

# 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. You will find some maths, science and general reading activities to support your child's learning while they are at home.**

By now your school will have been in touch and provided you with an update of what the different alert levels mean for 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?

#### Science resources

Science is everywhere, and it's easy to explore science topics around the home. Science is about observing, describing, and experimenting.

Encourage your child to ask questions like 'how does this work?', or 'what would happen if...?'. You can investigate what happens in baking, explore the living world outside your front door, or look at ways of building the strongest structure.

#### Start Right workbook:

The *Start Right Science* books have activities to help develop your child's understanding of scientific concepts. Each unit introduces and explains a scientific idea, and is followed by experiments, diagrams, questions and puzzles that reinforce the idea. Your child can write in these books and can pick the activities they want to do. They will probably need some help to understand some of the words and ideas. Try to discuss the activities with them as much as possible. Encourage them to express their predictions, ideas or opinions.

Perhaps you and your child may wish to take turns choosing a page with an activity that looks interesting and fun. Don't worry if your child doesn't want to do a particular activity or doesn't want to finish it.

**Building Science Concepts book:**

Teachers use these books at school so the activities often require guidance from an adult. Most of the activities are designed for school so they may not be completely suitable for at home – but it will be a starting point for sparking ideas! There's a "Using the book" section on page 2 that may be helpful.

**Maths workbook:**

The *Maths in our Cultures and Communities* workbooks help your child develop maths problem solving skills by using word problems that contain culturally based aspects and real life situations. Familiar contexts will help your child feel more involved and engaged in the learning.

Some tips for using the workbook:

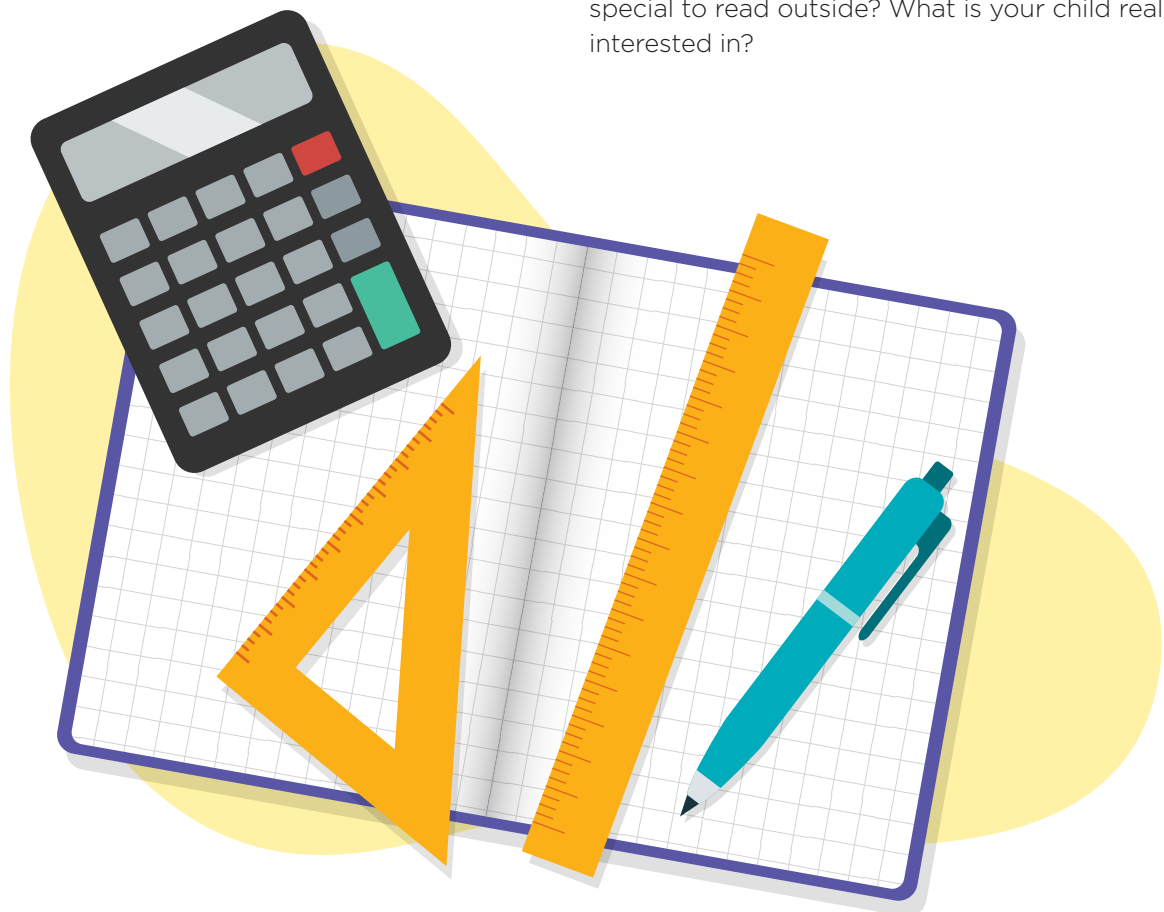
- » Let your child choose the tasks that they would like to work on. They do not need to complete them all but could work on one or two a day.
- » If you have more than one child in your house then they can work together on the tasks. Encourage them to talk to each other about the tasks and to ask questions.

- » 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.
- » Encourage your children to play card games and teach them ones that you played as a child. You will find dice and a pack of playing cards enclosed in the pack to assist with this.

**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* and 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.

The *Connected* book will help give your child real life context for exploring maths and science problems.

You will also find two books relating to *Te Tiriti O Waitangi/The Treaty of Waitangi*. Reading these books with your child helps to provide an understanding of what the Treaty is, and its importance in the Aotearoa New Zealand context.

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 additional stationery items to support your child's learning.**

- » Encourage your child to use the chalk outside for both learning and pleasure. They could use it for art activities and drawing pictures, number games, hopscotch, or practising handwriting and spelling by placing some positive messages around the neighbourhood.
- » Use the ball, dice and playing cards to teach each other traditional games or invent your own.

### **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.

If you have a question about your child's learning and can't contact your child's teacher call 0800 700 401 (English medium) or 0508 294 462 (Māori medium).

**You can also continue to utilise our Home Learning Channel: Freeview Channel 7, Sky Channel 502 (where you usually find TVNZ 2+1)**



## 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 support with anxiety, distress or mental wellbeing, you can **call or text 1737** - free, anytime, 24 hours a day, 7 days a week - to talk with a trained counsellor.

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>

