



Dear Parents / Carers,

We wanted to take this opportunity to share some thoughts about how the last week has gone and how the coming weeks might shape up.

To begin with, thank you for adapting as quickly and as well as you have during what is an unprecedented and demanding time for all of us. The students have demonstrated incredible resilience and strength. We are proud of them all and how they have handled this situation, with you by their sides.

The last couple of weeks have tested all of us; staff have spent lots of time dealing with some overwhelmed families. We have all had to adapt to complete change, not just in terms of where your children are being educated, but our freedom to continue this education in the ways we feel are best. We would like to reiterate that we do not expect parents to be teachers. It's much more important to safeguard the well-being and mental health of our young people (and their parents) during this unusual time. Remember also that teachers are expert in assessing and developing knowledge; we are confident that our students will be able to pick up their normal pace of learning when they eventually arrive back at school. Teachers will plan to address gaps in knowledge and skills across the range of subjects.

Today marks the start of the Easter break and, whilst this break is not going to be conducted in the ways that we normally expect, it does need to give all of us some time to reflect, recuperate and relax.

We recommend that students look to maintain some sort of routine during this period of confinement but recognise that our earlier advice to them of trying to follow their normal school timetable may not be appropriate throughout the Easter holidays. We advise that parents establish a balance between recreation, rest and learning from home with their children, which may include life skills.

Teachers are continuing to upload work to One Note and this work will be available over the holiday period should students wish to use it. Please refer to the Millom School Guide for Home Learning, which is available on our website. There are also lots of ideas and resources shared on the Millom School Facebook page, so if you have a Facebook account and you haven't yet 'liked' the new page, please do so. It's great for keeping in touch! You can find a summary of suggestions at the bottom of this letter. The resources, activities and suggestions are because the school wants you to have plenty of support in keeping children occupied at home. There is no expectation that all of it will be completed; we recommend that parents try to gauge what an appropriate amount of work is and let children work at their own pace.

You and your children are very welcome to contact teachers using the school email system if you have any questions or are uncertain about the work set. This is very much a team effort and we're all keen to find the best fit for the community at this difficult time. By working together we will get through this challenge.

Wishing you all the very best. Stay safe and look after each other.

Mrs Vance and Mrs Drage

Suggested activities/resources

Pebble painting

Build a bird box or bug hotel for the garden

Watch some nature documentaries

Baking/cooking the family meal

Have a go at origami

Keep a 'lockdown diary'

Create a 'wish jar'

Do a garden bird watch

Papier mache

Do a nature trail, identifying key plant and insect species from home

Scavenger hunt

Shadow drawing

Make a stop motion animation video

Camp out in the garden and prepare camping food

Chester Zoo virtual zoo day

Using their Unifrog account to research careers information, job profiles and universities

Using Unifrog to complete a MOOC (massive open online course) - greater for the older ones

Musicals and plays can be streamed from http://www.filmedonstage.com/news/76-free-musicals-and-plays-you-can-now-stream-during-the-coronavirus-outbreak-updating-daily?fbclid=IwAR3B-L6UX2BE_NTb7TEdMGaEo7LpbircHme-IST4VSpUYpvcdiixKfipjY

Free art lessons every Monday/Thursday 10.30am www.facebook.com/sihetherington

PE with Joe Wicks https://www.thebodycoach.com/blog/pe-with-joe-1254.html?fbclid=IwAR23mrdVp_fVUJOfXnd5qLtG1KtZyIVQLdkLaCQ9TsmZfEftnQzShINO6Kw

Learn to dance with the Oti Mabuse dance classes (11.30am every day) - access via You Tube or Instagram

Learn to be a DJ with a free app <https://www.algoriddim.com/apps>

Learn to game design with Roblox <https://education.roblox.com/en-us>

Earn a Blue Peter badge by sending in letters, stories, pictures, objects on particular issues <https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

Listen to free audible stories on Amazon <https://stories.audible.com/discovery>

Design and make your own board game <https://www.kiddycharts.com/activities/design-and-make-your-own-board-game/>

Code breaking programme for those interested in computer science <https://code.org/break>

Active history https://www.activehistory.co.uk/?fbclid=IwAR14_iSDRDH3fWw-u7Fr5VCub5vdzRIBxLhhG764OkPf8efVJyYmFI9hvg

The Maths Factor with Carol Vorderman <https://www.themathsfactor.com/>

English with Holly (Facebook) - Shakespeare Live events

Do yoga with Cosmic Kids on You Tube

If you've got a guitar kicking about the house which no one can play, try Fender Play – they're offering a 3 month suscription for free <https://try.fender.com/play>

Twinkl resource bank <https://www.twinkl.co.uk/>

Siemen's DIY science videos with experiments you can do with basics found at home <https://new.siemens.com/uk/en/company/education/students/diy-videos.html>

Tour famous landmarks and museums with Google street view <https://artsandculture.google.com/>

Learn a new language – Lingvist is free until 31st July <https://lingvist.com/>

British Sign Language course (currently free for under 18s)

Learn basic engineering <https://leadersaward.com/> “if you were an engineer, what would you do?”
Competition deadline has been extended to 10th September

Statwars Climate Change Challenge <https://www.primaryengineer.com/category/statwars/>

West Cumbria Rivers Trust – River School

https://www.youtube.com/watch?v=uYweRF_u1Jk&fbclid=IwAR2eBhNQZVR6rTY8UZeaLbTmCRL9feb8fMV5ablK6FPKz9Q0z_4DI3Glijk

There are also new or existing apps where pupils and parents can share videos or stream shows together (like having people round to watch TV) - this is an ideal way to keep in touch with family or connect with friends. Examples include Netflix Party, Kast and House Party. They're all currently free.