Make sure you have the right settings applied to the apps and websites you use, so you don't see anything you don't want to and can limit who can contact you
- If you need to report something that you've seen online that is unrelated to St. Mark's home learning tasks, use Child Exploitation and Online Protection command (CEOP) (<https://www.ceop.police.uk/safety-centre/>) and the UK Safer Internet Centre (<https://www.saferinternet.org.uk/our-helplines>)
- Reassure your child that they can speak to you if they are worried or concerned about any online content
- Here is further information you can access to further support your child with any worries at home: Childline (<https://www.childline.org.uk/>), Kooth (<https://kooth.com/>), or any of the contacts listed here: <https://www.mind.org.uk/information-support/for-children-and-young-people/useful-contacts/>



Message from Mrs. Linley...



Please remember, the current pandemic has brought us many challenges and there are still so many uncertainties as to what the future holds, but know that you are not alone and as a school we aim to work with our families as much as possible. We may not be able to provide you with the support you need but we may know someone who can, so please... if you are struggling... speak out!

You can contact the school on:

School email: enquiry@stmarkrc.bham.sch.uk

School telephone: 0121 357 9892



Many thanks for all your support,
Mrs. Linley and the St. Mark's Team