

ST RICHARD'S SUGGESTIONS



A LIST OF WEBSITES YOU MAY FIND USEFUL FOR LEARNING AND RELAXATION, INCLUDING COMPLETING ASPECTS OF THE CREST AWARD



WEBSITES FOR LEARNING

Gojimo	GCSE Revision app	http://www.gojimo.com/
Khan Academy	Computing, Maths and Science courses	https://www.khanacademy.org/
Brain Pop	Free resources for most subjects	https://www.brainpop.com/
Typing Club	Touch typing online course	https://www.typingclub.com/
Typing.com	Touch typing for SEN pupils	https://www.typing.com/
BBC Teach	Videos for most secondary subjects	https://www.youtube.com/channel/UC4KN50fal7f45fx2DqG7ttg/playlists?view=50&sort=dd&shelf_id=5
Chatter Pack	Free Speech, Language, communication and SEND resources	https://chatterpack.net/blogs/blog/list-of-free-speech-language-communication-and-send-resources-for-schools-and-parent-carers
BBC Bitesize	No TV licence required except for content on BBC iPlayer.	https://www.bbc.co.uk/bitesize
Ted Ed	All sorts of engaging educational videos	https://ed.ted.com/
Mystery Science	Free science lessons	https://mysteryscience.com/
The Kids Should See This	Wide range of interesting educational videos	https://thekidshouldseethis.com/
Crash Course	YouTube videos on many subjects	https://thecrashcourse.com/
Field Studies Council	Free Geography and Science live lessons this Spring from Monday, 20 th April.	https://www.field-studies-council.org/resources-and-ideas/?utm_source=Educationco&utm_medium=Email&utm_campaign=Fieldworklive&ref=email&dm_i=65YE,VTJ,N3N4W,315C,1
For Year 11	Eton are offering their online courses for free to all students in the UK. The courses are aimed at Year 11 and 13.	https://parentsandteachers.us16.list-manage.com/track/click?u=c368a1bc024bec934005df88&id=05c89d22c2&e=c7484ba489

SUBMITTING WORK TO SCHOOL

How to submit work in Google Classroom	https://docs.google.com/presentation/d/1Iuz_IFjkrhY1B2aIT3Jbi89Oh96ubZQWI7gnijA11k/edit#slide=id.p
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WEBSITES FOR FUN AND INTEREST

NSEAD	Art resources	https://www.nsead.org/resources/remote-resources/?fbclid=IwAR0ZLRs9lu9HzusKKadT4-lhVny8R3OtdSJWziM21pLojTGjZ6pfzx3q64Y
Student Art Guide	Full of amazing resources, particularly useful for GCSE	https://www.studentartguide.com/resources/best-art-teacher-blogs
The Arty Teacher	Many great art resources	https://theartyteacher.com/art-home-learning-inspiration-for-art-teachers/
Literacy Trust	Family Zone for 9-12 year olds competitions.	https://literacytrust.org.uk/family-zone/9-12/
Duolingo	Learning languages at home	https://www.duolingo.com/
Ted Ed	Some interesting talks on all subjects	https://ed.ted.com/lessons?
Myths and Legends		http://myths.e2bn.org/mythsandlegends/
Young writers	Regular writing competitions.	https://www.youngwriters.co.uk/
Draw along a Lenton	Drawing with Steve Lenton	https://www.youtube.com/channel/UCbpwB792UfmrY9JeQ2nk5lw/videos
Mike likes science	Songs about KS3 science	https://www.youtube.com/user/comaniddy
BBC	A guide to the orchestra	http://www.bbc.co.uk/orchestras/learn/guidetotheorchestra/
SphinxKids	Fun games/music	http://sphinxkids.org/MM_Instruments.html
National Theatre	Free full-length plays every Thursday evening	https://www.youtube.com/channel/UCUDq1XzCY0NIOYVJvEMQjqw
East Sussex	Ways to stay active while at home	https://your.eastsussex.gov.uk/2020/03/25/ways-to-stay-active-while-at-home/
Amazon	Amazon's Audible has launched Audible Stories, a new service providing free audiobooks to children and teenagers everywhere.	https://stories.audible.com/start-listen
East Sussex	How libraries can help during lockdown	https://your.eastsussex.gov.uk/2020/03/26/how-libraries-can-help-during-lockdown/
Royal Opera House	Watch some opera at the Royal Opera House	https://www.youtube.com/user/royaloperahouse
Go to the Social Distancing Festival!	A calendar of creative live-streams	https://www.stayathomefest.com/?fbclid=IwAR104m7eYb07SxcBvirhhohurnon8K9rnQKVTPj3fCbs0oHhX4Lkl3zeobY
Drama On-Line	Watch on-line plays and theatre	https://www.dramaonlinelibrary.com/?fbclid=IwAR2J1Enfda10p_eeleFFWZo6bBBm6pY7o-tP7XQJ1AGFkrE6jonZHjv-o0w

Amazon Prime Video	Amazon has made a selection of its family-friendly movies and TV shows available to stream for free on Amazon Prime Video.	https://go.redirectingat.com/?id=92X363&cust=trd_1014063395715089500&xs=1&url=https%3A%2F%2Fwww.primevideo.com%2F&sref=https%3A%2F%2Fwww.techradar.com%2Fuk%2Fnews%2Ffree-resources-for-self-isolation-during-covid-19
Cooking with Jamie Oliver		https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on
Yoga and Mindfulness	A series of videos you might like to try at home. For adults and children.	https://www.youtube.com/watch?v=--jhKVdZOJM

MUSEUM TOURS

Smithsonian National Museum of Natural History	Virtual Tours	https://naturalhistory.si.edu/visit/virtual-tour
Natural History Museum, London	Virtual Tours	https://artsandculture.google.com/partner/natural-history-museum
Vatican Museums	Virtual tours of the Vatican museums.	http://www.museivaticani.va/content/museivaticani/en/collezioni/musei/tour-virtuali-elenco.html
Nasa	Nasa has two online free tours and an app.	Langley research centre Glenn research centre Space centre Houston app
British Museum	Museum of the world	https://britishmuseum.withgoogle.com/
National Gallery of Art, Washington	'Fashioning a nation' and 'Vermeer and the masters of genre painting' online exhibitions.	https://artsandculture.google.com/partner/national-gallery-of-art-washington-dc?hl=en https://www.nga.gov/
The National Museum of Computing	Virtual Tour	https://my.matterport.com/show/?m=Vz8kCqGRiQA
The Guardian	The 10 best virtual art galleries this week	https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours
National Portrait Gallery		https://www.npg.org.uk/
National Gallery		https://www.nationalgallery.org.uk/
Tate		https://www.tate.org.uk/
DLWP		https://www.dlwp.com/
Towner		https://www.townereastbourne.org.uk/
Hastings Contemporary		https://www.hastingscontemporary.org/

Museum tours	https://artsandculture.google.com/
The Acropolis monuments in Greece	https://www.acropolisvirtualtour.gr/
Russia's State Hermitage Museum in St Petersburg	https://www.youtube.com/watch?v=49YeF sx1rlw
Visit the Louvre	https://www.louvre.fr/en/visites-en-ligne
Kusuma's Infinity Mirrors	https://www.youtube.com/watch?v=8VwJM w_fLvl
Georgia Aquarium	https://www.georgiaaquarium.org/webcam/beluga-whale-webcam/
Zoo and virtual museum tours UK	https://www.dayoutwiththekids.co.uk/blog/virtual-fun-best-zoo-webcams-and-virtual-museum-tours

PUZZLES AND BRAIN GAMES

Jigsaw puzzles	Free online jigsaw puzzles	https://www.jigsawplanet.com/
Conceptis Puzzles	Free logic puzzles	https://www.conceptispuzzles.com/index.aspx
Online word search	Randomly generated online word search.	http://onlinewordsearch.org/
Krazydad	Printable puzzles	https://krazydad.com/
Ultimate Guitar	Guitar music online	https://www.ultimate-guitar.com/
Music Theory.net	Learn music theory online	https://www.musictheory.net/lessons
National Geographic Kids:	Activities and quizzes for younger pupils.	https://www.natgeokids.com/uk/

KEEPING YOUR CHILD SAFE ON-LINE

Internet matters	For support for parents and carers to keep their children safe online	https://www.internetmatters.org/?gclid=EAIaIQobChMIktuA5LWK2wIVRYXVCh2afg2aEAAYASAAEgIJ5vD_BwE
London Grid for Learning	For support for parents and carers to keep their children safe on-line.	http://www.lgfl.net/online-safety/
Net-aware	For support for parents and carers from the NSPCC	https://www.net-aware.org.uk/
Parent-info	For advice for parents and carers to keep their children safe on-line	https://parentinfo.org/
Thinkuknow	For advice from the National Crime Agency to stay safe on-line	http://www.thinkuknow.co.uk/

UK Safer Internet Centre	Advice for parents and carers	https://www.saferinternet.org.uk/advice-centre/parents-and-carers
<p>The school will continue to provide lessons and online support to pupils throughout this period in order to support, as fully as we can, the learning of all pupils. However, if parents and carers choose to supplement the school online offer with support from online companies and in some cases individual tutors, it is essential to emphasise the importance of securing online support from a reputable organisation/individual who can provide evidence that they are safe and can be trusted to have access to children.</p>		

SUPPORTING YOUR CHILD

<p>These are obviously unprecedented and worrying times for everyone, and that can also have an impact on young minds. If your child is feeling anxious, the NHS recommends this website which has a useful guide for parents to support their child with anxiety.</p>	<p>https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety/</p>
<p>Link to Department for Education's document on supporting young people's mental health and well-being during the current crisis.</p>	<p>https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing?fbclid=IwAR0EPg4NlyCGXs6v63yvnmMb6n7ydtZLb9BHBo0X0kKmuOywATCNVfQdK04</p>
<p>Please also take the time to read the latest NHS advice regarding Coronavirus so you can stay informed about how best to keep you and your family safe.</p>	<p>https://www.nhs.uk/conditions/coronavirus-covid-19/</p>
<p>Mental Health Foundation is part of the national mental health response, providing support to address the mental health and psychosocial aspects of the coronavirus outbreak, alongside colleagues at Public Health England and the Department of Health and Social Care. Below is their suggested plan of action to keep you on track.</p> <ul style="list-style-type: none"> • Plan your day – Try to start your day at roughly the same time you usually would and aim to set aside time each day for movement, relaxation, connection and reflection. • Move more every day – Explore different ways of adding physical movement and activity to your day and find some that work best for you. • Try a relaxation technique – Relaxing and focusing on the present can help improve your mental health and lighten negative feelings. Try some different meditation or breathing exercises to see what helps. • Connect with others – Explore ways of connecting that work for you, whether that is by post, over the phone, social media, or video chat. This could be anything, from sharing a cup of tea over a video, playing an online game together, or simply sending a supportive text message. • Take time to reflect – Make time every day to reflect on what went well. It's important to recognise your successes and the things you are grateful for, no matter how small. There are a number of relaxation and other digital exercises on the MHF website. • Improve your sleep – Feelings of uncertainty and changes to daily life may mean you have more difficulty sleeping. Wind down before bed by avoiding using your phone, tablet, computer or TV for an hour before bedtime. <p>https://www.mentalhealth.org.uk/podcasts-and-videos/podcasts-for-your-wellbeing</p>	
<p>St Richard's Pupil Support Booklet</p>	<p>Distributed on the last day of term and available at: https://drive.google.com/a/strichardscc.com/file/d/15VVdgFp5YXYH_Lcggc1JZKCuTaz141KN/view?usp=sharing</p>

We will update the booklet during term five, so if you have any suggestions to share then email them to admin@strichardscc.com