



# St. Helen's Primary School & Cygnets Flying Start

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Dear parent/carers,

If your child is not ill and you have chosen for them not to attend school or they are in isolation due to someone in the house having possible symptoms, I have produced this guidance to help you educate your child at home during this period. There is also a separate link to 25 activities you can do with your child which doesn't involve screen time. Not all activities will be suitable for all ages.

I shall keep you updated about further resources via text and our website [www.sthelensprimary.uk.org](http://www.sthelensprimary.uk.org)

- You would have received a letter at the start of term from your child's class teacher stating what they will be learning this term. This is a good starting place for you as it gives an overview of what they would be learning in school. It also gives ideas on how you can support at home.
- Please have lots of discussion with your child at home in home language/English. This will be a good opportunity to develop life skills such as tying their shoelaces, using a knife and fork, sharing/taking turns etc. For younger pupils please share books with them and sing Nursery rhymes. Cooking at home is an excellent way of developing communication, maths and life skills. Playing board games also develops a wide range of skills.
- Children will need to use their Reading Buddy account to keep up with their reading. I know you have all attended training on this and know how useful this resource is.
- Junior pupils have mental maths books which should be worked on every day. For Infant



pupils please discuss maths in the every- day world with them, working out money when going shopping etc.

- There are a number of online resources available and ones which is particularly useful are <https://www.bbc.co.uk/bitesize> and <https://www.topmarks.co.uk/> These contains many subject areas, the section on KS1 should be used for Infant pupils and the KS2 section for Junior age pupils.
- Pupils should read their library books
- All pupils will need at least 1 hour of daily exercise.
- Screen time should be limited to no more than 1 hour per day, this time can be used for accessing high quality resources such as the Bitesize resource.
- It is essential during this period that routines are maintained e.g. bedtimes, meal times etc. This will allow for a better transition back into school when your child returns. Having enough sleep is essential for all children, alongside keeping to a healthy diet.

I shall keep you updated with additional resources as and when they are needed.

Regards,

Mark. S. Thompson  
Headteacher

