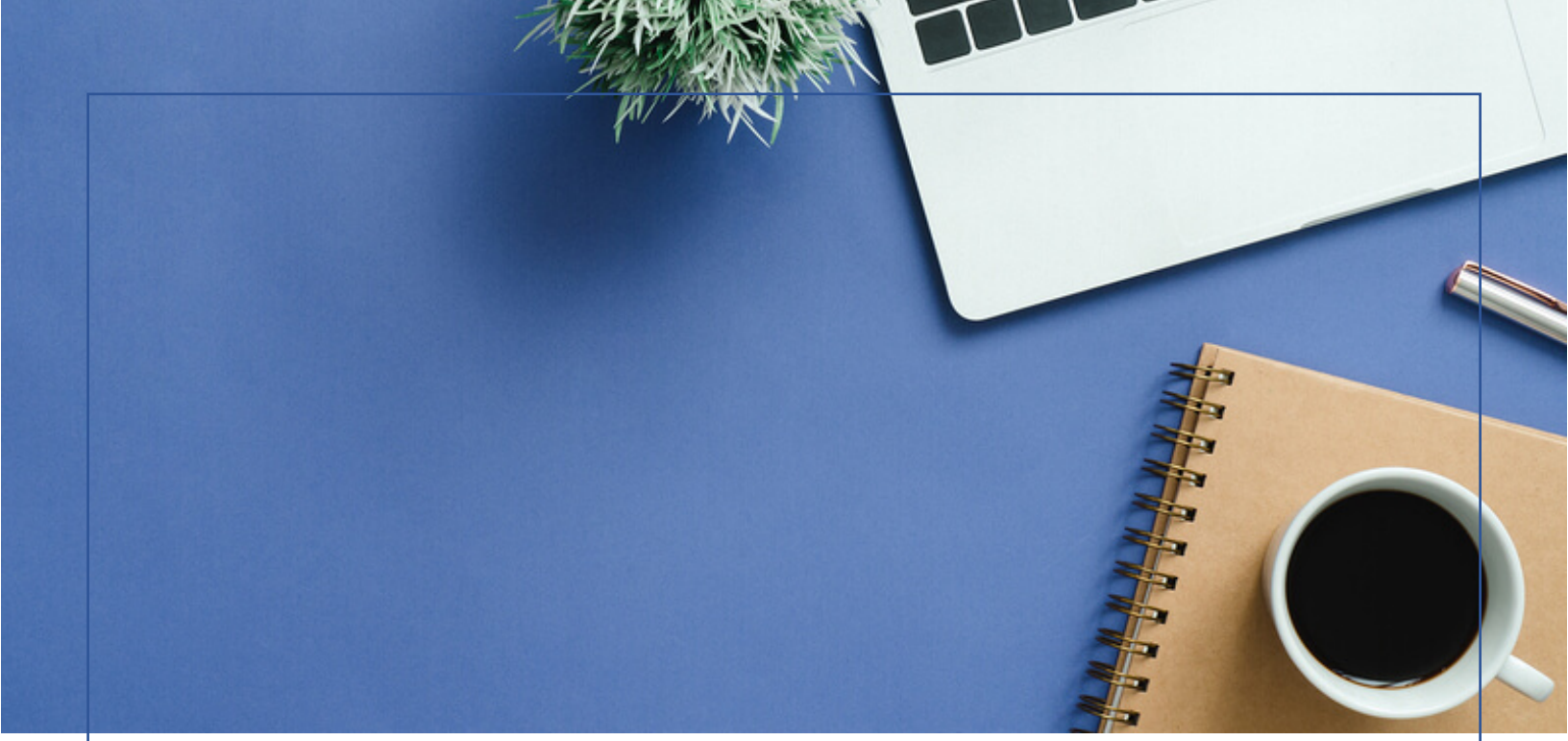
Carwarden House Community School

Home Learning Tips and Useful Links for Parents and Carers

Contact: maria.ramsay@carwarden.surrey.sch.uk





INTRODUCTION

As a school community we are going to go through a time of change and challenge. Carwarden has a strong community and often feels like an extended family. Over the coming weeks and maybe months we need to unite and stay well. We are hoping that the following tips will help you to have a more enriched time.

If you have any further contributions for our 'Tips', it would be great to hear from you, please feel free to email me. This is our first edition and we will be adding new information frequently.

Take care and stay safe.

Key Government Documents

https://www.hse.gov.uk/news/coronavirus.htm

https://www.nhs.uk/conditions/coronavirus-covid-19/

https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults

https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers/closure-of-educational-settings-information-for-parents-and-carers

Keeping your Mind and Wellbeing Healthy during Home Learning/Self-Isolation/Social Distancing

A thought for the Adults

Stay in touch....

Social media can be a helpful tool to stay connected. There are groups dedicated to sharing ideas to keep the family entertained and updated during self-isolation and social distancing.

Twitter is super for up to date government info, check out #stayathomechallenge and #workoutathome for some great tips over the coming weeks.

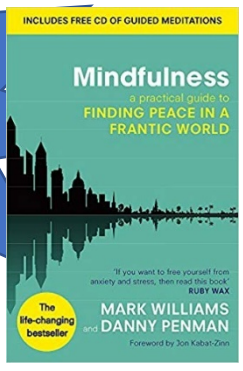
Self-Care Activities... a few to get you started!

Practice Mindfulness and Growth Mindset. Apps such as Headspace and Calm are great, you can also find free guided meditations on YouTube, New Horizons offers meditation and Mindfulness for all on YouTube. Brain Gym is great for all the family. https://www.stylecraze.com/articles/simple-brain-gym-exercises-and-its-benefits/

Keep a journal. Sometimes, you need a physical indicator of getting a thought out of your head in order to let it go or to make sense of it and process it effectively. It's also a way of managing anxiety in a way that you can control.



Recommended read…



NHS England and NHS Improvement (@NHSEngland)

18/03/2020, 10:31

If you need to stay at home, there are things you can do to help prevent the spread of #coronavirus — including sleeping alone if you can, having deliveries left outside, and drinking plenty of water and taking painkillers. Read the full guidance.

nhs.uk/coronavirus pic.twitter.com/KyJbhtqpej



Managing anxious thoughts in yourself and others

With anxiety, it is like you are 10 steps ahead. We sometimes call this catastrophising. It is helpful to be really aware of what you're thinking. Sometimes we are catastrophising, we're focusing on all of the 'what ifs?' Bring things back to what you actually know. Reassure yourself, calm yourself. Mindful breathing is great to refocus on the presence. https://www.mindful.org/a-five-minute-breathing-meditation/

If you feel overwhelmed with information, it may be that you need to take time each day actively avoiding the news stories. Always be mindful though and ignore fake news stories. They are designed to feed anxiety!

Avoid telling anyone 'not to worry'. Our brain won't register the 'don't'. Right now, don't

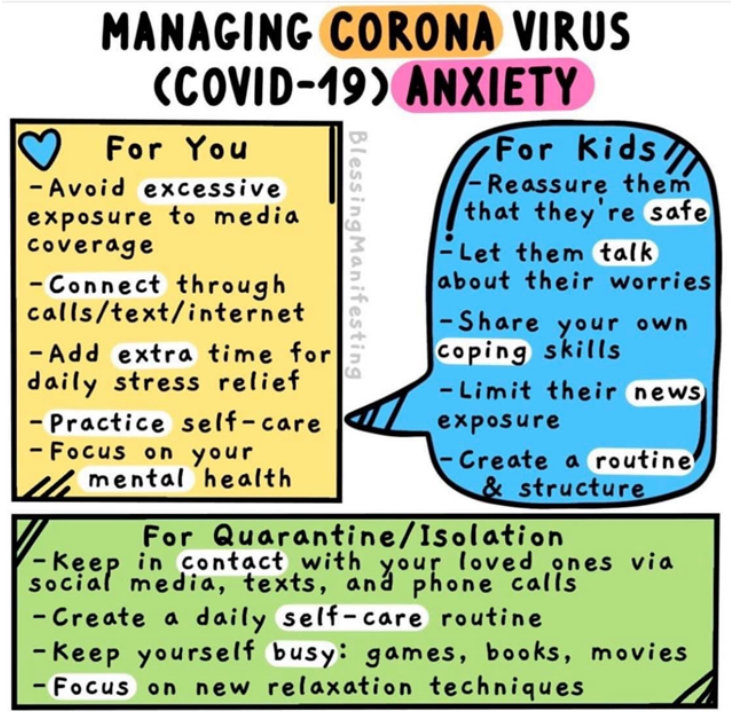
https://www.iesohealth.com/en-gb

ieso digital health

Online CBT for NHS Patients | Ieso Digital Health

Ieso Digital Health delivers CBT over the internet, meaning you can see your therapist from wherever you choose. Online CBT is delivered securely through our online therapy platform.

www.iesohealth.com

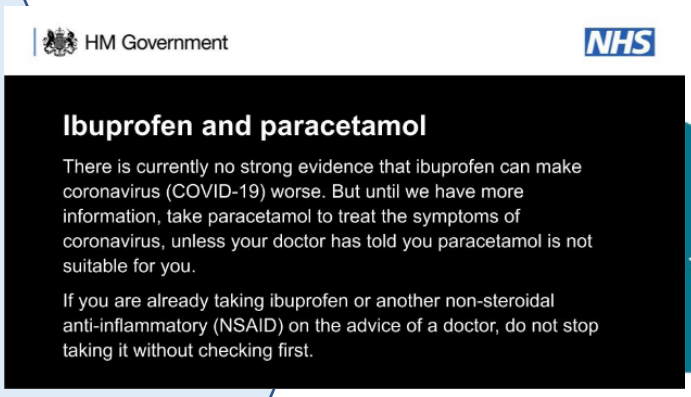


Have a look for local community support groups on the internet, Facebook and Twitter, set up group chats with fellow parents on WhatsApp. Group learning on Skype. if you can share details of community support for those affected by coronavirus or to seek local support for yourself and your

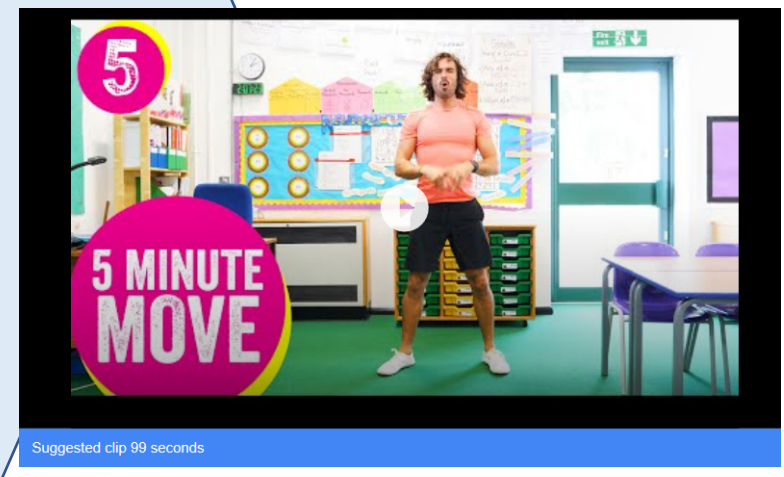
the Hope Hub

Stay Connected

If you're self-isolating, keep in touch with friends and family using technology and social media. Reconnecting is crucial for our happiness, especially during challenging times. Perhaps you could set up a virtual book group for your child and their friends, visit an online art gallery if they're the creative type, or even sing together over Skype/FaceTime/video call! Togetherness and social connection will ease the







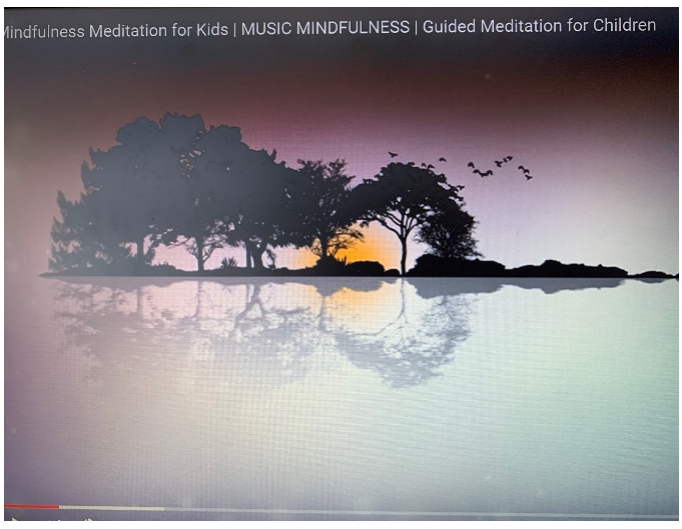
www.youtube.com › watch

5 Minute Move | Kids Workout 5 | The Body Coach TV - YouTube

Stay active!

The Joe Wicks 5 minute move videos on YouTube are perfect for children, even when they're stuck indoors.

If you are well enough to, enjoy a mini workout or a walk together with your child, exercise releases happy hormones.



Meditate together!

Again, there are some great free Mindfulness and meditation practices from New Horizon on YouTube.

https://www.youtube.com/watch?

Listen to a book together....

Audible and Many Books are offering free books for you and the rest of the family to listen to for as long as schools are closed. Audible are offering an incredible collection of stories, including titles across six different languages, that will help them continue dreaming, learning, and just being kids.

https://stories.audible.com/start-listen

FRIENDLY REMINDER:



It's perfectly okay if the only exercise you get today is flipping the pages of a book or stirring your tea or smiling with friends. Wellbeing means your WHOLE body. Make sure your soul is getting as much exercise as your glutes.

Unknown

audible
an amazon company

Stories help.

They entertain. They teach. They keep young minds active, alert, and engaged.

Keeping a routine

If you are self-isolating, it is important to try to keep a routine if you are well enough to do so. Getting up, washed and dressed and having activities planned to do will greatly help your mental health.

It may be worth thinking of plans before your normal routine changes, so that you can organise anything that you may need such as mindfulness colouring books, puzzles or household products if you are planning a spring clean! Plants and seeds for the garden or pots for your windowsill.

Join a virtual choir

Gareth Malone is launching his own 'home' choir whilst we are socially distancing.

https://decca.com/





Look out for regular updates from Carwarden on our

Useful Links for wellbeing for you and your children...

https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/

https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/

https://www.who.int/docs/default-source/coronaviruse/mental-health-considerations.pdf?sfvrsn=6d3578af_2

This fantastic checklist is from the Mind website which has a whole array of resources to support our mental health and wellbeing during this time of uncertainty.

Checklist: are you ready to stay at home for two weeks?

- **Food**: do you have a way to get food delivered?
- **Cleaning**: are your cleaning supplies stocked up?
- **Money**: can you budget for any higher bills or expenses? Will you save money from lower transport costs that you could spend elsewhere?
- **Work**: can you work from home or not? If not, what are your rights to payment or benefits?
- **Medication**: do you have enough medication, or a way to get more?
- **Health**: can you reorganise any planned therapy or treatments?
- **Commitments**: can someone else help you care for any dependents, walk your dog, or take care of any other commitments?
- **Connectivity**: have you checked the contact details of the people you see regularly, like their phone numbers or email addresses?
- **Routine**: can you create a routine or timetable for yourself? And if you live with other people, should you create a household schedule? Do you need to agree how the household will run with everyone at home all day?
- **Exercise**: is there any physical activity you can do inside your home, such as going up and down the stairs, using bean tins as weights, or exercises you can do in your chair?
- **Nature**: have you thought how you could access nature? Can you get some seeds and planting equipment, houseplants or living herbs?
- **Entertainment**: have you thought about things to do, books to read or TV shows to watch?
- **Relax**: have you got materials so you can do something creative, such as paper and colouring pencils?



HM Government NHS

Coronavirus guidance
Protecting older people and vulnerable adults

We are advising those who are at **increased risk** of severe illness from coronavirus (COVID-19) to be particularly stringent in following social distancing measures.

aged 70 or older (regardless of medical conditions)

under 70 with an underlying health condition listed below (ie anyone instructed to get a flu jab as an adult each year on medical grounds):

- chronic (long-term) respiratory diseases, such as asthma, chronic obstructive pulmonary disease (COPD), emphysema or bronchitis
- chronic heart disease, such as heart failure
- chronic kidney disease
- chronic liver disease, such as hepatitis
- chronic neurological conditions, such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), a learning disability or cerebral palsy
- diabetes
- problems with your spleen – for example, sickle cell disease or if you have had your spleen removed
- a weakened immune system as the result of conditions such as HIV and AIDS, or medicines such as steroid tablets or chemotherapy
- being seriously overweight (a body mass index (BMI) of 40 or above)

those who are **pregnant**



Try a new dish...

There are some great websites that will give you good tips for cupboard item cooking.

https://www.bbcgoodfood.com/

Social Distancing:

What does it mean?

It means stay away from places where people gather, avoid mass gatherings, and whenever not possible, maintains a distance of at least one metre from each other.[1] Together we can help to slow the infection from spreading away.

Red Light – Avoid / Don't Do

- All gatherings of religious, commercial, official or personal nature (e.g. market/mall, cinema, meeting/conference, wedding, party/picnic, tuition, gym/yoga, dancing etc.) involving a sizeable and flowing crowd
- Social visitors or non-essential workers in your house
- Non-essential visitors in the workplace
- Non-essential travel in public transportation

Yellow Light – Do with Caution

- Attend private gatherings limited to a few family members or known friends
- Travelling in a private transport (public transport only if it is a NECESSITY)
- Visit a local restaurant BUT choose the open-air type, sitting with at least one metre apart whenever possible (takeaway food is a better choice)
- Buying in a grocery store or supermarkets without a crowd
- Pick up medicines from the pharmacy without a crowd
- Play sports in the open air with family or a few known friends

Green Light – Safe to Do

- Take a walk or jog in open park or stadium
- Cycling
- Play in the home garden, or go for a fun drive with family
- Read a book or listen to music in private
- Play games or watch TV/movie at home
- Home cooking and meals at home



- Wash your hands frequently with soaps and water, or alcohol-based hand rub.
- Best to do thing online whenever possible (e.g. Video chat, e-payment, internet games, or chat over a phone).

1. "World Health Organisation, March 2020."

https://realfood.tesco.com/curatedlist/nine-store-cupboard-ingredients-and-how-to-use-them.html?sc_cmp=eml*adhoc*mar*tec*MIX_CONTENTNL_20_03_06_Meat&utm_medium=email&utm_source=adhoc&utm_campaign=tec X_CONTENTNL_20_03_06_Meat&mi_u=04c137ef-420b-4cc0-b45c-5276fd273de4&dclid=CJz7sfjjq-gCFYWiUQod8hMKaw

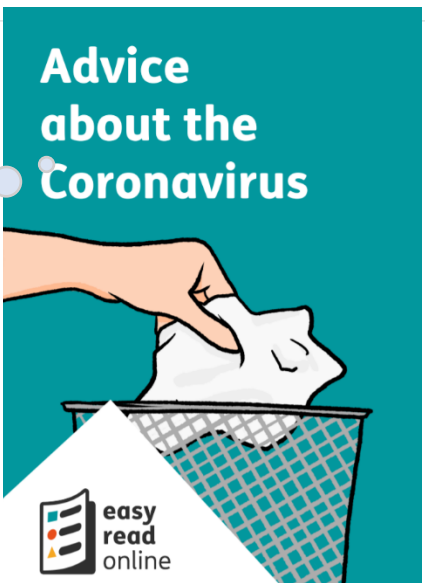


Nine store cupboard ingredients and how to use them

Make the most of those store cupboard staples. Whether you're in a hurry or looking for a quick and nutritious dinner, our easy recipes will help guide you through how to make a delicious meal in no time.

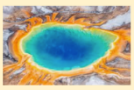
realfood.tesco.com

https://www.easy-read-online.co.uk/media/53192/advice-



Over 30 Virtual Field Trips with Links

(Click on colored text for links. Safe Travels!)

San Diego Zoo		The San Diego Zoo has a website just for kids with amazing videos, activities, and games. Enjoy the tour!
Yellowstone National Park Virtual Field Trip		Mud Volcano, Mammoth Hot Springs, and so much more. Tour Yellowstone National Park!
MARS!!!		Explore the surface of Mars on the Curiosity Rover. They are updating from WEBVR to WEBXR now, but 360 Mode offers a digital view!
Animal Cameras		Live Cams at the San Diego Zoo Monterey Bay Aquarium live cams Panda Cam at Zoo Atlanta 6 Animal Cams at Houston Zoo Georgia Aquarium has Jellyfish, Beluga Whales, and more
Virtual Farm Tour		This Canadian site FarmFood 360 offers 11 Virtual Tours of farms from minks, pigs, and cows, to apples and eggs.

Go on a magical mystery tour with museum and city tours, fun activities to complete as a family.

https://www.familydaystriedandtested.com/free-virtual-tours-of-world-museums-educational-sites-galleries-for-children/



Virtual Field Trips... Explore our world and other planets in the solar system.

Virtual Tours

https://theeducatorsspinonit.com/virtual-field-trips-for-kids/

London Museums

Virtual Tour

https://mumsdotravel.com/2020/03/how-to-explore-londons-top-museums-from-home/

COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time					

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

ACTION FOR HAPPINESS

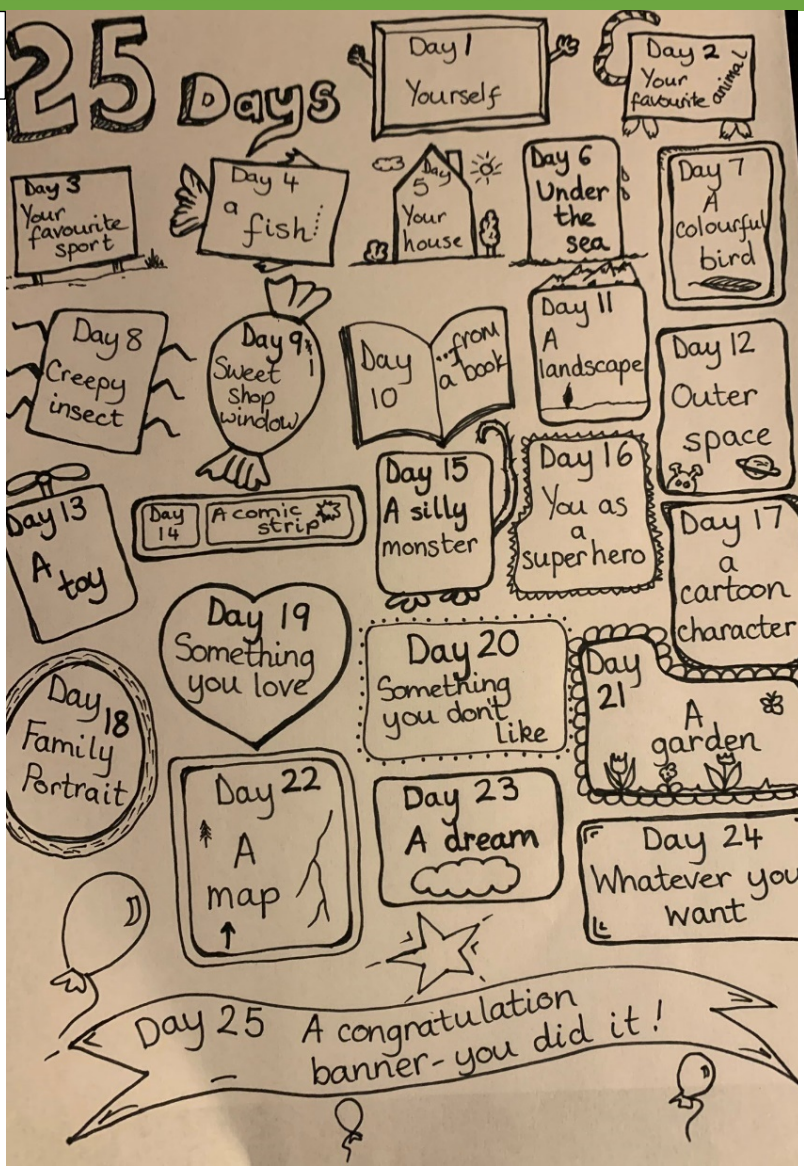
www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

https://www.actionforhappiness.org/

Paint or draw a picture for 25 days....





PLEASE SHARE - PLEASE SHARE - PLEASE SHARE

#clapforourcarers clapforourcares.co.uk



During these unprecedented times they need to know that we are grateful.
Please join us on: **26th of March at 8pm**
for a big applause (from front doors, garden, balcony, windows, living rooms, etc)
to show all nurses; doctors; gps and carers our appreciation for their ongoing hard work and fight against this virus.

Please share this message, so we can make sure, the word spreads and reaches all to join!



#clapforourcarers clapforourcares.co.uk

PLEASE SHARE - PLEASE SHARE - PLEASE SHARE



USEFUL WEBSITES

More Virtual Tours

Over 500 Museums - https://artsandculture.google.com/partner?hl=en

Aquarium - https://www.narcity.com/things-to-do/us/ga/atlanta/georgia-aquarium-has-live-cameras-that-let-you-explore-from-home

Geography and Nature

National Geographic - https://www.nationalgeographic.com/

Project Noah - https://www.projectnoah.org/

Some Crafty Ideas

Easter and Spring - https://www.familydaystriedandtested.com/30-fab-easter-spring-ideas/

Easy Crafts - https://www.redtedart.com/

Crafts, puzzles and activity packs - https://www.activityvillage.co.uk/school-closures