



## ***Information for parents and carers***

*No one knows your young people better than you do, but in times like these we could all do with additional ideas, information and guidance. Although this time is not a holiday it is a time to spend quality time with loved ones, and in this resource are just some ideas. Not all activities are suitable for everyone, but we tried to make them as varied as possible, obviously you will have your own ideas and that's fine too. If you require further ideas and resources, your school may be able to offer support.*

*Always carefully consider ability, fitness levels, and medical and health conditions before doing any new activity. We reference many online sources here but please be mindful of how much time young people are online and keep their viewing safe. Check if the sources they are using are credible and can be trusted and if you're unsure you can set up filters and restrict potential inappropriate content. <https://nationalonlinesafety.com/guides>*

*We have put the content into the following headings for ease of use:*

*Creative,  
Fitness,*

Make a time capsule - Add in some of the things you are doing at home. Get your young person to write a letter to themselves explaining what it is like at the moment. Get them to do a favourites list (food, music, activity, tv show etc).

<https://www.smartschoolhouse.com/diy-crafts/ideas-for-kids>

<https://www.pawprintbadges.co.uk>

Free challenge packs and other downloads. Many activities can be completed indoors. Badges cost but are optional.

<https://theimaginationtree.com>

Creative art and craft activities for the very youngest.

<https://www.tinkercad.com>

All kinds of making.

Free primary school resources  
[www.Servicesforeducation.co.uk](http://www.Servicesforeducation.co.uk)

<https://www.redtedart.com>

Easy arts and crafts for little one

<https://outschool.com/classes/art-club-draw-animals-and-creatures-wqo1xnNS>

Drawing

ArtsLink – Give it a Go  
[www.artslinkwm.org.uk/connect-create](http://www.artslinkwm.org.uk/connect-create)

[https://www.youtube.com/channel/UCBpgrJijMpk\\_pyp9uTbxLdg](https://www.youtube.com/channel/UCBpgrJijMpk_pyp9uTbxLdg)

Drawing together with illustrator Rob Biddulph

Toy Theater

<https://toytheater.com/>



**30 min PE lesson**





## ***Advice & support***

### ***How to explain COVID-19***

#### **Free downloadable books :**

<https://nursedottybooks.com/dave-the-dog-is-worried-about-coronavirus-2/>

<https://www.elsa-support.co.uk/coronavirus-story-for-children/>

<https://nosycrow.com/blog/released-today-free-information-book-explaining-coronavirus-children->











## Early Years 3-5 year olds

Time to talk, read and play.....

<https://www.worldofdavidwalliams.com/elevenses/>

<https://www.bbc.co.uk/tiny-happy-people/activities/zjh8hbk>

<http://www.letters-and-sounds.com/>

Let's get moving.....

Startwell— based around 7 key messages to support early years settings, parents and health professionals, creating a healthier environment for our children and families.

<http://startwellbirmingham.co.uk/>

Off to school in  
September?

<https://www.nurseryresources.org/resources/am-i-ready-for-school-free-download>

Get creative

<https://www.activityvillage.co.uk/school-closures>

<https://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-during-coronavirus-covid-19>

<http://bigfootartseducation.co.uk/free-creative-activities-for->

## Post 16

### **Home Learning Resources**

As you may already be aware, we have a new home learning page on our website here:

**[www.aimhigherwm.ac.uk/home-learning](http://www.aimhigherwm.ac.uk/home-learning)**

We will be regularly updating this with useful resources to support your learning so please keep checking. You will be able to chat to our team and ask any questions you might have about school, college and higher education in a safe and secure environment. **[www.aimhigherwm.ac.uk/ask](http://www.aimhigherwm.ac.uk/ask)**



### **Virtual work experience**

**Law:** the website below covers some large firms, including White and Case, Pinsent Masons and Linklaters.

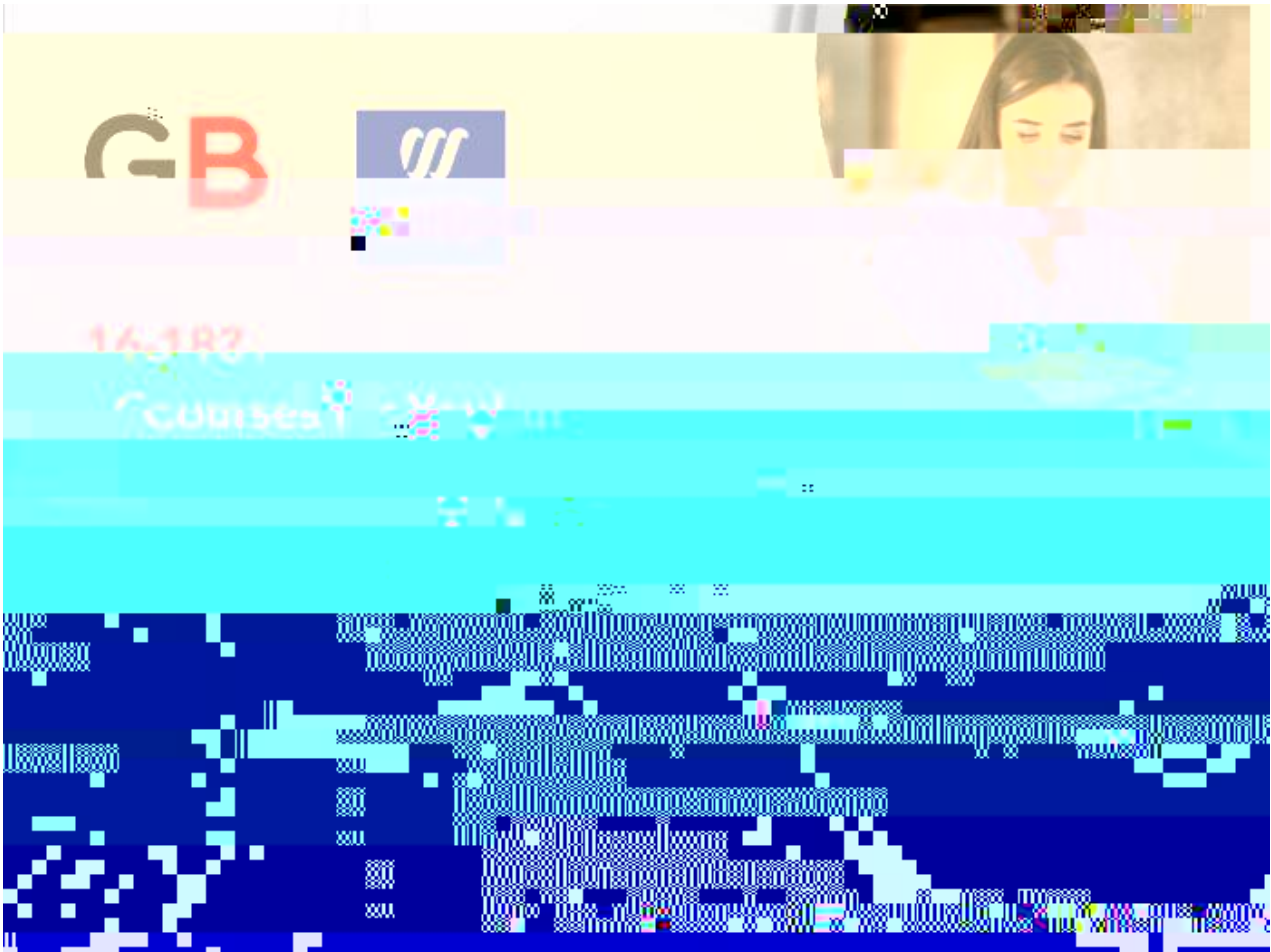
<https://www.thelawyerportal.com/free-guides/law-work-experience/virtual-work-experience-for-law-students/>

**Architecture:** for anyone considering a career in architecture or the wider construction industry <https://workexperience.hfm.co.uk/>

**Medicine:** Brighton and Sussex Medical School are offering 'virtual work experience'.

<https://bsmsoutreach.thinkific.com/courses/VWE>

The Medical Portal has also issued some general advice on things prospective Medical students can be doing at home. <https://www.themedicportal.com/blog/5-things-to-do-from-home-to-support-your-medicine-application/>



If you don't see a course in the list that matches what you want to do in the future, then don't worry. In today's world of the day, employers are looking for keen and motivated and enthusiastic young people.

Courses are available through our

available through our

most full-time and progression routes are available through our Traineeships and Apprenticeships.

by.thomas@gbtraining.org.uk

When you are ready to enrol contact Gary (gary@gbtraining.org.uk) and he will send you the necessary enrolment to

we look forward to hearing from you soon!

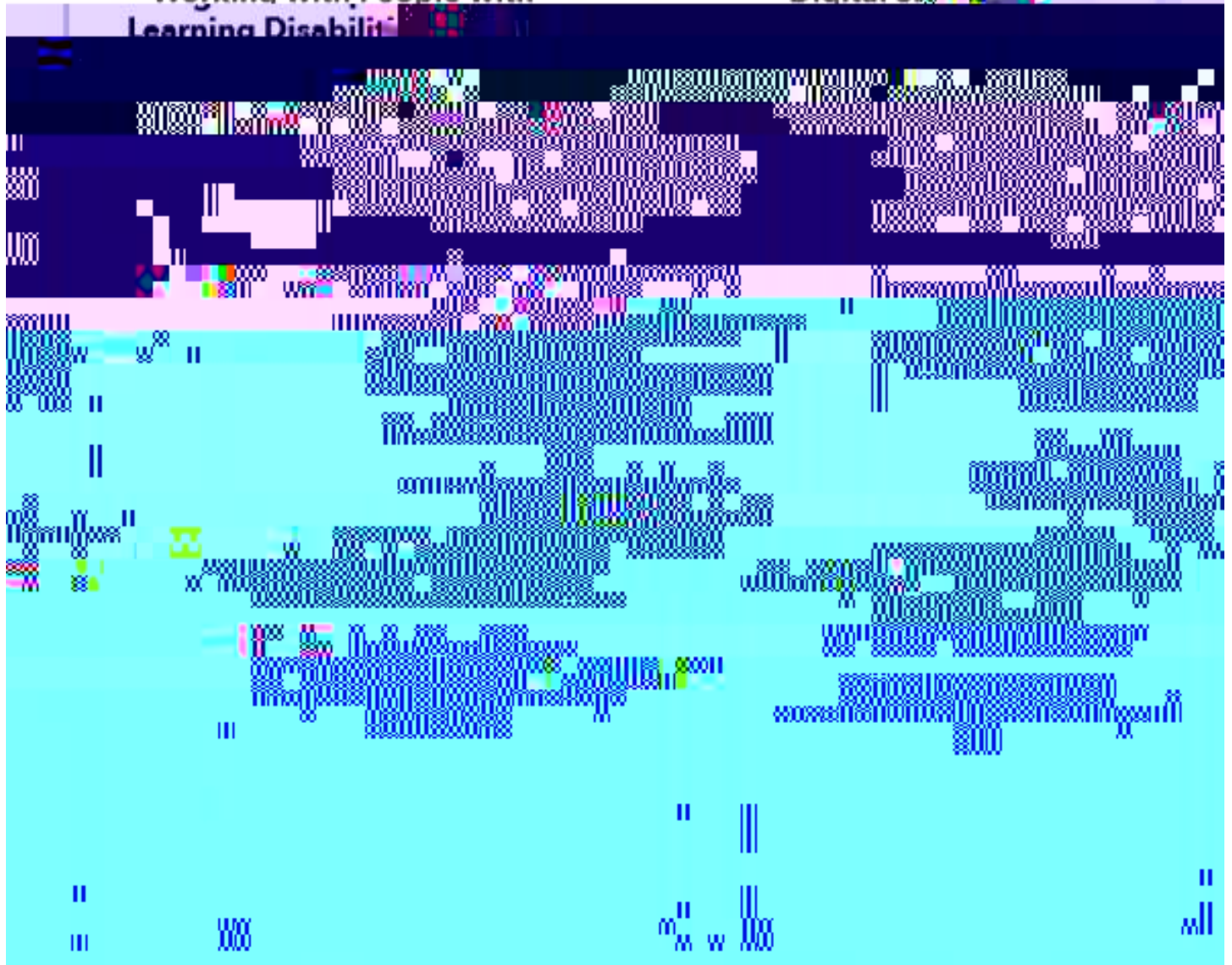
GB Training (UK) Ltd/Winger House, Birmingham, B5 6PG  
 Tel: 0121 622 4028 - Email: [enrol@gbtraining.org.uk](mailto:enrol@gbtraining.org.uk)  
[www.gbtraining.org.uk](http://www.gbtraining.org.uk)

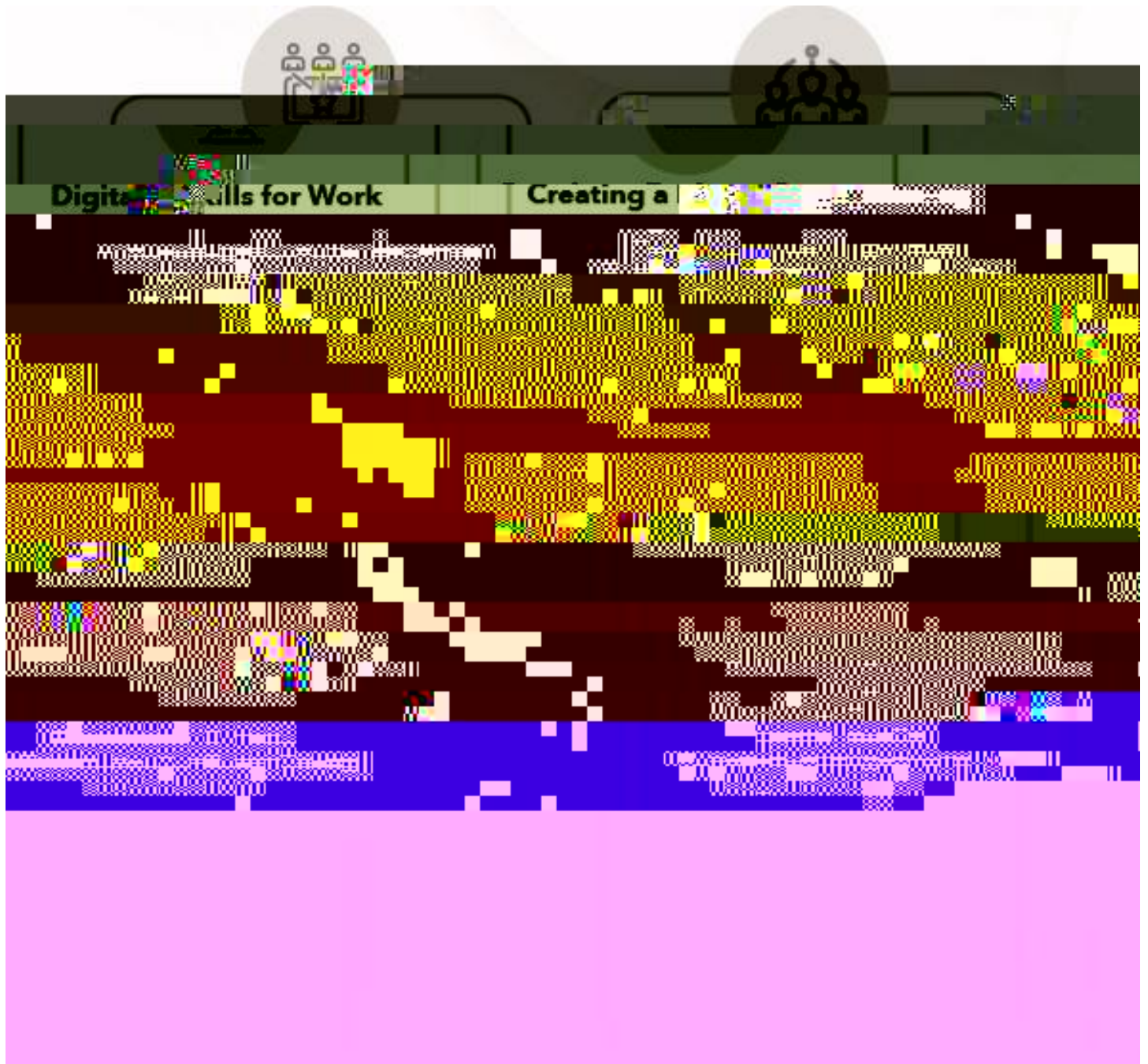




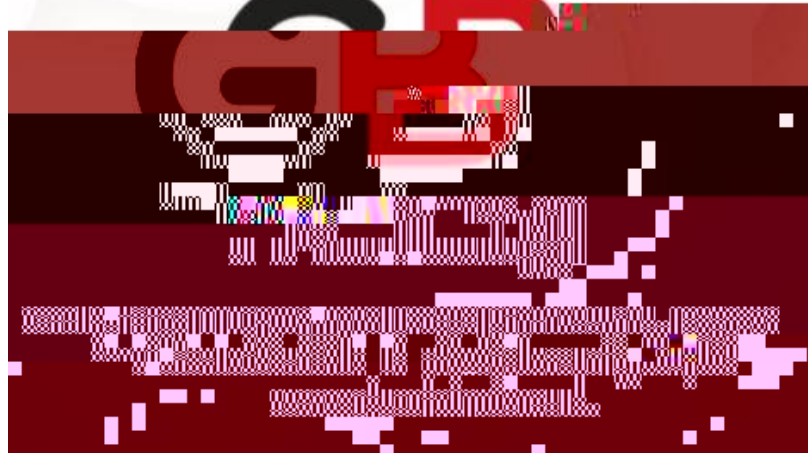
## Working with People with Learning Disabilities

## Digital Skills







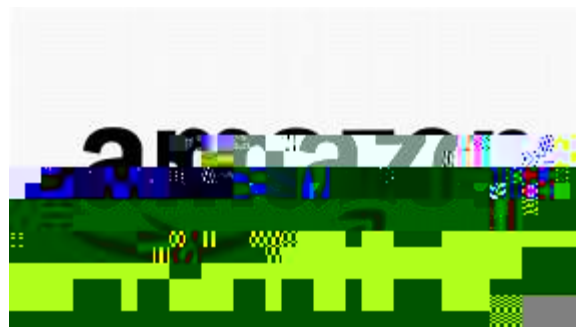






<https://www.cgi.com/en/corporate-social-responsibility/communities/stem-at-cgi/stem-at-home>

CGI is delighted to be be



amazon

future >>  
engineer

## Sign up to Amazon's FREE Future Engineer 'virtual coding programme'

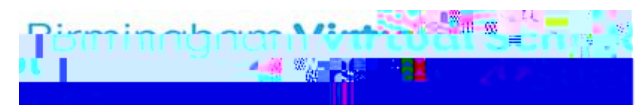
*Amazon Future Engineer has launched a free virtual coding programme to help build computer science skills for students learning at home.*

Students can [sign up today](#) to access 20 hours of content which includes flying drones, designing smart cities and creating chat bots. Amazon Future Engineer's virtual coding programme will be available for two months from 3 April to 3 June 2020, and the resources cater



for students aged 12 to 17, covering computer programming aspects in line with Key Stage 3 and 4 of the English National Curriculum.

|  |                        |
|--|------------------------|
|  | <b>Create your own</b> |
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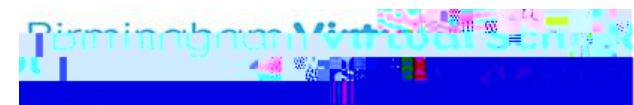


[www.kidshealth.org/kid](http://www.kidshealth.org/kid) Doctor approved articles, games and resources to help children learn about their bodies and stay healthy. Subjects include human body, stay healthy, recipes and cookery, health problems explained, stay safe and more.

[www.spatulatta.com](http://www.spatulatta.com) Get into cooking on this child-friendly cooking website. Spatulatta teaches children to cook with free step-

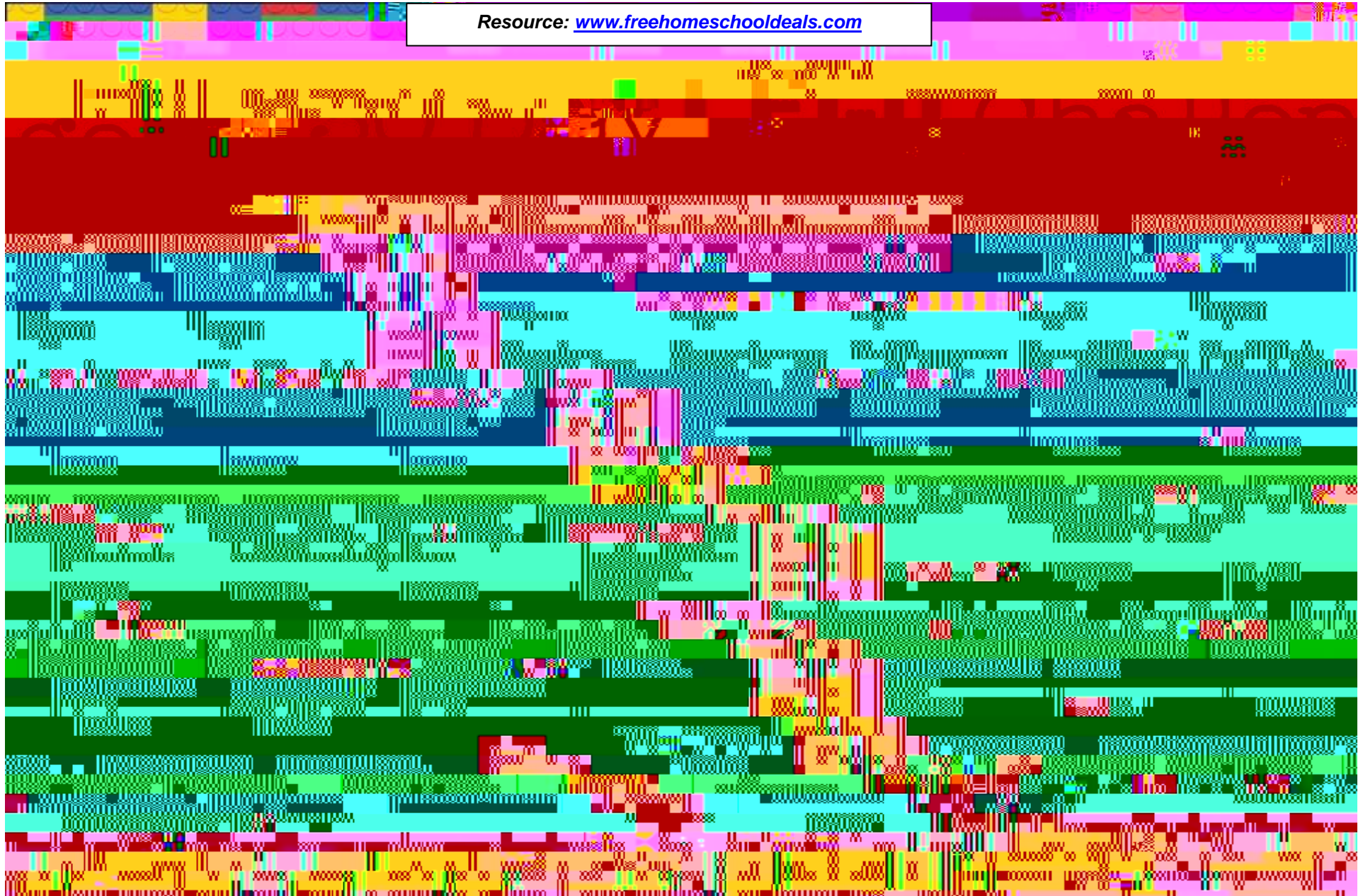


[Birminghamvirtualschool@birmingham.gov.uk](mailto:Birminghamvirtualschool@birmingham.gov.uk)

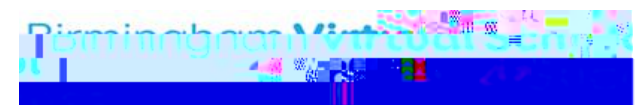




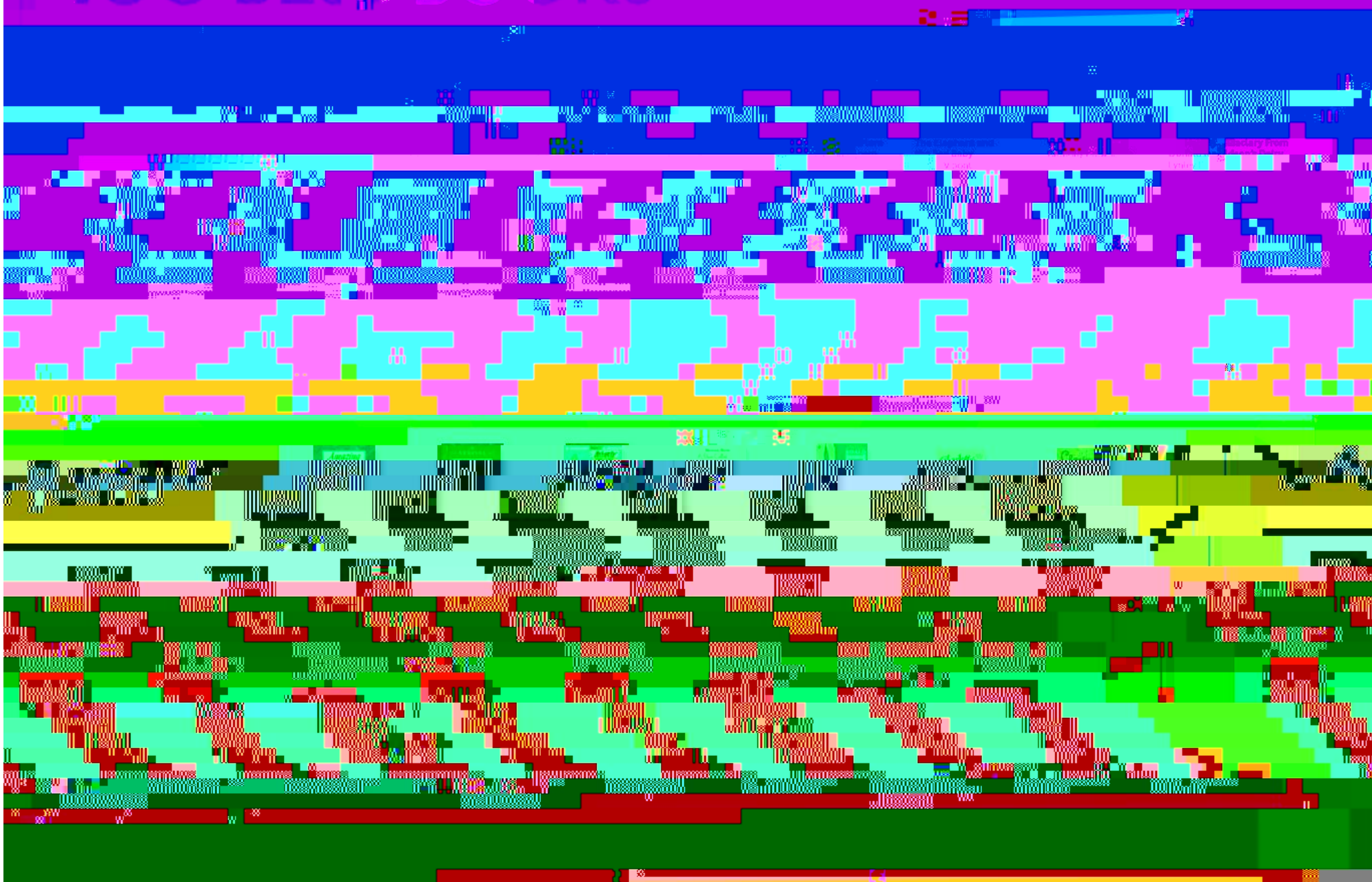
Resource: [www.freehomeschooldeals.com](http://www.freehomeschooldeals.com)



Birminghamvirtuelschool@birmingham.gov.uk



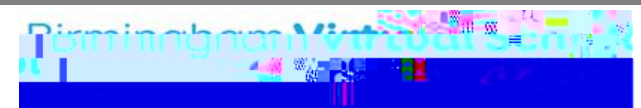
# 100 BEST POOLS







Birminghamvirtualschool@birmingham.gov.uk



# WHAT IS THE PERSONALITY?



WWW.LITTLEPUDDINS.IE

WWW.LITTLEPUDDINS.IE



People who have the  
Coronavirus may have:



Most people who have the  
Coronavirus will not have



Sore Throat/  
Dry Cough



Fever

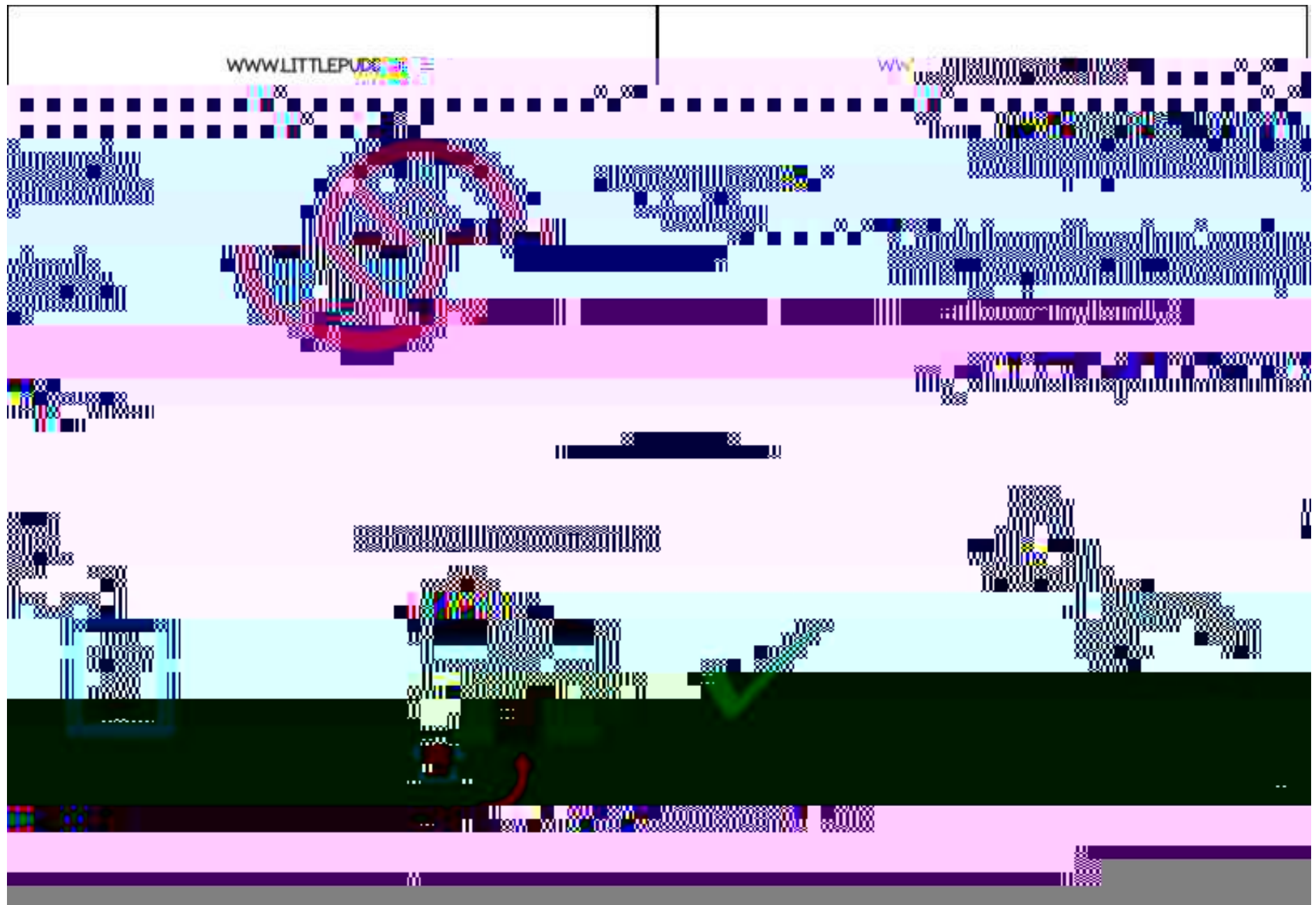


Fever

Some people who have the  
Coronavirus may go to hospital to

WWW.THEAUTISMEDUCATOR.IE

WWW.THEAUTISMEDUCATOR.IE



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Birmingham Virtual School

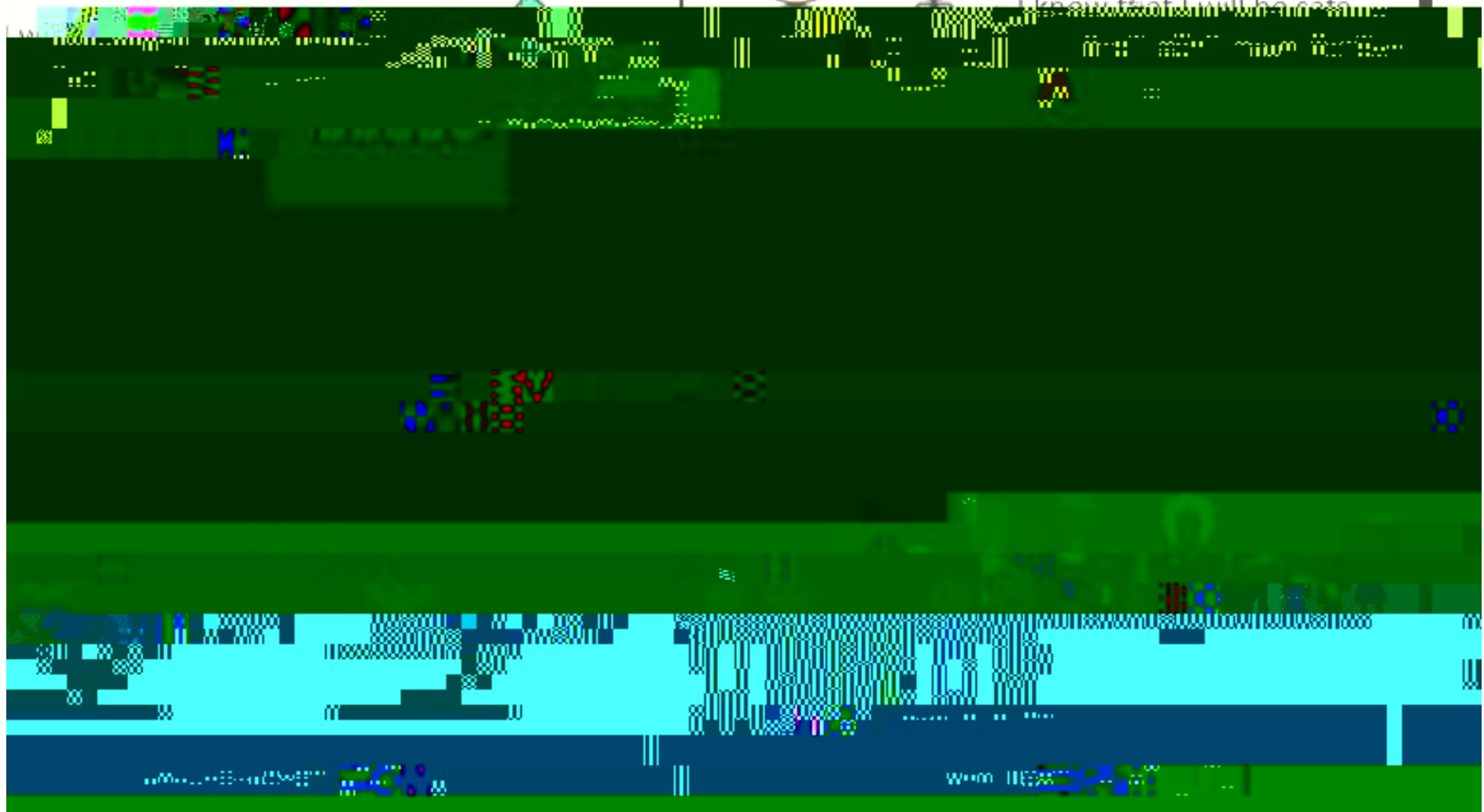
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I know that I will be safe

and I will be happy

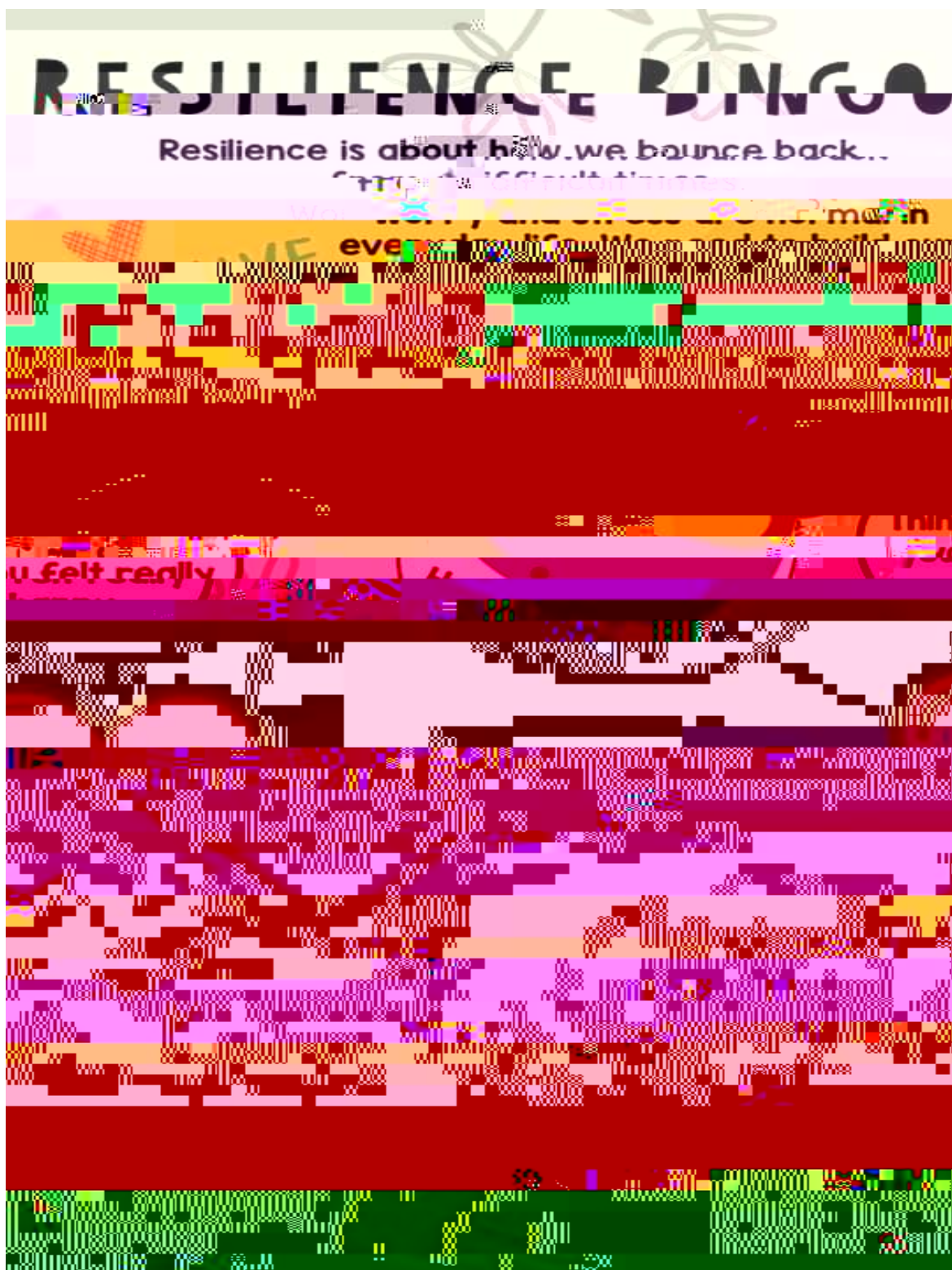


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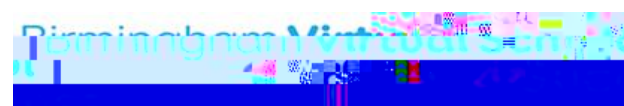






Resource found: family lockdown tips and ideas group on facebook

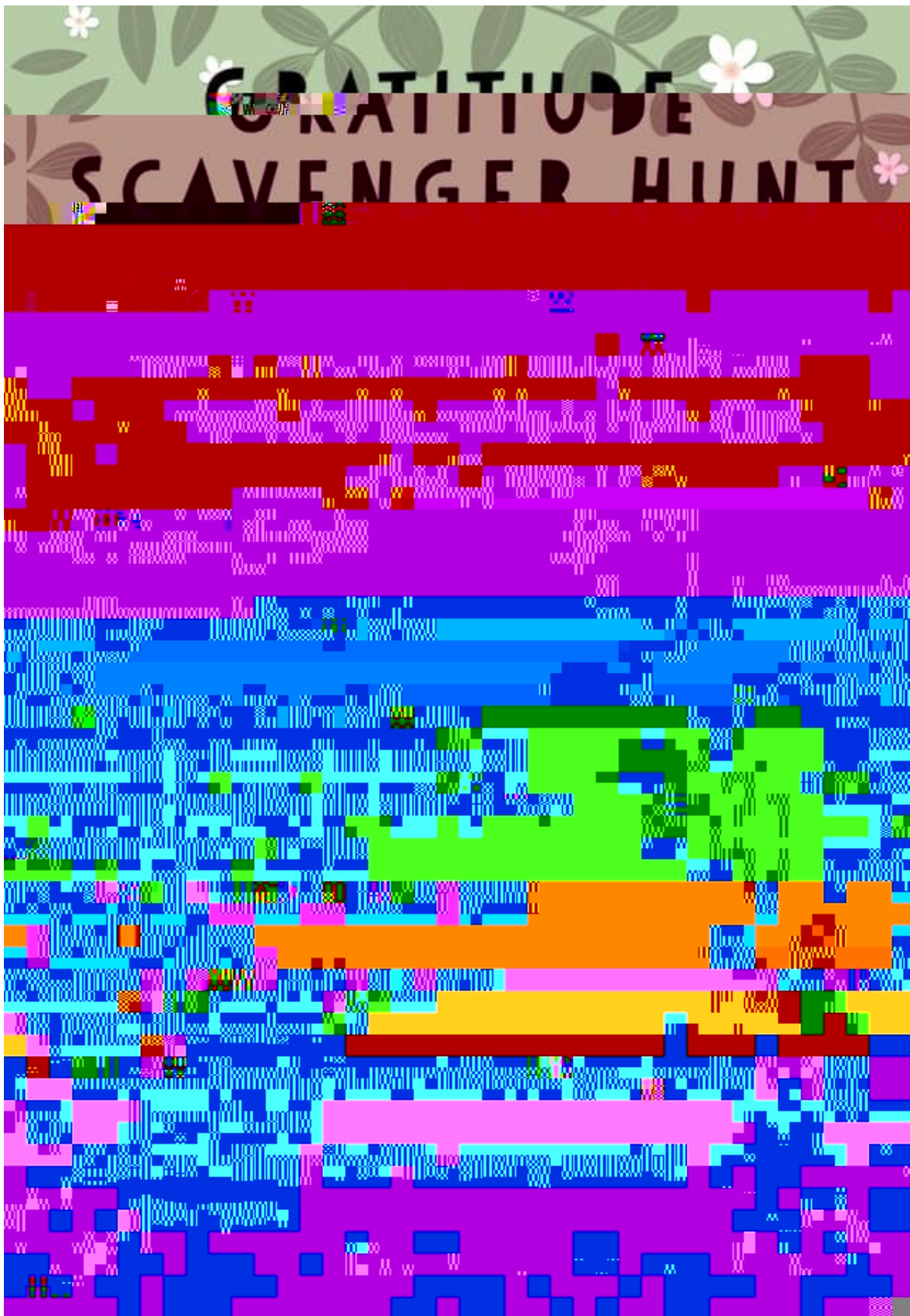
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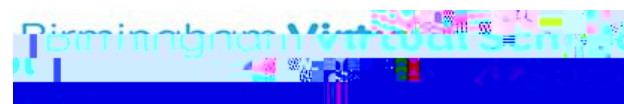
Resource by - Instagram: <https://www.instagram.com/thecounselingteacherbrandy/>

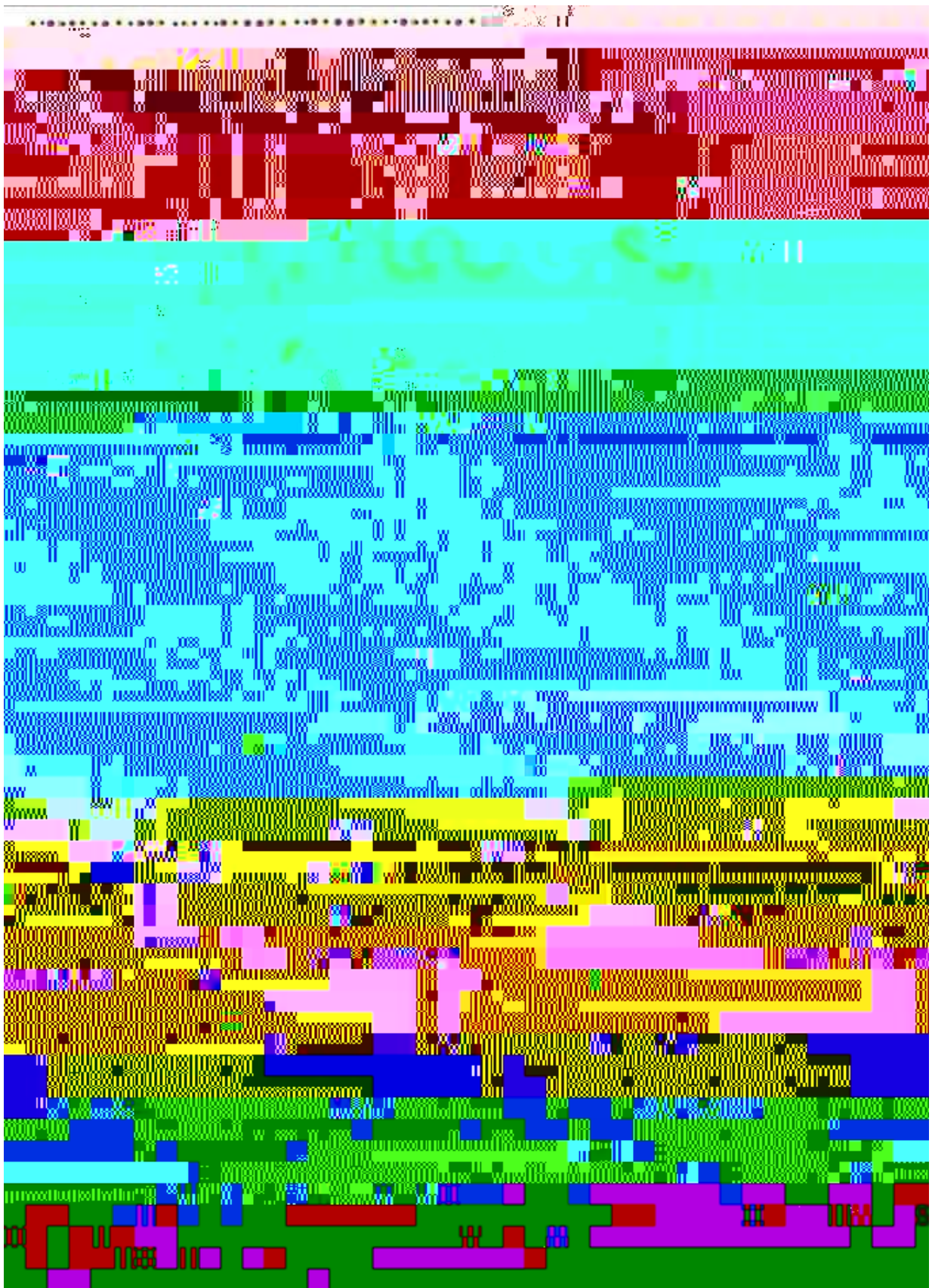




*Resource: family lockdown tips and ideas group on facebook*

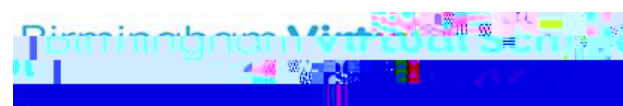
**Birminghamvirtualschool@birmingham.gov.uk**





[www.spreadhappiness.co.uk](http://www.spreadhappiness.co.uk)

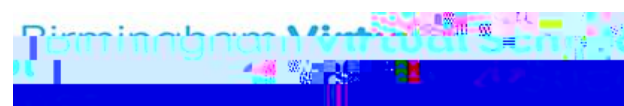
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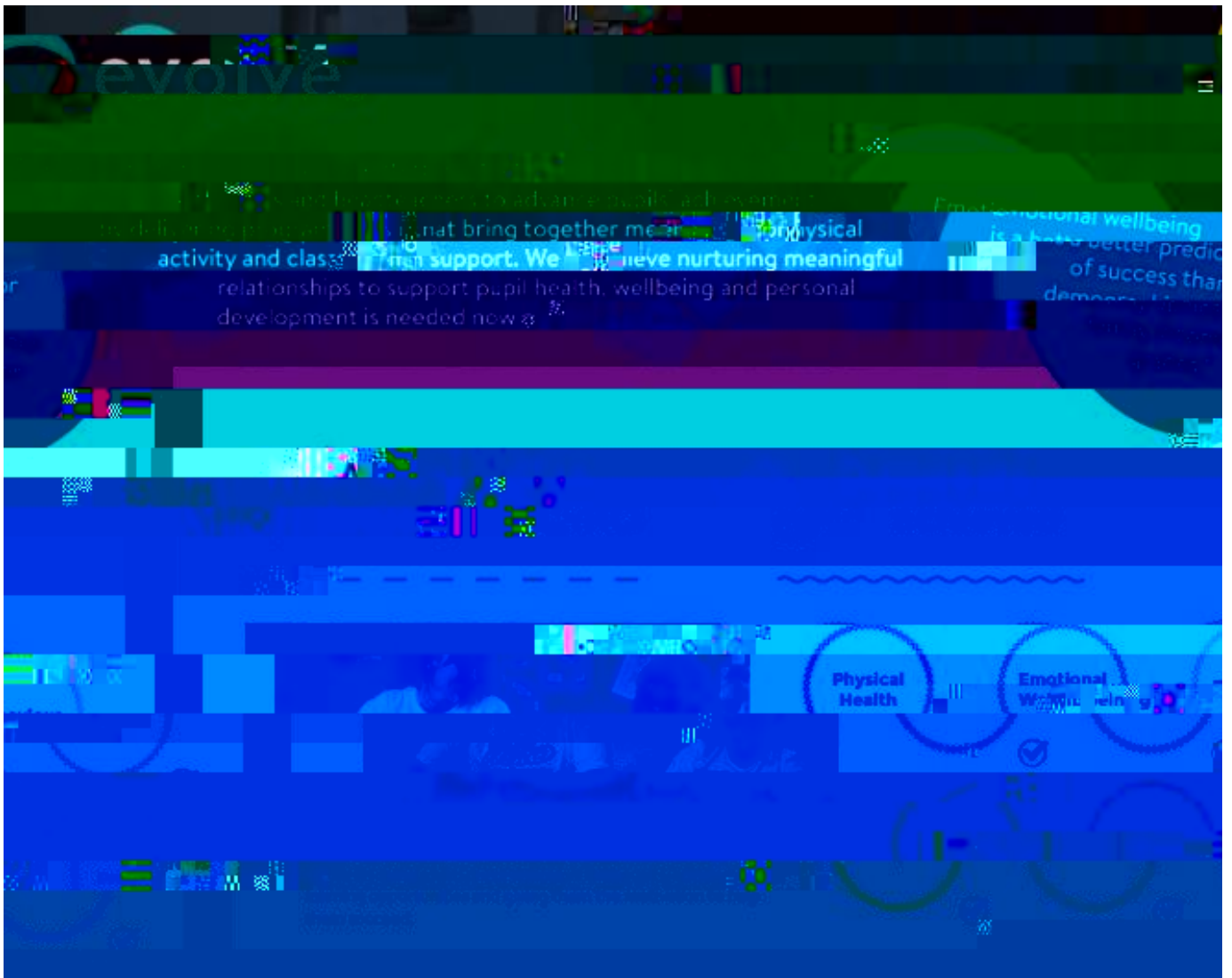




Resource: [tripleawicklow@gmail.com](mailto:tripleawicklow@gmail.com)

**Birminghamvirtualschool@birmingham.gov.uk**





## Benefits

- Inspire pupils and staff
- Outstanding role models within school
- Focus on both short and long-term objectives
- Available at various times of the day
- Performance management included
- Flexible and convenient solution to numerous challenges



## Testimonials

"The Health Mentors are a key element in the school's provision, not

"The impact that Health Mentors had at Jessons Primary School was

skills through individual support and providing positive role models in promoting a healthy lifestyle. As a result, the pupils feel safe and know that there is always someone who will listen"

Sarah Lea, Headteacher  
 Jessons Primary School, E

OFSTED report on St George's CE









Rethink Food



They like you to watch the following videos

<https://www.rethinkfood.co.uk/> @rethinkfooduk

Please send them too - Twitter - @RethinkFoodUK

Share your work & activities by linking & tagging on our following channels

# GUIDE TO THRIVE!

Deep Muscle Relaxation

Meditation

Self-Suggestion

AWARD  
WINNING

A clinically effective  
prevention strategy for  
chronic health conditions



# HOW DOES IT WORK?

ALL NHS APPROVED

It works in many ways depending on the user. For the best results, you should follow the guided process and unlock sessions one at a time.

You can try some of relaxation sessions, games or activities and see what works best for you! Training your mind to build resilience against stress and common mental health conditions has never been so easy!

## WHAT'S IN THE APP?

• 140+ mental health resources including audio guides

• Daily diary to record mood

# GET THE HELP YOU NEED

Along with seeking further help, you can now ask to connect to our wellbeing coaches with the touch of a button.

This is a text chat live service available to you. You can choose to text one of our coaches from 8am to 8pm Monday to Friday. Access our experts with one click.

**DOWNLOAD NOW!**

1. Visit [offer.thrive.uk.com](https://offer.thrive.uk.com) and Sign up using your email address, a password of your choice
2. Go to your email account and click the link to confirm your account
3. Download the Thrive: Mental Wellbeing app from your Apple or Android app store.
4. Return back to app, log in and enjoy!





