

Home Learning Opportunities



Your School's Family Support team continue to be keen to support you whilst you are at home with your children following the school closures.

In this weeks newsletter we are providing you with a range of activity ideas that you can do at home safely to help develop your child's/children's life skills. As well as work that is being set by your child's school this is also a great opportunity to help develop their independence and skills that will help them and you.



During this time as well as their learning from school, children will gain a lot of other experience from other learning opportunities inside and out, so why don't you use these times as an opportunity to give some time to your children to try new things. All of which will be a learning opportunity. For parents you might need to be a bit 'brave' as things might not always go to plan but be relaxed, try to enjoy the experience with your child. You can always clear up the mess together. Another learning experience.



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

Visit www.gadeschoolsfamilysupport for more information.

Life Skills

Activity	Yes	No	Maybe	Done
Cook dinner with the children				
Sort/organise a room at home				
Reorganise cupboards/drawers/rooms				
Teach them basic DIY skills				
Practice basic mathematics – money/budgeting etc				
Cooking & baking & menu planning				
Helping cleaning/hovering				
Teach them to tie their laces				
Teach them to use the washing machine				
Teach them how to change their bed sheets				

On the following pages are some basic recipes to cook with your children

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