**Monkchester Road Nursery School**

**Information for families of children who need to self-isolate for 14 days**

We have put together some information for you whilst your child is at home.

Please keep in touch with school, you are very welcome to send in updates and photos of your child and what they have been doing – this way we can share these with their class.

Send to [admin@monkchesterroad.newcastle.sch.uk](mailto:admin@monkchesterroad.newcastle.sch.uk)

If your child usually has a Free School Meal at Nursery, we can still provide you with this while you are self-isolating. Please let us know if you would like us to deliver your child’s Free School Meal.

We will send you some ideas and activities to complete with your child. There are many ideas on our Nursery website and key-workers will send things via your Class Dojo.

**Websites for families**

[Hungry Little Minds](https://hungrylittleminds.campaign.gov.uk/) features tips and practical activities that parents can do at home with children to support their early learning.

BBC’s [Tiny Happy People](https://www.bbc.co.uk/tiny-happy-people) features a plan for the week for different age groups

[National Literacy Trust’s Family Zone](https://literacytrust.org.uk/family-zone/)

The Department for Education (DfE) has published further guidance on how to [Help children aged 2 to 4 to learn at home during coronavirus (COVID-19)](https://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-during-coronavirus-covid-19)

**Simple things you can do that really help**

Having everyday chats with your child is an excellent way to learn about communicating, taking turns in conversation and learning new words. In nursery and playgroup, we often talk about ‘our day’, ‘our feelings’ and discuss things we have done ‘at home’. Perhaps you could have a chat with your child at the end of the day and talk about what they have done that day.

Please try to read a story to your child each day. If you are unable to access books or cannot get to a library then there are many online books and stories for young children – try the CBeebies Storytime app. If you would like a few books from our Nursery Library then please let us know. We have some books in dual language texts, if these will help you read to your child at home. Sharing a book together is very important to help children get ready for learning to read, especially if you talk about the story together as well. Children love us reading their favourite books over and over again. Every time we do this, children become more confident and join in more. So don’t be worried about reading stories to your children more than once.

Helping to develop your child’s physical skills is also an important area. You can help your child get ready for writing by encouraging children to use their hands in different ways, making small movements and exercising their fingers e.g. rolling out playdough, playing with squishy, squeezy fidget toys, helping to peg out the washing – all of these activities will lead to helping your child to use pens, pencils and scissors.

Getting exercise is important whilst in lockdown, encourage your child to be active over the day – outside if you have a garden or if not then doing some exercises indoors. In nursery, the children are trying to develop their self-help skills e.g. pulling up trousers then trying to put on their own coat– if your child does not yet do this – that is something to encourage at home too. If your child has mastered this then you can try putting on cardigan, jumper, socks and shoes!

Please contact Nursery if you need anything.