

Dear colleague,

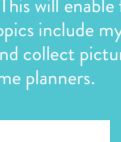
Welcome to the second edition of our new newsletter, You're Not Home Alone. We've received lots of positive feedback regarding the newsletter so are delighted it's useful to you all during this time of school closures. You'll notice we've added a new section for older children, as requested by some members, to help occupy older family members.

If there's anything else you'd like to see more of please let us know and please do send up pictures of any activities from our newsletter that your children have enjoyed doing – we'll share them on our website. Just contact marketing@fostertalk.org or call 0121 758 5013.

PLEASE FEEL FREE TO PASS THIS ON TO YOUR COLLEAGUES AND TO OTHER FOSTER CARERS.



HOME SCHOOL



The Department of Education has lots of information regarding home schooling and resources, [Click here](#) for their advice.

We have sourced various daily planners to help you keep your child's days structured but it's also nice to start some family project work. This will enable families to focus on joint topics and themes to promote family wide learning – topics include my family, the area I live in, Animals, Food, and Environment. Get a scrap book and collect pictures and talk about these areas with your children. [Click here](#) to get access to some planners.

SMITHS FAMILY WEEKLY PLANNER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Subject: Maths	Maths 10 Minutes	Maths 10 Minutes	Maths 10 Minutes	Maths 10 Minutes	Maths 10 Minutes	Maths 10 Minutes	Maths 10 Minutes
Subject: English	English 10 Minutes	English 10 Minutes	English 10 Minutes	English 10 Minutes	English 10 Minutes	English 10 Minutes	English 10 Minutes
Subject: Science	Science 10 Minutes	Science 10 Minutes	Science 10 Minutes	Science 10 Minutes	Science 10 Minutes	Science 10 Minutes	Science 10 Minutes
Subject: History	History 10 Minutes	History 10 Minutes	History 10 Minutes	History 10 Minutes	History 10 Minutes	History 10 Minutes	History 10 Minutes
Subject: Art	Art 10 Minutes	Art 10 Minutes	Art 10 Minutes	Art 10 Minutes	Art 10 Minutes	Art 10 Minutes	Art 10 Minutes
Subject: Music	Music 10 Minutes	Music 10 Minutes	Music 10 Minutes	Music 10 Minutes	Music 10 Minutes	Music 10 Minutes	Music 10 Minutes
Subject: PE	PE 10 Minutes	PE 10 Minutes	PE 10 Minutes	PE 10 Minutes	PE 10 Minutes	PE 10 Minutes	PE 10 Minutes
Subject: Reading	Reading 10 Minutes	Reading 10 Minutes	Reading 10 Minutes	Reading 10 Minutes	Reading 10 Minutes	Reading 10 Minutes	Reading 10 Minutes
Subject: Writing	Writing 10 Minutes	Writing 10 Minutes	Writing 10 Minutes	Writing 10 Minutes	Writing 10 Minutes	Writing 10 Minutes	Writing 10 Minutes
Subject: Spelling	Spelling 10 Minutes	Spelling 10 Minutes	Spelling 10 Minutes	Spelling 10 Minutes	Spelling 10 Minutes	Spelling 10 Minutes	Spelling 10 Minutes
Subject: Grammar	Grammar 10 Minutes	Grammar 10 Minutes	Grammar 10 Minutes	Grammar 10 Minutes	Grammar 10 Minutes	Grammar 10 Minutes	Grammar 10 Minutes
Subject: Punctuation	Punctuation 10 Minutes	Punctuation 10 Minutes	Punctuation 10 Minutes	Punctuation 10 Minutes	Punctuation 10 Minutes	Punctuation 10 Minutes	Punctuation 10 Minutes
Subject: Revision	Revision 10 Minutes	Revision 10 Minutes	Revision 10 Minutes	Revision 10 Minutes	Revision 10 Minutes	Revision 10 Minutes	Revision 10 Minutes
Subject: Homework	Homework 10 Minutes	Homework 10 Minutes	Homework 10 Minutes	Homework 10 Minutes	Homework 10 Minutes	Homework 10 Minutes	Homework 10 Minutes
Subject: Free Time	Free Time 10 Minutes	Free Time 10 Minutes	Free Time 10 Minutes	Free Time 10 Minutes	Free Time 10 Minutes	Free Time 10 Minutes	Free Time 10 Minutes

THEMES

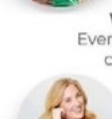
- Week 1 - My family
- Week 2 - The area I live in
- Week 3 - Viewpoints
- Week 4 - Animals
- Week 5 - Environment
- Week 6 - Food
- Week 7 - Celebration



FREE RESOURCES

A huge array of companies are now offering free access to their apps and websites to help keep children learning whilst at home. Many celebrities are offering different activities as well – have a look below.

- 8:00 **PE WITH JOE WICKS**
YOUTUBE.COM/THEBODYCOACH
- 10:00 **MUSIC WITH MYLEENE KLASS**
YOUTUBE.COM/MYLEENESMUSICCLASS
- 11:00 **SCIENCE WITH MADDIE MOATE**
YOUTUBE.COM/MADDIEMOATE
- 11:30 **DANCE WITH OTI MABUSE**
YOUTUBE.COM/OTIMABUSEOFFICIAL
- 13:00 **MATHS WITH CAROL VORDERMAN**
THEMATHSFACITOR.COM
- 14:00 **HISTORY WITH DAN SNOW**
TV.HISTORYHT.COM
- 15:00 **ENGLISH WITH DAVID WALLIAMS**
WORLDOFDAVIDWALLIAMS.COM
- 17:30 **FOOD TECH WITH JAMIE OLIVER**
CHANNEL4.COM/KEEPFOODINGANDCARRYON



PE with Joe Wicks On YouTube
Week days at 9am but you can visit any time on youtube to view the workout.



Wildlife With with Steve Backshall On Facebook
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube
Weekdays 11am. Maddie & Greg chat about science and nature!



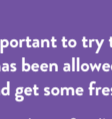
Dance with Oti Mabuse On Facebook
Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman
Free access to the her maths website:
www.themathsfactor.com



Music with Myleene Klass on YouTube
Twice a week. Next one Friday 27 March 10am, but can view any time.



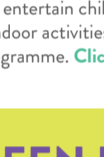
Storytime With David Walliams
Free story everyday at 11am on his website:
www.worldofdavidwalliams.com



EXERCISE - OUTDOOR PLAY - NATURE

It's important to try to stay active – a daily walk has been allowed so make sure you get out and get some fresh air, safely.

There are lots of online exercise classes for children but also many for adults. If you're struggling with inspiration for at-home workouts during self-isolation, [Click here](#) for Davina McCall's online fitness platform, Own Your Goals, free to access for 30 days.



If you have an outside garden, encourage the children to find different types of leaves, get some chalk and draw on the pavement.

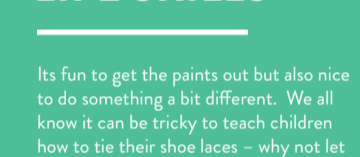
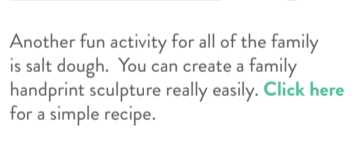
ADVENTURES AT HOME



In a bid to entertain children and support parents during the national crisis Girlguiding has shared a raft of indoor activities and opened up their badge system to all as part of their Adventures at Home programme. [Click here](#) for more information.

SCREEN FREE IDEAS

Turf trays are a nice way to encourage children to play and use their imaginations. Use any large tray you could have to theme some activities. You may freeze some plastic toys in ice and let the children work out how to get them out. Create a dinosaur world with mud and twigs it will occupy young minds for quite some time.



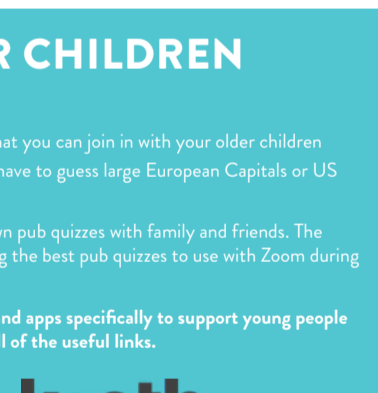
LIFE SKILLS

Its fun to get the paints out but also nice to do something a bit different. We all know it can be tricky to teach children how to tie their shoe laces – why not let the children create their own shoe and thread through a lace to practise on?

ARTS AND CRAFTS



Another fun activity for all of the family is salt dough. You can create a family handprint sculpture really easily. [Click here](#) for a simple recipe.

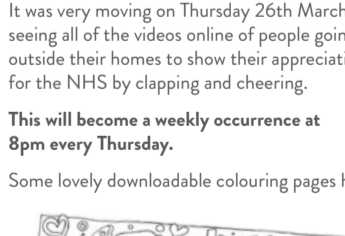


IDEAS FOR OLDER CHILDREN

There are some great interactive, live quizzes that you can join in with your older children **Map Zoom Quiz** - is an online quiz where you have to guess large European Capitals or US States. To play [click here](#) and start the quiz.

Zoom App - In this app, you can set up your own pub quizzes with family and friends. The Independent have written an article highlighting the best pub quizzes to use with Zoom during the lockdown [click here](#) to read the article.

We've been sent a very useful list of websites and apps specifically to support young people from Silverlined Horizons. [Click here](#) to see all of the useful links.



CORONAVIRUS: BEST GAMES TO PLAY



Kooth offers free, safe and anonymous online support for young people.



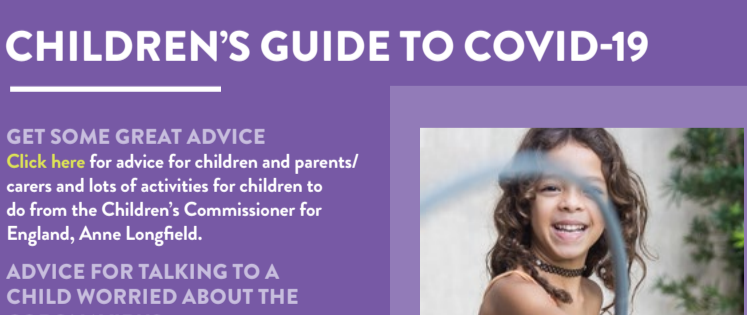
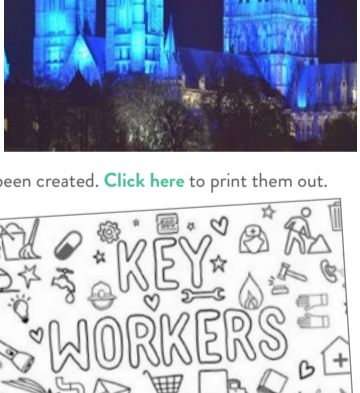
START SOMETHING

The Princes Trust offer a Coronavirus Support Hub with one-to-one support, advice and guidance so young people can continue to develop confidence and upskill during this time.

SUPPORTING THE NHS-CLAP ON THURSDAYS

It was very moving on Thursday 26th March, seeing all of the videos online of people going outside their homes to show their appreciation for the NHS by clapping and cheering.

This will become a weekly occurrence at 8pm every Thursday.



CHILDREN'S GUIDE TO COVID-19

GET SOME GREAT ADVICE
[Click here](#) for advice for children and parents/ carers and lots of activities for children to do from the Children's Commissioner for England, Anne Longfield.

ADVICE FOR TALKING TO A CHILD WORRIED ABOUT THE CORONAVIRUS
The NSPCC has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control.
[Click here](#) for more information.



SUPPORTING CHILDREN AND YOUNG PEOPLE WITH THEIR WORRIES AND ANXIETY
Emerging Minds, in collaboration with the University of Reading and the University of Oxford, has published evidence-based advice for parents and carers supporting children and young people with worries about Coronavirus. A resource list from trusted sources is also available which includes links grouped by age category and resources for children and young people with specific needs. Emerging Minds has also shared a podcast from a recent webinar on supporting children and young people with their worries and anxiety.
[Click here](#) to read the article.
For more advice [click here](#)
[Click here](#) to read the resources list
To listen to the podcast [click here](#)

IS YOUR 2018-19 TAX RETURN COMPLETE?

If you are self-employed and traded in the 2018-19 tax year you must file your 2018-19 tax return as this is one of the eligibility criteria for the Covid 19 scheme. The self-employed have until 23 April 2020 to file outstanding 2018-19 tax returns.

Remember that our tax and benefits helpline is available to you or any member of your household. We can support you and /or prepare and file and support you with useful and relevant advice. Call us on 0121 758 5013 or email enquiries@fostertalk.org

Best regards

The FosterTalk team

www.fostertalk.org

Telephone 0121 758 5015 or email enquiries@fostertalk.org