

EDINBURGH LEARNS

Teaching, Learning & GIRFEC during school closure

Guidance for Parents & Carers

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19th March 2020

Introduction

The Corona virus (Covid-19) pandemic has resulted in drastic, short term changes to how we deliver all services, including education. All school staff want to continue to offer the best service possible. This now includes taking actions to prepare for children learning at home for the foreseeable future. Many schools in Edinburgh can deliver learning by digital means, though not all schools are able to do this yet. Each school has set up its own systems to share learning: digital, traditional or a mix of both.

The most important thing we are trying to do is to minimise the spread of the virus; to look after our families, ourselves and our communities. With that in mind, we have created the following guidance to ensure that schools will continue to deliver education and ensure support for children and their families.

It is really important that children are supported in discussing any worries, or concerns, they may have. Please, check-in with your child regularly about how they are feeling about the changes that have occurred e.g. being away from school, friends and being out of their normal routine.

We realise we won't be able to provide exactly the same learning at home as in school right away, but we will do our best to provide a quality service, and will update guidance at school and authority level as frequently as we can.

We are also aware that the children of Key Workers will attend Hub Schools/Centres for learning/childcare in the city, to allow their parents to work. School age children of key workers should bring their school work or learning device with them. Additional activities will also be provided.

Teaching and Learning at Home

Primary Schools & Special Schools (Primary)

What Can You Expect?

- Planned learning activities for your child related to Literacy, Numeracy, and Topics they are learning about. There may also be a range of tasks related to other curricular areas e.g. Art, Music, Science & RME.
- Learning will be shared digitally for learners who have digital access.
- If you don't have digital access, your child will be provided with the resources they need to support their learning e.g. jotters, textbooks, pencils, workbooks etc. This includes support materials for pupils with additional needs.
- Home Learning grids, provided by paper or electronically.
- For learners within Early Years (Nursery and Primary 1) Play-based activities will also be planned. There may also be opportunities for your child to be provided with resources to support their play. These activities may also be suitable for pupils in other stages.
- Class teachers will plan learning, for your child, up to the Easter break (Friday 3rd April, 2020), in the short term.
- Learning will be reviewed, and updated.
- Websites, Facebook and Twitter pages will be updated

How Can You Support Your Child's Learning?

- Have a look through any learning materials your child brings home with them so you are aware of what they are being asked to do.
- If you have digital access, check your school website regularly for updates about learning.
- Support your child in accessing Office 365, if needed, where learning and support materials may be stored.
- Talk with your child about their learning- What they are being asked to do? How are they going to do it? What will make their learning a success? Talk with them about what they have done well and what they would like to improve/learn more about.
- Monitor the amount of time your child spends on-line. Try to encourage them to vary this with other learning, including physical activity, and play.

Secondary schools & Special Schools (Secondary)

BGE (S1-S3)

- Class teachers will plan learning opportunities, for their class, which can be carried out at home. This may take the form of a piece of work or activity which would cover several usual "lessons".
- Learning may be shared with learners digitally e.g. through school website pages or Office 365 digital platforms. Where this is not available to students, resources will be sent home
- Activities will be updated, as deemed appropriate, by the class teacher.
- You should refer to school websites regularly for updates regarding pupils' learning.
- Consult Facebook and Twitter pages

Senior Phase

- Students should have access to any remaining course content which has not yet been covered.
 - Students will be referred to appropriate revision materials, covering the entire course
 - Students with coursework for National Qualifications to complete will be told what to do by each teacher/school
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- As we actively encourage learners to engage with digital learning tools we would like to highlight the need to stay safe online. The Digital Learning Team website has a section for [Parents/Carers](#). Here you will find a range of resources to support you in addressing online safety with your child. Learners can access a range of interactive resources within the [Learners](#) section of the website.

What to do if you have a question or concern?

- We appreciate that the current arrangements cannot provide you, and your child, with daily contact or feedback from school staff. If you have any issue **related to your child's learning** that you would like help with, please communicate this through your school admin email address. This should will be visible on the school website and will be formatted as 'admin@NAMEOFSCHOOL.edin.sch.uk'. Please check individual school websites for the exact address.
- If you are not able to access email, please call
 - 07395283439 (Jackie Reid – Primary Quality Improvement Manager)
 - 07952436125 (Darren McKinnon – Secondary Quality Improvement Manager)
 - 07542226551 (Lorna Sweeney – Service Manager Schools and Lifelong Learning)

Skills Development Scotland

School leavers can still arrange 1:1 guidance with SDS by calling 0131 718 2040 and leaving contact details on the answer machine. An adviser will then follow-up to arrange a telephone appointment.

Early Learning and Childcare – What to Expect When Your Child Is Not Able to Attend Nursery

- Your nursery will provide guidance and information to you as to how to best support your child's learning through play at home.
- Guidance on developing appropriate experiences and activities will be shared with you by your nursery.
- Children at this stage in their development learn best through real-life experiences, not formal teaching.
- Your setting will continue to update and build on previous experiences over time. Individual nurseries will share this information in a way that best suits their local community.
- Nurseries will share books and resources that you may need to support your child. Many activities will require everyday items that you may already have around the house, which we call 'Loose Parts' e.g. bottle tops, cardboard tubes and boxes.
- Research tells us that the best way to support our children's learning at this stage is time and attention from an adult, lots of spoken language and reading.
- If your nursery uses eLearning journals please share your children's activities and experiences through photos and comments.
- If your nursery uses paper journals they will communicate how best to gather your child's learning journey at home.

Interim GIRFEC and Key Adult Guidance

- Primary Schools: Support will usually be provided by the class teacher, Depute Head or Head Teacher.
- Special Schools - Primary: Support will usually be provided by the class teacher.
- Secondary Schools: Support will usually be provided by Pupil Support Leaders (Guidance teachers).
- Special Schools – Secondary: Support will usually be provided by the Pupil Support Leaders or other identified Key Adult
- The relevant member of staff will review the support needs of the young people that they work with. This will be done through conversation with their Depute Head Teacher and/or Headteacher.
- The relevant member of staff will then establish what support is required for children and young people during the two weeks before the Easter holiday and what contact they need to make to offer this support.
- Some children and young people will need a higher level of support during this time. Where support has been prioritised for before the Easter holiday, the relevant member of staff will contact families to confirm agreed frequency of contact, days and times. This may be daily, twice-weekly or weekly according to need and may take place by 'phone, but video call may also be used where possible.

- If a child or young person has an allocated social worker, the relevant member of staff will agree with the social worker which of them will take on a lead role to make contact with the child/young person before Easter; this contact may take place by 'phone or video call where possible.
- Where a pupil has a Child or Young Person's Plan to support them, the relevant member of staff will ensure that key actions on the Plan have been completed.
- The relevant member of staff will contact the parents/carers, of those pupils with an identified need, to discuss ongoing support in the absence of access to school-based supports. Where there are significant concerns, the relevant member of staff will contact the relevant partner agency e.g. CAMHS, the child or young person's GP, Educational Psychologist, as appropriate to establish the supports in place for these pupils. They will also give consideration to how pupils accessing counselling can continue to access this support virtually.

COMMUNITIES & FAMILIES

Additional Support for Learning Information for Parents and Carers Information to support families during establishment closures in response to COVID-19

Additional Support for Learning (ASL) Service Supports

The Additional Support for Learning Service support children with complex additional support needs who are struggling to have their needs met in their school. As a result of school closures for many people, we will continue to try to provide a frontline service for our highest need pupils. We will work with wider partners to try to achieve this.

Useful Numbers

Please refer to the council main website for school closures updates:

- <https://www.edinburgh.gov.uk>

If you have a Child Protection concern please contact:

- Social Care Direct: cf.socialcaredirect@edinburgh.gov.uk

If your child is known to Psychological Services and you have concerns, please call:

- Psychological Services: 0131 469 2800

Edinburgh Together Parentline is also a helpful number to offer advice and support around:

- Accessing professional help
- Additional support needs
- Emotional wellbeing and mental health
- Family relationships
 - Edinburgh Together Parentline 08000 28 23 33

Keep Learning!

Your child's school should provide relevant suggested learning opportunities. You may also find these suggested websites helpful:

- <https://pages.sumdog.com/home-learning-during-school-closures/>
- https://petervermeulenblog.wordpress.com/2020/03/16/autism-and-the-corona-virus-20-tips/?fbclid=IwAR32vtZyNbJDNcy_5iR7Sp8H1CsiEyKW_Q5YLSdguzrbdnW3JbXglGSnp3l
- <https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>
- Young Scot have many sections available to help. See below for hints and tips if you are worried about Coronavirus <https://young.scot/get-informed/national/tips-on-how-to-deal-with-the-coronavirus-outbreak>
- <https://www.itv.com/news/central/2020-03-17/self-isolation-protecting-your-mental-health-during-the-coronavirus-outbreak/>
- <https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse5c8f>
- <https://www.actionforhappiness.org>

- <https://theautismeducator.ie/2020/03/11/corona-virus-social-story/>

Life skills are a key for all children with additional support needs.

Please see some suggestions below to focus learning on:

- Self-regulation – ‘thing to do to help me stay calm’.... such as Mindfulness/Yoga/Meditation (for parents and carers too!)
- Communication skills – however we get our feelings and views heard, keep encouraging this!
- help to collate shopping lists
- online shopping
- recycling
- keep fit
- Support to look after a pet
- self-care skills
- cooking/baking
- gardening

Talking to children about coronavirus

Children will have heard about coronavirus and it is important that they hear the key messages from someone they trust such as yourself. Below are some tips to help you to talk to them.

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- Listen to your child’s concerns and ensure you acknowledge their worries.
- Focus on answering your child’s questions with factual information where you can.
- It is ok to say that you don’t know the answer to questions but that you can try and find out for them.
- Remember children learn from your response so try and stay calm when you are answering their questions.
- Try and give practical guidance when you can, e.g. how to wash hands.

(Adapted from British Psychological Society)

Take care of yourself

During this time you may have your own worries and feel stress. This is normal and it is important that you acknowledge your own feelings. Some other tips for self-care are:

- Get out in the fresh air and exercise when you can.
- Focus on practical things you can control, e.g. washing your hands
- Maintain connection with others through calls, texts, internet.

- Build in daily stress release activities.
- If you do stressed and anxious – take time and be kind to yourself.

Ideas for structuring your child's day

Although it may be tempting to forget about routines and structure during this time, it can help children and young people feel safe during periods of uncertainty when there is some structure and routine. Ideas for supporting this include:

- Set times for going to bed and getting up in the morning where possible.
- Build in time for fresh air and exercise.
- Create a variety of activities such as games, art activities, music, play, garden activities and reading.
- Make a daily plan with your child and share them with your child the night before so they know what to expect. Place this somewhere your child can see it.
- Limit their time on electronic devices where possible.
- Respect each other's privacy and give space where you can.
- Take time to review the day's activities to help them get a sense of accomplishment.



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

1 Make a plan to help you keep calm and stay in contact	2 Enjoy washing your hands. Remember all they do for you!	3 Write down ten things you feel grateful for in life and why	4 Stay hydrated, eat healthy food and boost your immune system	5 Get active. Even if you're stuck indoors, move & stretch	6 Contact a neighbour or friend and offer to help them	7 Share what you are feeling and be willing to ask for help	
8 Take five minutes to sit still and breathe. Repeat regularly	9 Call a loved one to catch up and really listen to them	10 Get good sleep. No screens before bed or when waking up	11 Notice five things that are beautiful in the world around you	12 Immerse yourself in a new book, TV show or podcast	13 Respond positively to everyone you interact with	14 Play a game that you enjoyed when you were younger	
15 Make some progress on a project that matters to you	16 Rediscover your favourite music that really lifts your spirits	17 Learn something new or do something creative	18 Find a fun way to do an extra 15 minutes of physical activity	19 Do three acts of kindness to help others, however small	20 Make time for self-care. Do something kind for yourself	21 Send a letter or message to someone you can't be with	
22 Find positive stories in the news and share these with others	23 Have a tech-free day. Stop scrolling and turn off the news	24 Put your worries into perspective and try to let them go	25 Look for the good in others and notice their strengths	26 Take a small step towards an important goal	27 Thank three people you're grateful to and tell them why	28 Make a plan to meet up with others again later in the year	
29 Connect with nature. Breathe and notice life continuing	30 Remember that all feelings and situations pass in time	 <p>“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl</p>					

ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys