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## Home Learning Timetable and Screen Free Fridays

Friday 29<sup>th</sup> January 2021

Dear Parents and Carers,

When in school, the children are used to following a routine and structure – for the most part, they know what will be happening each day and any changes are discussed prior to them happening.

**At home, for most of us, we know this is different** but having a consistent routine and structure, can help children to feel secure. With this in mind, we have put together a *suggested* daily timetable for you to use whilst home learning. **You do not have to follow it but we hope it will offer guidance on the sort of structure that may support you and your child/ren through the day** 😊

Government guidance states that children up to the age of 7 (so every child in our school) should receive 3 hours a day of learning. We have built in several breaks (more than they may have in school) as its important for the children to have regular time away from a screen.

From Friday 5<sup>th</sup> February, Friday's remote learning activities will become '**Screen Free Fridays**'. Log in to the Hub in the morning to choose 3 or 4 learning activities from a grid to do throughout the day away from screens and devices.

### Suggested Daily Timetables for Home Learning

#### KEY STAGE ONE

*Woodpeckers, Badgers, Foxes, Owls*

9 – 9.15	Morning activity – something calm and quiet to start the day <i>Reading, colouring, wordsearch, Cosmic Yoga (on YouTube), board game, handwriting</i>
9.20 – 9.40	Phonics
9.40-10	<b>BREAK</b>
10	English
10.45	<b>BREAK</b>
11.15	Maths
12	<b>LUNCH</b> <i>Followed by outdoor activity – games, a walk</i>
1.30	Topic
2.30	Story Time <i>Read a story together, listen to your teachers on the Hub, use Bug Club</i>

P.T.O



**EYFS**  
*Hedgehogs and Squirrels*

<b>9 am</b>	Get ready for the day activity: Wake and shake, go noodle or Tanzii TV. Watch the morning message
<b>9.10 – 9.45</b>	Literacy
<b>9.45-10</b>	<b>BREAK</b>
<b>10-10.20</b>	Phonics session or activity
<b>10.20-10.40</b>	<b>BREAK</b>
<b>10.40-11.10</b>	Maths
11.15-11.45	On certain days there will be PSHE or Forest Schools. On other days choose a calm activity before lunch- reading, colouring, making, jigsaw, board game, cosmic yoga, handwriting- letter formation, construction or small world activity.
<b>11.45-1.15</b>	<b>LUNCH</b> <i>Followed by outdoor activity – games, a walk</i>
<b>1.15</b>	Topic Menu
<b>2.15</b>	Story Time <i>Read a story together, listen to your teachers on the Hub, use Bug Club</i>

**An additional note for parents and carers of our EYFS children:**

**Purposeful Play** is a very important part of Foundation Stage. Lots of our activities will be play based. However, play chosen by your child is also very important - and they should have plenty of time for this each day.

Thank you all for your continued support.  
With best wishes,

Miss Henson and Mrs Page

