

# West Dunbartonshire Council

## Educational Services

Advice for parents and carers during school/early years closures



As we continue the period of lockdown across the country meaning your children are unable to attend their school or early learning centre, we want to provide you with some information to help you support them while they are cared for at home.

Yours sincerely

Laura Mason  
Chief Education Officer

## HELPING YOUR CHILD LEARN AT HOME



During this summer term our staff will continue to provide learning materials and support for your children and young people.

We want you to know that your children do not have to be doing everything that they would normally do in school. It is not expected that you provide 'school at home'.

Keeping a routine and helping your child to engage in activities and develop the skill of self study will help them for their return to school and nursery .

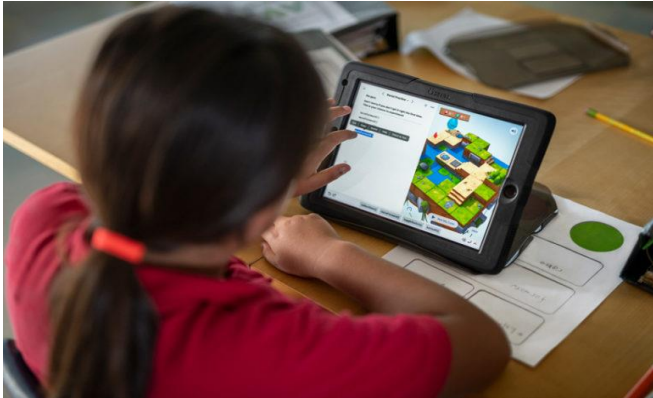
Children often like routine, talk to your child about a routine that works for your family.

Each day you will want your child to do some activities that keep them reading, writing and doing some maths work. Your child's school will support you in this by making material available online.

To help you we have developed a home learning programme which has a range of challenges for you to do with your children.

The home learning challenges are made to be fun as well as giving you the chance to learn with your child. There is also our 'Feel Good Friday' programme providing activities for children and their parents / carers to do to help them stay fit and healthy. You can find these on the Council's Facebook page or by following these links to our website:

<https://www.westdunbarton.gov.uk/schools-and-learning/home-learning-challenges/><https://www.westdunbarton.gov.uk/schools-and-learning/feel-good-fridays/>



Your children will be familiar in using technology to support them in their learning and almost all will know about Google classrooms and how they are used as a tool for online learning. Devices such as tablets, chromebooks and mobile phones can provide access to the internet and online learning.

We have our own online virtual learning platform that provides access to learning activities which is [Ourcloud.buzz](https://ourcloud.buzz).

Your child will have their own Ourcloud email details so that they can get messages about learning activities from their class teachers. If you have difficulty in accessing the internet at home, let the school know and they will try to help you.



Not all learning needs to be online, and we would suggest that you limit the amount of time your child spends each day on their device.

It is important to keep active, and daily exercise is really important. Some of you may already be doing the daily morning routine via Youtube with Joe Wicks, or some other exercise programme such as learning a dance routine. Other activities such as drawing or making things out of scrap bits and pieces will let your child be creative in a hands on way.

## ONLINE SAFETY

Children will be missing the time to play and to meet up with their friends, and we would encourage them, if they can, to facetime or video call a friend or two to keep in touch. It is likely that this has been happening because children use their mobile devices all the time to keep in touch. We want to remind you about keeping your child safe online. The link below will support you with ways of keeping them safe from the possibility of online abuse. It's okay to be curious and ask questions about what your children are doing and who they're talking to online.

#KeepKidsSafeC19. More information is available from <https://www.thinkuknow.co.uk> ‘



## STARTING OR CHANGING SCHOOL

Your child may be starting P1 in August, or they may be starting secondary school. To help them get ready for a new school they would usually have the chance to go on a number of visits to get to know everyone. We do not know when our schools will be open again, but we will do our best to make sure we help your children settle when the time comes for them to start their new school. Your child's new school may get in touch to help you prepare and answer any questions you might have.

## YOUR CHILD'S REPORT

If you have been due to get a report to let you know how well your child has done at school for the year we will make sure that you will still receive a report for your child. This may be sent to you by email if we have this contact information for you, or it may be sent to you by post. You may already have your child's report as some schools give their reports out earlier. When you receive your child's report you may find that you would like to talk to the school about it so if you could contact the school office they will be happy to arrange this for you



# HEALTH AND WELLBEING



## KEEPING

It is important  
your child's school  
many of our staff

If you need to  
learning or to  
with the school  
ensure that so  
you.

It and stressful at this time. Your well being and the well being of your children is very important to us. We have the support of our education psychologists who can provide time for you to talk it through or to help give advice on things that can help reduce stress and anxiety.

**Phone: 01389 800491, 10am – 4pm, Monday – Friday (leave message and you will be called back)**  
**Email: [psoffice@west-dunbarton.gov.uk](mailto:psoffice@west-dunbarton.gov.uk)**

It is really important to make time for ourselves especially just now when there is so much change in our lives. A little bit of downtime works well for almost everybody. Try to give your body and mind a chance to relax and recharge. If you keep going at full speed every day, it can be really hard on you, both physically and mentally.

Try to make some time at least once a day to relax and take some time out.

We thank you for your support and co-operation during this difficult time, and want you to know that we are working hard to help you to help your children keep learning.