

Dear Families,

RE: The Rise update on Friday 3rd April 2020

There have been no significant government updates to the COVID-19 pandemic since I last wrote, and therefore our approach to education after Easter described in my last letter (27th March) and in the youtube video remains our 'best bet' for what schooling from the 20th April onwards will look like. **We would expect the vast majority of Rise pupils to be safer learning from home** and you will receive a substantial Learning from Home pack in the next few days. We have also uploaded a short video explaining the pack here: <https://youtu.be/IL3Ty2zE2Ng>. **This work is for after the holidays – week commencing 20th April.**

However, as it is now 'officially' the Easter Holidays, I wanted to take this opportunity to provide this brief update and to thank you for your support during this very strange half-term! Equally, it's been very uplifting to read the updates from our class teams as they've been in contact with you and your children this week.

I appreciate that perhaps many of your 'usual' holiday activities may not be possible at this time. Therefore, over the next few pages you'll find a collection of links and ideas that you might find helpful and fun during the holidays.

Don't forget also these helpful information sheets available on our website too:

- [Managing Anxiety](#)
- [Managing additional time spent in the home](#)

Our staff will also be resting and spending time with their families over the holidays, but we will be in touch towards the end of the Easter holidays to provide an update about schooling after April 20th.

Please take care of yourselves and your families over the holidays.

Kindest regards,

A handwritten signature in black ink, reading 'Helen Ralston'.

Helen Ralston
Head of The Rise School

Exercise:

PE with Joe Wicks: <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Oti Mabuse (from Strictly Come Dancing) is doing online dance classes for children through her [Facebook](#), [Instagram](#) and [YouTube](#) accounts at 11:30am every day.

Indoor and Outdoor activities:

Activities for kids to enjoy during COVID: <https://www.forestryengland.uk/blog/10-ways-keep-the-kids-entertained-through-covid-19>

Nature Detectives. <https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>. A lot of these can be done in a garden, or if you can get to a remote forest location!

National Geographic, activities during Coronavirus for kids:

<https://www.nationalgeographic.co.uk/science-and-technology/2020/03/ideas-kid-focused-activities-during-coronavirus-shutdowns>

Creative ideas for kids: <https://www.creativereview.co.uk/kids-creative-activities-coronavirus/>

Indoor activities for kids: <https://mommypoppins.com/family/coronavirus-pandemic-update-indoor-activities-resources-kids>

Change 4 Life: <https://www.nhs.uk/change4life>

Story Time activities:

Astronauts reading stories from space: <https://storytimefromspace.com/library/>

Storybooks online: <https://www.youtube.com/user/StorylineOnline/about> Celebrities reading children's books alongside creatively produced illustrations, helping to inspire a love of reading in children.

National Literacy Trust: <https://literacytrust.org.uk/> Family zone- Ideas and guidance for fun, simple activities that will engage your children at home, while also benefiting their reading, writing and language development

Cbeebies Radio. <https://www.bbc.co.uk/cbeebies/radio>. Listening activities for the younger ones.

Computing:

Blockly <https://blockly.games>. Learn computer programming skills - fun and free.

Scratch <https://scratch.mit.edu/explore/projects/games/>. Creative computer programming

Science:

Crest Awards. <https://www.crestawards.org>. Science awards you can complete from home.

10 webcams from an aquarium: <https://www.montereybayaquarium.org/animals/live-cams>

Mystery Science. <https://mysteryscience.com>. Free science lessons

Languages:

Duolingo. <https://www.duolingo.com>. Learn languages for free. Web or app.

Humanities:

National Geographic Kids. <https://www.natgeokids.com/uk/>. Activities and quizzes for younger kids.

Big History Project. <https://www.bighistoryproject.com/home>. Aimed at Secondary age. Multi disciplinary activities.

Geography Games. <https://world-geography-games.com/world.html>. Geography gaming!

Art and Crafts:

Museum and Gallery tours: <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours> This gives access to tons of virtual tours

Doodle lessons: <https://www.kennedy-center.org/education/mo-willems/>

Google Arts and Culture: <https://artsandculture.google.com/> Google has hundreds of activities, virtual tours, and games around art, food, and culture

Tinkercad. <https://www.tinkercad.com>. All kinds of making.

The Artful Parent. <https://www.facebook.com/artfulparent/>. Good, free art activities

Red Ted Art. <https://www.redtedart.com>. Easy arts and crafts for little ones

The Imagination Tree. <https://theimaginationtree.com>. Creative art and craft activities for the very youngest.

All subjects:

Toy Theater. <https://toytheater.com/>. Educational online games

Khan Academy <https://www.khanacademy.org> - Especially good for maths and computing for all ages but other subjects at Secondary level. Note this uses the U.S. grade system but it's mostly common material.

BBC Learning <http://www.bbc.co.uk/learning/coursesearch/> - This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

Futurelearn <https://www.futurelearn.com>. Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

Seneca <https://www.senecalearning.com>. For those revising at GCSE or A level. Tons of free revision content. Paid access to higher level material.

Ted Ed <https://ed.ted.com>. All sorts of engaging educational videos

The Kids Should See This. <https://thekidshouldseethis.com>. Wide range of cool educational videos

Crash Course. <https://thecrashcourse.com>. You Tube videos on many subjects

Crash Course Kids. <https://m.youtube.com/user/crashcoursekids>. As above for a younger audience

iDEA Awards. <https://idea.org.uk>. Digital enterprise award scheme you can complete online.

Paw Print Badges. <https://www.pawprintbadges.co.uk>. Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

Prodigy Maths. <https://www.prodigygame.com>. Is in U.S. grades, but good for UK Primary age.

Oxford Owl for Home. <https://www.oxfordowl.co.uk/for-home/>. Lots of free resources for Primary age

DK Find Out.

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSelTf4do6aPhff8A3tAktmpaxqZbkquD49I71ep8-sjXmrac>. Activities and quizzes

Twinkl. <https://www.twinkl.co.uk>. This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.