

Derby River Boat

The Derby Riverboat Team has prepared some activity packs for kids to do during the lockdown. Most of the activity packs are designed to do on the river boat when it launches but some have been released early. To download the activity pack please visit...

<https://www.derbycanal.org.uk/derby-river-boat-naming-competition/>

The Derby Riverboat Team also plan to release more activities during the coming weeks, these will be posted on their Twitter feed @derbyriverboat and Facebook pages.



Derby and Sandiacre Canal

Create a DIY Escape Room

If you've ever been to an escape room, then you know how much fun they can be - and just because you're at home doesn't mean you can't bring the fun to you! You can set up your very own version at home for your teenagers to enjoy. Start off by setting the scene - come up with a story or a problem to be solved, and invent a bunch of clever clues (ideas could include using a UV pen and light to hide clues, or printing out miniature clues that can only be read with magnifying glasses). You could even order some cheap props online if you want to make it really realistic. It really makes for an exciting, competitive atmosphere and setting a time limit will really turn it into a high-pressure activity that your teens will never forget.

For more tips and ideas on creating your own escape room <https://www.frugalmum.co.uk/diy-escape-room/>

Looking for project ideas? – STEM is a great place to start

There are some great ideas for projects which involve STEM learning in the Crest Awards library.

<https://library.crestawards.org/>

Head to the website above then click on 'Home Learning'.



Guidance

What parents and carers need to know about schools and education during the coronavirus outbreak

Updated 19 April 2020

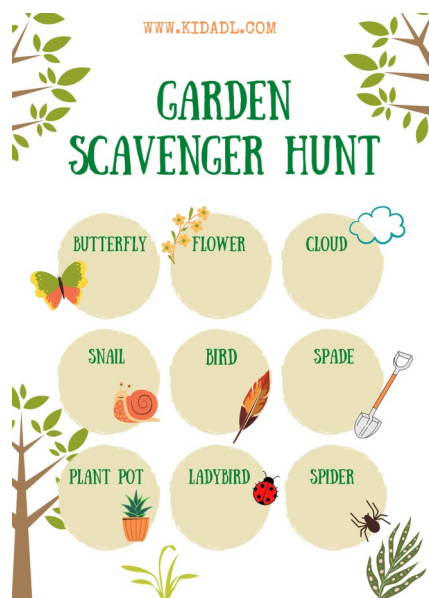
There has been an update to the government information for parents and carers.

<https://www.gov.uk/government/publications/closure-of-educationalsettings-information-for-parents-and-carers/closure-of-educationalsettings-information-for-parents-and-carers>

Garden Scavenger Hunt

Make the most of the spring sunshine and host your very own garden scavenger hunt! Get the little ones rummaging outside and see how many of these you can find... tick them off or even draw a picture as you go! If you don't have a garden, you could see how many you can spot on your daily walk, through the window, or on your favourite gardening TV show!

<https://blog.kidadl.com/articles/garden-savenger-hunt>



Can you build Pride Park Stadium?

Are you missing Pride Park like we are?

<https://www.youtube.com/watch?v=tFGxz3ABJm4>

We've come up with a challenge to remind us of 'home'...

Can you build a replica of Pride Park Stadium using materials in your house? It could be made from Lego, cardboard, plasticine - anything you can think of!

Send photos of your finished creations to community@dcct.co.uk and we'll choose our favourites who will receive Derby County prizes



Managing younger children's anxiety

Mindfulness and relaxation exercises that parents can do with younger children to help with managing anxiety

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.headspace.com/meditation/kids>

Source: NW SEND Regional Network

Special Education Needs and Disability useful links

National Autistic Society – guidance and helpline for parents', young people and staff:

[https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-\(covid-19\)-advice.aspx](https://www.autism.org.uk/services/nas-schools/vanguard/news/2020/march/coronavirus-(covid-19)-advice.aspx)

Mencap - Easy Read guide to Coronavirus: <https://www.mencap.org.uk/sites/default/files/2020-03/Information%20about%20Coronavirus%20ER%20SS2.pdf>

The Autism Education – A social story

A social story about coronavirus that has a good level of specificity about the effects of social distancing e.g. not being able to go to favourite places.

<https://theautismeducator.ie/wp-content/uploads/2020/03/The-Corona-Virus-Free-Printable-Updated-2-The-Autism-Educator-.pdf> (If clicking this link doesn't work try copying and pasting it into your internet browser)

CarersUK - Guidance for carers:

<https://www.carersuk.org/help-and-advice/coronavirus-covid-19/coronavirus-covid-19>

Amaze - information pack for parents <https://amazesussex.org.uk/faqs-about-the-coronavirus-for-parent-carers-of-children-with-send-brighton-hove/>

Public Health England have produced an easy read version of their Advice on the coronavirus for places of education. You can download it [here](#).

Information for those struggling with OCD

<https://www.ocduk.org/ocd-and-coronavirus-survival-tips/>

General information for young people about managing their mental health

<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Information for those with sensory difficulties who struggle with handwashing

<https://www.sensoryintegration.org.uk/News/8821506>

Source: NW SEND Regional Network

Ideas to keep the kids entertained

- Go garden camping! Pitch a tent on your lawn, get your camping stove going and toast some marshmallows.
- Download some free resources from [Twinkl](#) (used by school teachers all over the UK). You can access them by school year and topic.
- Earn a Blue Peter badge. How cool is this? [There are instructions here](#) on exactly what your kids need to do, to earn different Blue Peter badges.
- Arrange a Facetime/Skype game with one of their friends who is also at home – they could play Hangman or Charades from a safe distance.
- Have a family board game tournament. Some favourites are Cluedo, Game of Life, Monopoly and Labyrinth.
- If you have plenty of cardboard tubes lying around get them to make a [cardboard tube construction set](#).
- Children's picture book author Rob Biddulph is doing Draw With Rob, every Tuesday and Thursday on Facebook and Instagram. Grab some paper and a pencil and get drawing with him. [See his first one here!](#)
- [Make a stop motion animation video](#) – these look great and they're easier than you think.
- Design your own board game – [here's how!](#)
- Learn to juggle with [this step-by-step guide](#).
- [Make fajitas](#) for dinner with this recipe that shows what the kids can do, and what the grown ups can do.

Fun Games

Make a puzzle out of lolly sticks

This is a quick and easy craft idea that will keep the kids entertained while getting creative. You will need: 8-12 wooden lollipop sticks, pens/paint and tape. All you need to do for this activity is lay down a strip of tape, sticky side up, and lay the lollipop sticks along the length of the tape side-by-side, so they are fixed in place while you decorate them. Next, take your pens or paints and get creating! You could try painting or drawing some flowers or yellow chicks, or whatever takes your fancy. Once your work of art is dry, you can simply peel away the tape, mix up the sticks and let the kids put together the puzzle!

Party games

Take a little inspiration from sports day and get the family involved in some good old-fashioned competition. If you have a small amount of space indoors or a garden, egg-and-spoon races never go out of style. Alternatively, grab a few pillowcases and attach a cotton wool 'tail' to the back for a hoppy bunny sack race! These games would make a great afternoon of friendly competition—consider awarding prizes to the winners, or even creating an official-style league table and making a day of it!

Dip into a chocolate fondue!

No need to get fancy with this one. Simply get together a bowl, a saucepan, some water, a big bar of chocolate and some dipping implements (think skewers with marshmallows or strawberries!). Fill the saucepan to about 1/3 of the way up with water and place the bowl over the top. You can then break up the chocolate into smaller pieces and place it into the bowl. Next, heat up the water in the saucepan on the hob, and gently stir the chocolate until it melts and becomes completely smooth. Carefully transfer the hot chocolate to a cool bowl, place your fruit or marshmallows on cutlery or skewers, and dip away!

Start a scrapbook

Working on filling a daily scrapbook is a great way for children to put aside a little time every day to collect their thoughts, reflect and create. It is also a fun and free way to keep a memento of all the activities they get up to at home and collect together all their crafts too.

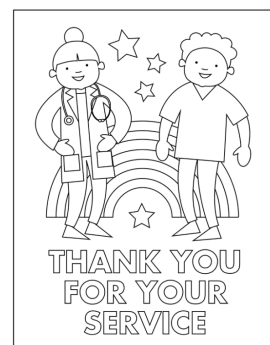
You will need: A blank notebook or some pieces of craft paper, folded in half and stapled, pens, paint and craft materials. Encourage the kids to (hygienically) collect things they find or make drawings of things they see or experience. Making rubbings by placing paper over textured surfaces, printing out photographs or cutting pictures out of magazines are great examples of things that can be included in a scrapbook. With this activity, there are no rules! Allow the kids to lead the way and see where it takes you! Parents can get involved too and make their own, or you could even make a big family scrapbook.

Thank you colouring in pictures

Colouring in pictures to say thank you for children and adults.

A4 versions can be found at the back of this bulletin.

Thank you to Sophie at <http://sophiehardwicke.com/> for letting us share them.



For parents and carers

Netflix – parental controls update

Netflix have launched an update to their parental controls. Netflix have updated these settings to help families around the world get the most from their viewing experience, as well as allowing them to make decisions about what content is right for their family.

This blog looks at these new controls, and how parents and carers can use them with their family:

<https://www.childnet.com/blog/new-parental-controls-launched-on-netflix>



Safeguarding during School Closures due to the Corona Outbreak – Parent Advice

Children are likely to be online much more over the coming weeks, possibly using their laptops to access virtual classrooms and learning material as well as other entertainment.

The risks will vary depending on their age, but this link provides tips to keep children safe and healthy:

<https://gooseberryplanet.com/safeguarding-during-school-closures-due-to-the-corona-outbreak-parent-advice/>



Parents and Carers can download the Gooseberry Parent App for free via App Stores

Inclusive resources

Pete Wells has some raucous free sensory stories available on his website - and the podcast is well worth a listen too! <https://sensorystoriespodcast.com/free-special-stories/>

Pete's home learning kit

https://www.dropbox.com/sh/y3ni3ymgtlbrnndd/AABDqPQS9fopyDIIIT9VnFlnWa?dl=0&fbclid=IwAR1y_qXgQoSlG3gn3493UujII0KRN-12R-QByln7opkvJoPac-QQixKATc

The Sensory Projects has project packs for inclusive learning <http://www.thesensoryprojects.co.uk/free-educational-resources> and also some simple sensory games to play <http://www.thesensoryprojects.co.uk/guides>

31 pages of activity ideas for special school learners (download at the bottom of the page)

<https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbX0aGVzZW5zb3J5cHJvamVjdHN8Z3g6MzYyMTU2M2JlZjI3MDdkZQ>

Story message have put together a free resource booklet of 36 stories. Email them to be sent a copy: mary@storymessage.co.uk

DfE Recommends...



The DfE have been making a few recommendations on Facebook.

Home learning resource packs and a timetable for EYFS to Year 6

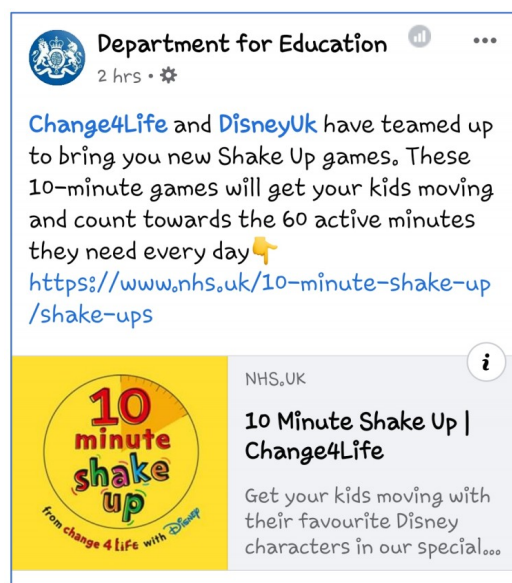
<https://classroomsecrets.co.uk/free-home-learning-packs/>

Resources for schools, parents and children to address mental health and wellbeing during Covid19

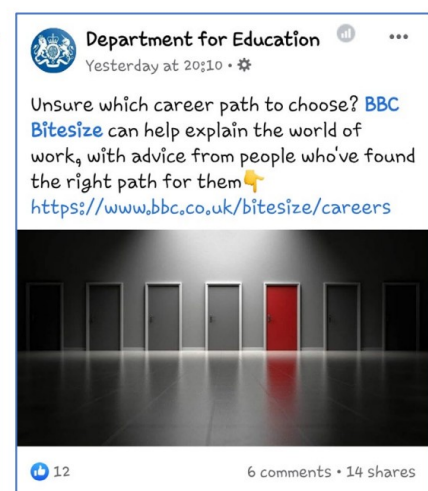
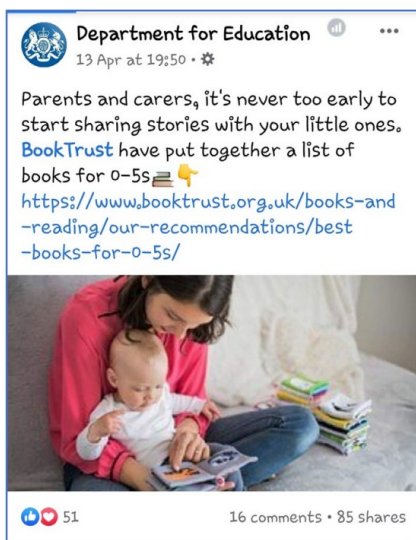
<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

Shake Up games are 10 minute games to get kids moving created by Change4Life and DisneyUK

<https://www.nhs.uk/10-minute-shake-up/shake-ups>



And a few more things for 0-5s, KS2 and Secondary pupils



Bedtime Stories with Tom Hardy



CBeebies' most popular Bedtime Stories reader, Tom Hardy, is returning to screens with a selection of brand new stories to settle the nation's children down before they make their weary way to bed.

Tom wanted to play a part in keeping the children of the UK entertained at this challenging time and will read a new story each day starting on Monday 27 April to Friday 1 May, with the date of his sixth, and final, story yet to be confirmed.

Tom, who was accompanied by his adorable French bulldog, Blue, for some of the stories will read his first, Hug Me, by Simone Ciraolo on Monday 27 April at 6.50pm on CBeebies. It is about Felipe the young cactus who really needs a hug but his family just isn't the touchy-feely kind so he sets off to find a friend of his own - and a hug.

Tom opens the story by saying: "Hello. I'm Tom. Sometimes, on a day like this, I feel strong and happy. But on other days, I just need somebody to give me a hug. Tonight's bedtime story is all about a little cactus called Felipe, who just wants a hug too."

He concludes the story by reassuring viewers: "So, in the end Felipe found someone to hug. It's not always possible to hug the ones that you love. But they're always there, in your heart."

<https://www.bbc.co.uk/mediacentre/latestnews/2020/tom-hardy-bedtime-stories>

CBeebies Bedtime Stories is on each weekday at 6.50pm on the CBeebies channel and is also available on BBC iPlayer.

For the Performing Arts

Andrew Lloyd Webber will be streaming his musicals for free online in a new series for West End and Broadway fans.

<https://www.whatsonstage.com/london-theatre/news/andrew-lloyd-webber-stream-musicals-free-youtube-51313.html>

Entitled "The Shows Must Go On" they are broadcast every Friday at 7pm for 48 hours

<https://www.youtube.com/theshowsmustgoon>

For details that are updated daily listing the Stage shows, musicals and opera you can watch online now for free follow the link below

<https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-streamonline-51198.html>

Spelling and exercise together

Get the children practising their spellings and exercising at the same time with the Alphabet Challenge from Derby County Community Trust on the next page.

Alphabet Challenge

Make learning active and fun and have a go at the alphabet challenge with your family.

Each letter of the alphabet below has an exercise where you can challenge your child's spelling. All you have to do is ask your child to spell a word and to answer they must complete the exercises below.

For example to spell the word 'Ram' you must do 5 burpees followed by 10 star jumps then finally sprint on the spot for 15 seconds.



A 10 Star Jumps

B 5 Press Ups

C Plank for 10 Seconds

D 15 High Knees

E 5 Squats

F Run on the Spot for 15 Seconds

G 10 Sit Ups

H 10 Straight Jabs

I 10 Heel Flicks

J 10 Side Bends

K Side Leg Raises

L 10 Tricep Dips

M Sprint on the spot for 15 seconds

N Wall Sit for 15 seconds

O 10 Lunges

P 10 Arm Circles

Q 10 Shoulder Taps

R 5 Burpees

S 10 Upper Cuts

T 10 Tummy Crunches

U Hold the Crab for 20 seconds

V 10 Toe Touches

W 10 Flutter Flicks

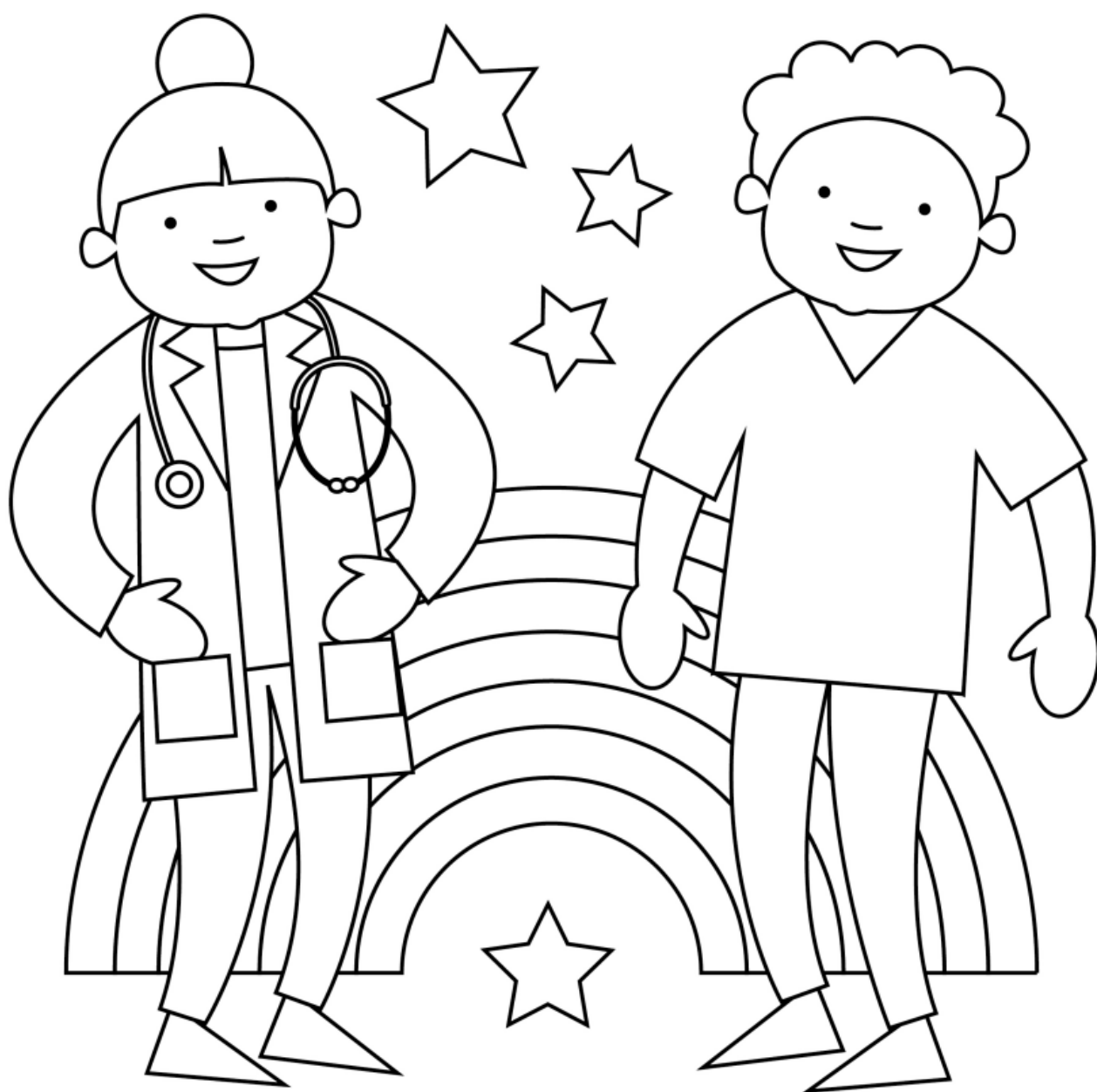
X 15 Arm Circles

Y 10 Knee to Chest Jumps

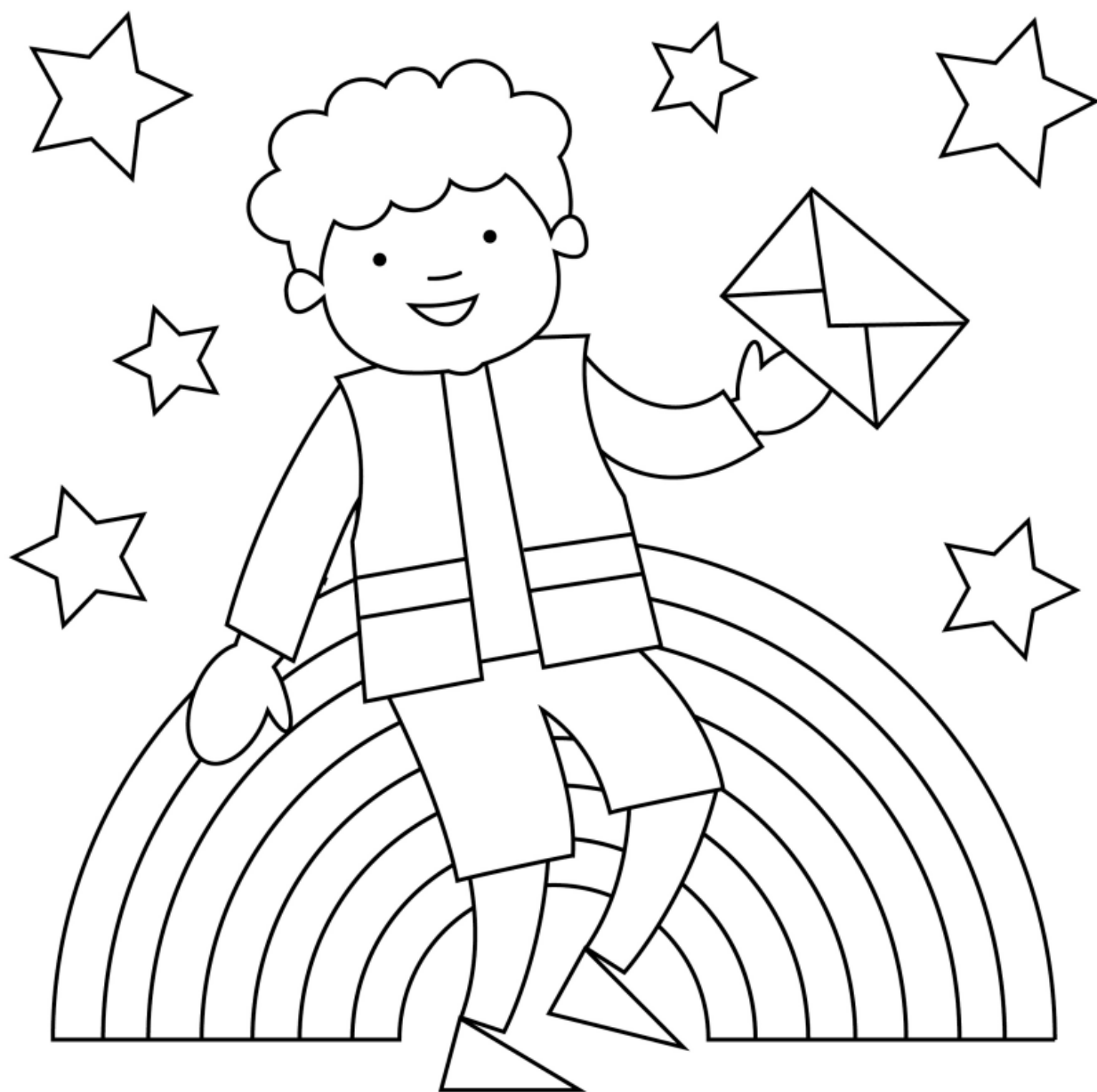
Z 10 Ski Jumpers



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