



Home Learning Opportunities



Your School's Family Support team are keen to support you whilst you are at home you're your children following the school closures. In this week's newsletter we want to provide you with a range of activities that you can try at home with your children.

On the following pages you will see a range of activity ideas that you can do at home safely and at little cost.

With schools continuing to be closed and many adults working from home, families are going to be cooped up. It's easy to get affected when children who are used to running around and hanging out with friends are stuck indoors with their parents. Here are our tips for keeping everyone's physical spirits up as much as possible as we self-isolate.

There are also a range of web sites that you can access which will also provide useful ideas:

www.nationaltrust.org.uk

www.woodlandtrust.org.uk/blog/2020/03/nature-detectives

Please ensure you follow all Government guidance if you do venture outside. Please do not go out with groups not within your family group and practice safe distancing keeping 2 meters away from others.

Remember to contact your family worker if you feel you need additional support.

Visit www.gadeschoolsfamilysupport for more information.



Physical Activities

Activity	Yes	No	Maybe	Done
Yoga (you tube workout with Adrienne is popular)				
Exercise (youtube workouts) or Joe Wicks, the body coach is running a live PE lesson at 9am every morning on his youtube channel				
Obstacle courses indoor or out door				
Charades				
Learn or make up a dance routine				

Keep a Routine

Mental health experts agree that it's important to maintain a routine in the days of isolation, or everything can blur into sameness. Mark out different parts of the day for different activities. Agree a schedule with your children, so they know when it's time to do some gaming, when they need to move about, when they need to make food or be helpful, when they need to sleep.

Eat well and stay hydrated

It's currently difficult to find certain foods in some supermarkets, but there are already lots of ideas online for meals to make with store-cupboard staples. Eat a balanced diet. Get children involved in planning meals and in helping to prepare them. Make sure everyone drinks lots of water, too.

Sleep

This is related to exercise – we all tend to sleep better if we've been physically active. So try to fit some exercise into every day. Try some evening yoga to calm you down. And now is definitely the time to enforce a no-screens-before-bed rule.

Be kind to yourself and have fun

If you like jigsaw puzzles but you're usually too busy, use the time you'd normally spend on your commute to amuse yourself. Play games with your kids that you haven't played since you were a child. Or take the opportunity to play one of their favourites – maybe you'll discover a love of **Minecraft** or **Fortnite**. We don't give ourselves permission to play enough, as adults, so now is the perfect time to rediscover play, with your children.

Get involved in your Children's learning

Work with your kids on whatever they're learning – and don't forget all the useful life-skills that aren't covered by the curriculum. Learn to bake bread together; teach them to cook eggs in six different ways. Learn an instrument or a language, or do a project together about something that interests you both.

Life Skills

Activity	Yes	No	Maybe	Done
Cook dinner for your family				
Sort/organise a room at home				
Redecorate or rearrange your bedroom				
Reorganise cupboards/drawers/rooms				
Learn some DIY skills				
Practice basic mathematics – money/budgeting etc				
Cooking & baking & menu planning – have a bake off or challenge yourself to make a meal with ONLY the ingredients you have at home				
Helping cleaning/hoovering. Make a chore rota				
Learn to use the washing machine/hoover/cooker/oven				
Learn how to change your bed sheets				

Simple Family Recipes

Messy Meatball Buns

- 400g minced beef
- 400g tin of chopped tomatoes
- Mozzarella or a slice of normal cheese

Wash hands thoroughly. Scrunch the mince beef with a pinch of salt and pepper. Split the mince into 12 pieces and with wet hands roll each portion into balls. In a frying pan pour a small amount of olive oil (approximately one tablespoon) and heat the oil. Place the balls into the frying pan and fry them until they are cooked and golden brown. Pour in the tomatoes and mix them with the meatballs until they are boiling. Slice the cheese and lay a piece over each ball. Place a lid on the frying pan and leave to thicken for 5 minutes on a medium heat. Meanwhile get your buns and slice each bun. Lightly butter each bun. Place a couple of the meatballs into the bun with a little sauce. Place a tablespoon on the side of the plate for dunking. Enjoy.

Easy Cheesy Omelette

- 2 Spring Onions (you can also use a normal onion)
- 4 Tablespoons of frozen peas (defrosted)
- 2 slices of ham
- 100g of cheese
- 4 eggs

Switch the oven on to 180C/ 160C fan/gas 4. Cut up the onions and put them in a bowl. Add the defrosted peas to the bowl. Cut the ham into pieces with your scissors, if you do this over the bowl it will fall straight in. Grate the cheese into the bowl. Crack the eggs into a separate bowl and, if any bits of shell fall in, scoop them out with a spoon. Whisk the eggs until the yolks are mixed into the white. Pour the eggs into the other bowl and stir. Brush a round ovenproof dish, about 16cm across, with oil. Tip everything into the dish. Put the dish in the oven for 30 minutes or until the egg is set. Serve with salad and crusty bread.

Easy Pancakes

- 110g plain flour
- 2 eggs
- 300ml milk
- 1 tablespoon of vegetable oil

Put 100g plain flour, 2 large eggs, 300ml milk, 1 tbsp sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter. Set aside for 30 mins to rest if you have time, or start cooking straight away. Set a medium frying pan over a medium heat and place a little oil to cover the bottom of the pan. When hot, pour a small amount of the batter into the pan. Cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go. Pancakes can be served with any sweet or savoury filling for example lemon and caster sugar, honey, grated cheese, tuna, ham.

For some more great good value recipes visit www.cookingonabootstrap.com