

Nottingham City Virtual School



**Learning in the Home – Post-16 Phase
Information and Support**



**Nottingham
City Council**

Welcome to your Help Guide...

We hope this guide will be helpful for you and the young people in your home that are currently not attending education as a result of the school closures. This guide aims to provide useful advice and signposting that can help you during the Covid-19 school closure period.

In this booklet you will find:

- [Useful Tips](#)
- [Useful Links and Ideas](#)
- [Information for Young People](#)
- [Information on Corona Virus](#)
- [A brief guide to BBC Bitesize](#)
- [Advice and links for EAL students](#)

We hope that you find this resource useful!

Nottingham City Virtual School Team



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What is Coronavirus (for older children)

Click on YouTube clip below to find out more...



Coronavirus is a virus that causes a disease called Covid-19. It affects people's breathing and lungs. It can be spread from person to person by coughing or by touching surfaces or areas of skin that have been contaminated by the virus. You can find more information [here](#).

One of the ways you can protect yourself and others is washing your hands properly. Check out Leena's [tips for handwashing](#).

<https://www.youtube.com/watch?v=m2rQV34fr-M>



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Further useful information for Children

Click on the links below to access the resources

- [Unicef Answers Frequently Asked Questions for Children About Coronavirus](#)
- [Childrens Commissioner.gov.uk - Childrens Guide to Coronavirus](#)
- [Livescience.com - Coronavirus Kids Guide](#)
- [Pandemics and the Coronavirus](#)
- [Mindheart - Kids COVIBOOK](#)
- [NHS - Wash Your Hands Song for Children](#)
- [Coronavirus: How to Wash Your Hands - BBC Newsround](#)
- [Nosycrow – A free illustrated childrens book explaining Coronavirus](#)



Further useful information for Parents and Carers

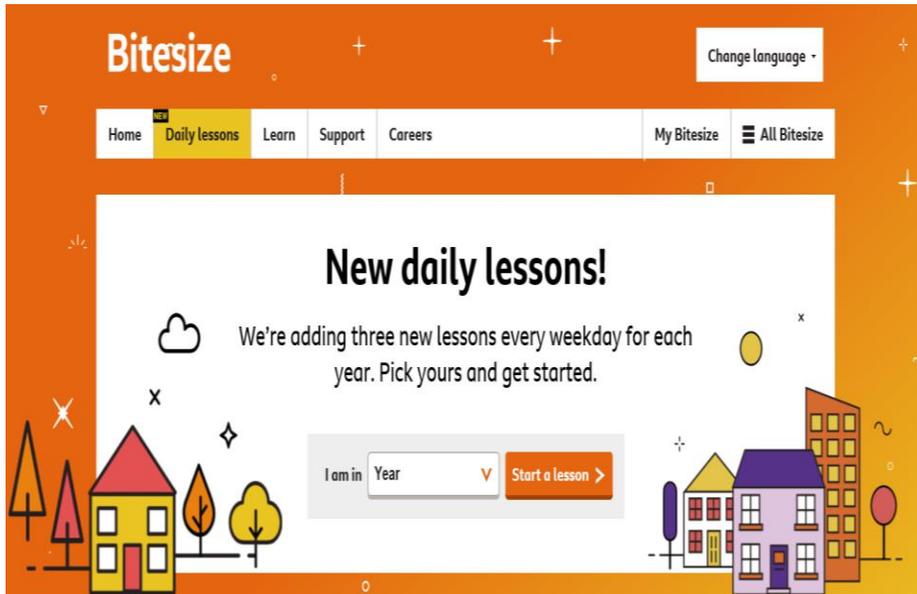
Click on the links below to access the resources

- [Childmind.org - Talking to Kids About Coronavirus](#)
- [UNICEF.org.uk - Coronavirus Facts](#)
- [IPSEA.org.uk - Update on Covid 19 School Closures and SEN Provision](#)
- [AskIion.co.uk - Coronavirus Information for Families](#)
- [BACP.co.uk - Coronavirus Helping Children and Teenagers Cope with Change Isolation and Uncertainty](#)
- [Easterseals Illinois Autism Partnership - My Coronavirus Story](#)
- [National Geographic Kids - What is Coronavirus?](#)
- [My Story PPT - Pandemics-and-the-Coronavirus](#)



How to use BBC Bitesize

Follow this link to the BBC Bitesize homepage - <https://www.bbc.co.uk/bitesize>



Pick your year and start learning from home

You'll find daily lessons for learning from home in Maths and English for every year group, as well as regular lessons in Science, History, Geography and more. The lessons started on April 20th and they are all saved. The lessons sometimes have links to worksheets and other resources and you can print these out if you wish.

It is advisable to explore the site.

You could try clicking on **All Bitesize** tab. This will take you to **Primary**, **Secondary** or **Post 16** where you can choose from so many different subjects and lessons, including GCSE's and Functional Skills.

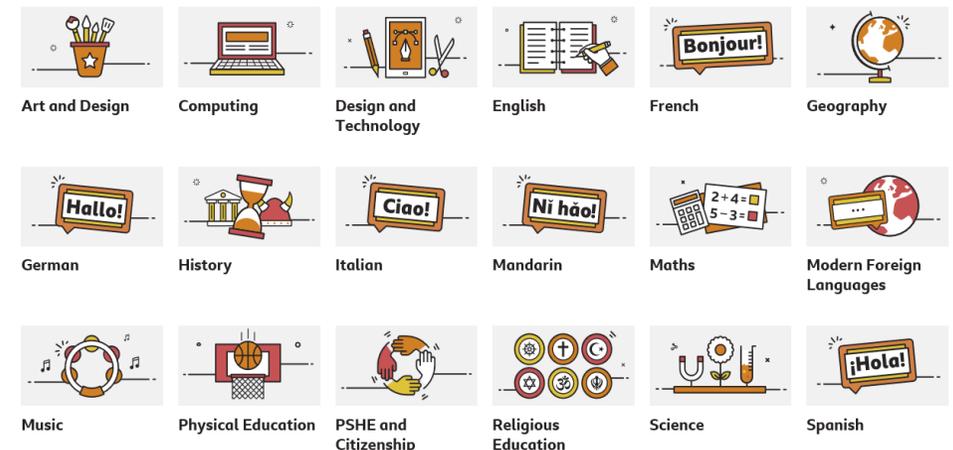
Bitesize just got better!

- Try our new tests
- Add your subjects and exam boards
- See your most recent learner guides
- Save learner guides to your favourites

[Sign in](#) or [Register](#) to personalise your Bitesize now.

You can save any lesson or activity to My Bitesize to complete later.

Here are the range of subjects available at KS2.



Useful Tips



Hints and Tips for Post-16 Students

- ✓ Have a structure to the day, with a clear focus on a particular area (ie – coursework, CV writing, UCAS applications, exam practice)
- ✓ Give the young person the autonomy to have a choice on how the day is structured
- ✓ Try to be located in one or two rooms in the house, then have a separate rest area
- ✓ Encourage the young person to write a daily log, reflecting on their learning and what they have accomplished each day. Praise all the achievements, no matter how small.
- ✓ Encourage the young person to have a 'group chat' with their peers and support each other / give advice. They may be more likely to discuss any concerns they have with a friend
- ✓ Encourage a mixture of learning styles - visual, kinaesthetic (learn by doing) and auditory.
- ✓ Have movement breaks regularly throughout the day – go for some exercise, walk the dog, join in with some online 'keep fit' videos
- ✓ Learning opportunities are everywhere around you, be creative!



Useful Links

- ✓ **Barclays Life Skills** – www.barclayslifeskills.com
Provides workshops on CV writing, applying for jobs, interview skills and virtual work experience.
- ✓ **BBC Bitesize** - <https://www.bbc.co.uk/bitesize>
Resources for students from reception to Year 11
- ✓ **BBC drama - podcasts** - <https://www.bbc.co.uk/programmes/p02pc9s1/episodes/player>
Dramas for English Language learners, e.g. Alice in Wonderland and Frankenstein from BBC World Service.
Improve your English with retellings of stories - classic and new.
- ✓ **BBC Learning English** - <http://www.bbc.co.uk/learningenglish/english/features/6-minute-english>
Includes English my Way – basic level videos as well as higher level activities
- ✓ **BBC English in a minute** - <https://www.bbc.co.uk/learningenglish/english/course/eiam>
A one minute video explaining a point of grammar followed by activities
- ✓ **BBC Skillswise** - <https://www.bbc.co.uk/teach/skillswise>
Helps adult learners improve reading, writing & maths.
- ✓ **British Council Learn English Teens** - <http://learnenglishteens.britishcouncil.org/>
Resource for learning English.
- ✓ **Daily Grammar** - <http://www.dailygrammar.com/>
A collection of short lessons with questions and answers covering parts of speech, parts of sentence and types of pronunciation.
- ✓ **Digital Literacy** - <https://en.diglin.eu/>
Online Materials to Practice Reading, Writing, Speaking and Listening for zero/low literacy students.
- ✓ **Draw a stickman** - <https://www.drawastickman.com/episode1>
Mouse practice for beginner IT users



Keeping in contact with friends

SECONDARY

How can I keep in contact with my friends?

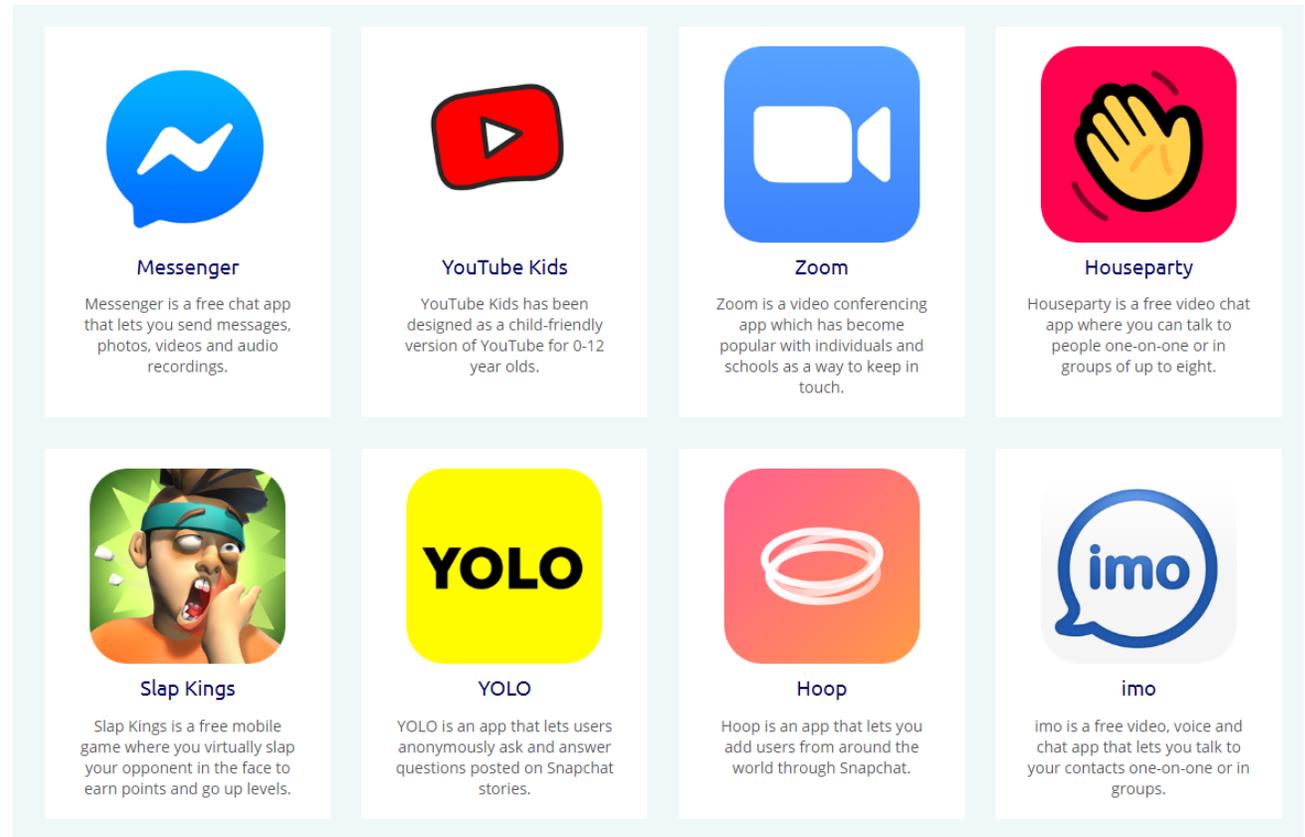
There are many ways that you can keep in contact with your friends and family during the corona virus lockdown.

You could use the following social media platforms: Zoom, Skype, Telephone, Whats-App and Messenger. Or you could write your friends and family a letter, send them a postcard or send an email.

The Below links are prepared by the NSPCC and O2; these cover some online safety tips and recommend appropriate platforms to use.

<https://www.net-aware.org.uk/>

<https://www.net-aware.org.uk/networks/>



Recommended by: <https://www.net-aware.org.uk/>



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How will my course results be calculated if its my final year of study?

Your course results will be determined by your mock results, the work you have produced over the course of the academic year and your teacher's predictions.

Will I still be in receipt of the bursary?

Yes, you will still be in receipt of your bursary, even though you are not attending college/sixth form etc. However, if your attendance was too low prior to lockdown you may no longer be able to receive the bursary as your attendance percentage is currently static at present.

Keeping Motivated and Active

Being motivated and keeping active can be challenging in 'normal' circumstances, but the lockdown is making this even harder.

Here a few ideas to help:

Decide on three things you want to achieve each day, for example – walk the dog, go for a run, practice learning a new language/instrument or completing your course work assignment / module.

Try to put this in to a structure that works for you:

- ✓ Set your alarm to avoid oversleeping and losing out on the day
- ✓ Have breakfast, this will really help set you up for the day
- ✓ Go for a run
- ✓ Have a break, listen to some music or watch some TV
- ✓ Try doing a different activity – playing an instrument, doing some art, learning a language (for more ideas see our 'ideas' section)
- ✓ Have some lunch
- ✓ Do some of your assignments or your coursework
- ✓ Join in with some online 'keep fit' videos
- ✓ End the day with something that you've been looking forward to or a treat for all your hard work! E.g. Movie Night, making your own pizza, family quiz or a virtual quiz with friends.

How can I get help applying for a job and university?

There are lots of online resources and courses to get you ready for a new job (please see our list of useful links). These will give you helpful information on how to write a CV, how to complete a job application and other key employability skills. For those of you who are interested in applying for university, please use the link below. It provides a step by step guide on how to apply.

<https://www.ucas.com/undergraduate/apply-ing-university/filling-your-ucas-undergraduate-application>

You can also speak to someone at your educational provision to arrange careers advice that will help you towards meeting your career aspirations.





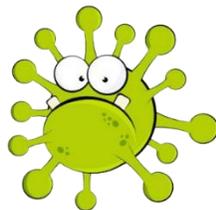
For those

Learning English as an Additional Language

The following is offered as a generic list of support strategies and resources for pupils learning English as an Additional Language during the closure of schools due to the COVID 19 pandemic.

Make sure that you have a named school contact to liaise with regarding the following:

- **The current situation and next steps** - regarding Covid-19.
- **School work** - for English language development and subject specific learning.
- **Equipment** – Access to a laptop (with camera and speakers), printer, bilingual dictionary and /or translation software.
- **English language tuition** - 1-1 tuition, on-line language course, language phone app.
- **Learning support** - 1-1 support, regular phone contact, regular on-line feedback about work completed.



Other tips:

- ✓ **Try to have some fun**
- ✓ **Explore topics of interests and hobbies together.**
- ✓ **Take your time with your learning.**
- ✓ **Ask for help where needed.**
- ✓ **Look at the free resources listed on the next page.**
- ✓ **Read everyday – books/magazines/papers etc. in English and First Language.**
- ✓ **Attend subject related on-line lessons set by the school.**
- ✓ **Attend any organised Zoom, Team or other social platform conversations to encourage a sense of belonging to the school community and to keep up to date with other students.**

Create regular opportunities to talk, listen and read.



Amazing
FREE
Resources!!

For those

Learning English as an Additional Language

Rosetta Stone

<https://www.rosettastone.com/freeforstudents/>

Offers school children free access to its language courses for three months.

Learn English for Teens - British Council

<http://learnenglishteens.britishcouncil.org/>

A resource for learning English that includes: skills, grammar and vocabulary. All delivered through short videos and activities.

Agenda Web

www.agendaweb.org

Learning English activities for all ages

Flash Academy

<https://flashacademy.com/>

Supporting the independent learning of EAL, ESOL, English Literacy and MFL. Free resources trial available.

Collaborative Learning

<http://collaborativelearning.org/dailyactivity.html>

Includes a catalogue of activities, including a daily activity to encourage talking whilst learning.

Lit2Go

<https://etc.usf.edu/lit2go/>

Free online access to a full collection of popular books, classic stories and poems with audio – also available to print.

MANTRA

<https://uk.mantralingua.com/homereading>

Provides free access to dual language library books for EAL, ESOL, English Literacy and MFL. Free resources and a free trial available.

TWINKLE:

<https://www.twinkl.co.uk/resources/english-as-an-additional-language-eal>

Free membership and access to many resources.



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PRACTICAL
IDEAS FOR
LEARNING IN
THE HOME



Sport and Exercise



Outdoor Games



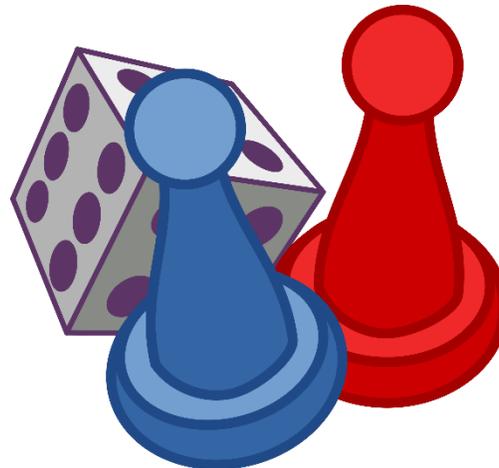
Creative Education



Cooking



Board Games



Drama and Role Play



Ideas of things to do with children and young people...

Reading a story. Reading together.	Construction- Lego, Knex, bricks	Sand pit	Water play- plastic trays, containers, washing up bowls	Finger painting Handprints
Make dens using sheets and blankets	Watch films together	Pasta shape painting and collage	'Paint' in the garden with water	Measure things with a rule or tape.
Play board games	Puzzles	Play shops	Play cafes	Make a house with a cardboard box
Make obstacle course	Trampoline	Make puppets out of socks	Scrapbooks	Make collages out of old magazines
Look at photos of animals, places etc	Look after pet and do a project about it	Simple cooking, sandwich making.	Baking – measuring, recipes, decorating.	Make your own play dough-salt dough
Make musical instruments with containers and rice etc	Make a show	Dance to music	Do a workout	Play card games
Make up a quiz and send it to friends by email	Treasure hunt- e.g. in the house and garden find 10 items to go in a matchbox.	Word games - I spy, 20 questions, alphabet memory games	I-pad games/ tablet games	Make your own board game
Do origami and send photos to friends	Colouring in	Birdwatch in the garden and learn to identify birds	Take photos of nature	Write a diary
Make a recipe book	Do a chore in the house	Child led project about an interest	Audible books/ story tapes	Learn to draw Make cartoons
Research a country	Make a quiz for the family online.	Older children deliver a lesson to younger children- could do online.	Learn a new language e.g. Duolingo website	Practice a musical instrument-use YouTube to learn.
Find a virtual tour of a museum or zoo	Google virtual tours	Webcams of volcanoes etc	Have fun doing hairstyles	Create outfits and do a fashion show

I D E A S



Ideas of things to do with children and young people...

Take photos of things close up - challenge people to guess	Junk modelling	Papier Mache	Ready steady cook challenge- What can be made?	Press flowers collect leaves.
Make pretend potions in the garden.	Science experiments- float or sink in the washing up bowl or bath.	Make decorations like paper chains, pom poms, paper bunting.	Make a video to share with the family	Write stories or make a comic book
Make a joke book	Paint on pebbles	Karaoke? Find lyrics on google	Chalk drawing on the patio/doorstep.	Sewing activities. Learn to knit or crochet.
Grow cress seeds or grow an apple pip etc	Sketch in the garden or items in the house.	Create a playlist	Listen to podcasts	Relaxation exercises
Learn a new word a day	Watch a nature programme	Make up a 'Strictly' routine	Design a dream island/theme park on plain paper	Make shadow puppets using hands and a lamp on the wall
Paper plate crafts- make faces, decorate	Make jewellery from pasta shapes or rolled newspaper tubes	Doodle/ scribble and make pictures from the doodle	Make paper planes and see who's can fly the furthest	Indoor games – e.g. bowling alley out of plastic bottles, indoor cricket with a wooden spoon.
Tea party for toys	Hide and seek/ Simon says	Make a picnic and have it indoors or in garden	Create a time capsule with messages, pictures etc	Write letters or cards
Fact learning challenges- counties of the UK, capital cities, Kings and Queens	Make your own word searches	Learn magic tricks	Learn the alphabet in sign language	Play charades with movie/book/TV titles. Play Pictionary on scrap paper
Cutting and sticking activities	Write a play script	Make up stories using model characters such as lego/ play mobile	Ice cube experiments- melt, float, shine light through	Make ice lollies with squash and water.

I D E A S



HEALTH AND WELL-BEING



Health and Wellbeing Tips

Managing Stress: self-care during the coronavirus crisis

1. Prioritise

- Break up stresses into smaller and more manageable chunks.
- Make “To do” lists – divide items into Must vs Should vs Could.
- Forgive yourself if you don’t achieve something – priorities can change

2. Routine

- Minimise the impact of stress by maintaining structure and routine.
- Keep doing things which are familiar and meaningful.
- New decorating projects and clear-outs can give you goals to work towards.
- Plan a new meal, start a new book or try different genres for movie nights.



3. Focus

- Disrupt negative thinking by paying attention to the present moment.
- Look at and listen to the sights and sounds in the garden or driveway.
- Notice how your feet hit the floor when walking from room to room.
- Tune in to the smell and texture of your food as you eat.

4. Exercise

- Find creative ways of being active when indoors.
- Do push-ups during TV adverts.
- Perform star jumps, lunges, planks and chair/wall
- Learn a dance routine using YouTube.
- Schedule toning and bodyweight exercises each day: <https://tinyurl.com/y57d6cf7>



Health and Wellbeing Tips (continued)

Managing Stress: self-care during the coronavirus crisis

5. Connect

- Maintain support networks to promote belonging, safety and emotional regulation.
- Get in touch with friends that you haven't spoken to in a while.
- Use text, email, video chats or letters to check in and share news/gossip.
- Prioritise positive social media and avoid too much news coverage

6. Breathe

- Take control of your breathing to stifle panic.
- Perform slow and rhythmic breathing in and out.
- Consider movement & vocalisations from the Breath-Body-Mind approach:
<https://tinyurl.com/tk4nkq4>



7. Gratitude

- Take more notice of the pleasures in life.
- Thank others for what they do and say more often.
- Get into the habit of listing or reflecting on three good things which you are grateful for each day.

Young Minds

More information to support your mental wellbeing can be found at Young Minds:
<https://youngminds.org.uk>

Cosmic Kids

Mindfulness and exercise to well known stories can be found at:
<https://www.youtube.com/user/CosmicKidsYoga>

Whilst every effort has been made to ensure that the links provided are accurate, we are not endorsing companies/providers.

