

Your 'Learning from home' pack

Year 4-8

Be kind • We're all in this together • Learning happens everywhere • Stay connected • Find a routine • We will be ok

PARENT AND WHĀNAU GUIDANCE

Kia ora,

We hope that you enjoy the learning materials and resources included in this pack to support your child's learning while they are at home.

By now your school will have been in touch with you and your child. This pack is intended to supplement home learning activities that have already been provided by the school, so make sure you are checking in with your child's teacher regarding work and expectations.

Continue to remember that learning happens all the time and should be enjoyable and interesting for everyone. Don't push yourself or your child too hard and make sure you are taking regular breaks.

We have all been at home for quite a while now so take a moment to stop and acknowledge everything you have achieved so far. We appreciate your continued efforts in supporting the education of our tamariki.

What's in this pack?

There will be different types of learning activities in this pack and each of the activities will come with an explanation on how to use them.

Some tips for using these activities:

- » Let your child choose the tasks that they would like to work on. They do not need to complete them all but could work on one or two a day.
- » If you have more than one child in your house then they can work together on the tasks.
- » Encourage them to talk to each other about the tasks and to ask questions.

- » Don't worry about the right answer but instead ask your child/children to explain their ideas. If you speak in a different language than English at home, encourage them to use that language while they are working.
- » Encourage your child to represent their thinking for maths with writing, drawing or using things from around the house like shells or buttons.
- » Use the tasks to think about how maths might be involved in activities that you do at home.

Reading books:

Continue to help your child's reading by taking time to talk to them - it could be about books, films or television programmes or sharing stories from your childhood or whānau.

Make sure you given them some choice as children are more likely to read for pleasure if they can choose their own books. What would make reading fun? Can you build a reading fort or find somewhere special to read outside? What is your child really interested in?

In your bag you will find some *School Journals* - they are for practising reading. To get the most out of their reading, it helps to talk to your child about what they read.

You may wish to:

- » look through the journal together and choose a story or article that looks interesting
- » predict or wonder what will happen next
- » point out interesting details of the story or article
- » talk about what you've just read
- » share feelings about the story
- » tell your children your family's own stories and
- » encourage them to tell them to you too.

Reading alongside your child can help them to keep interested. They could even read with a sibling or someone else in your whānau.

This pack contains stationery items to support your child's learning.



Talking with your child's teacher

Don't forget to write down what you are doing so that you can share this with your child's teacher when you have the opportunity to chat.

This pack is extra support should you need it. The school will be setting their own work for children to complete. It's best to communicate with your child's teacher about their learning during this time, if possible.

You can continue to access Home Learning TV | Papa Kāinga TV programmes from TV OnDemand: <https://www.tvnz.co.nz/shows/home-learning-tv>



Look after yourself

As we continue to adjust to life under different alert levels, it's more important than ever to look after our own wellbeing and the wellbeing of our whānau and community as we get through this together.

Remember, you are not alone.

- » Stay connected with friends and whānau
- » Stick to a routine
- » Be kind to yourself and others

Being kind to yourself is very important at this time. Keeping an eye on your emotional and mental wellbeing is critical.

It is normal to sometimes feel stressed or lonely. Even if you are not sick you may be feeling anxious about COVID-19. This is normal.

There are some things you can do to lower your anxiety:

- » Try to limit how much media you or your whānau read about the lockdown or COVID-19.
- » Remind yourself this is a normal reaction to the current situation, and will likely pass.
- » Stay connected with friends and whānau, even if it's only 5 minutes a day.
- » Reach out to your usual support network by phone – family and whānau, friends and workmates. Share how you feel and offer support to others, where you can.
- » It helps to stick to a routine - either your normal routine as much as possible, mealtimes, bedtimes and exercising; or creating a new routine around working at home, caring for whānau, or looking after your children.
- » If you feel you are not coping, it is important to talk with a health professional.

For information on how to support wellbeing for you and your whānau during COVID-19 visit:

<https://www.mentalhealth.org.nz/get-help/covid-19>