

Robert Browning, Snowsfields and Tower Bridge Primary Schools

We learn and succeed together



19th June 2020



@PrimaryRobert @SNSPrimary @tbprimary Find us at: www.bridgesfederation.org.uk

CLOSURE

As of Friday **20th March** our schools are closed to all children except for children of key workers and the most vulnerable.

Home Learning

While at home during the Coronavirus outbreak, please remember to use our school e-learning platforms such as: Mathletics, Reading Eggs, Spellodrome and iReadwriter to continue learning. Remember to also follow your class twitter page for daily updates, ideas and activities. Below, you will find the links to your **Google class page** and **twitter page**.

There are so many lovely videos and pictures of children working! Parents, please continue to share, but do not name children in the posts if their image is tweeted.

Home Learning Packs

Every Monday, we will be emailing you, a weekly learning sheet for your child (it will look similar to the half termly homework sheet). All the activities and learning for your child for the week will be included on this sheet. It will replicate what is being shared on twitter and the Google class pages (links below).

eLearning Platforms Links

Mathletics: <https://login.mathletics.com/>

Purple Mash: <https://www.purplemash.com/sch/snowsfields>

Reading Eggs: https://sso.readingeggs.com/logincli-ent_id=8020fd524cb747519ccfb61e1c15dacbfab3f0b4&idp=d0797975a160eeec142b30cd3705fe6ee3eafec9&locale=uk&redirect_uri=https%3A%2F%2Fapp.readingeggs.com%2Foauth%2Flogin%3F_ga%3D2.68374036.464506844.1591788896-658219992.1591788896%26idp%3Dd0797975a160eeec142b30cd3705fe6ee3eafec926scope3blake&response_type=code&scope=blake&state=ec0dad2be021f7259f0a0dff19e7aa95497d3bdf41ad5009

Spellodrome: <https://login.spellodrome.com/>

Keeping in Touch

We hope you are all safe and well. However, if your circumstances have changed or you just need to speak to someone please call your individual school on their respective number.

Keeping Fit

A little physical activity can go a long way in helping everyone's physical and mental wellbeing. As an added bonus, it will also help use up some of that extra energy the children might be building up!

Twitter Handles for all three Schools

Snowsfields

@rainbow_sns
@SNSFoundations
@SNSRed1
@SNSOrange2
@SNSYellow_3
@SNSGreen_4
@SNSBlue5g
@SNSPurple6

Robert Browning

@RBCaterpillar
@RBButterfly_
@RBRedClass
@RBOrangeClassY2
@RBYellowClass
@RBGreenClass
@RBTurquoise
@RBBlueClass
@RBPurpleClass

Tower Bridge

@tb_butterfly
@CaterpillarTb
@TBRedClass
@TBOrangeClassY2
@TBYellowClassY3
@TBGreenClassY4
@TBBBlueClassY5
@TBPurpleClassY6

Free School Meals (FSM)

We offer Free Healthy School Meals (FHSM) to all children from Reception to Year 6. However we strongly encourage applications for benefit-related Free School Meals (FSM) as the additional funding gained would benefit education provision at our school. If your child is not attending school and eligible for Free School meals you may receive a meal voucher from Edenred (the national scheme) during the current COVID-19 pandemic

Please use this link: <https://pps.lgfl.org.uk/> to access the Free School Meals/Pupil Premium Service web site provided by LGFL where you can quickly and easily check eligibility for free school meals and, if eligible, also gain welcome additional funding for your school, known as 'Pupil Premium'.

Learning at home

Please click on the links below for your year group Google class page which your children's teacher will update regularly with activities for your children to complete at home.

Remember, you don't need a Twitter account to access the class page.

Rainbow Class: <https://sites.google.com/view/rainbow-class-home>

Nursery Class: <https://sites.google.com/view/caterpillarclassathome/home>

Reception Class: <https://sites.google.com/view/sns-butterfly-class/home>

Year 1: <http://sites.google.com/view/thebridgesy1/>

Year 2: <https://sites.google.com/view/thebridgesy2/home...>

Year 3: <https://sites.google.com/view/yellowclassyear3/home>

Year 4: <https://sites.google.com/view/greenclasshome/home>

Year 5: <https://sites.google.com/view/blue-class-home/home>

Year 6: <https://sites.google.com/view/purple-class-home/>

Lambeth and Southwark's Summer Of Food And Fun



The Mayor London Office have joined forces with Lambeth and Southwark Councils to host an exciting and extended programme of holiday food and activity this summer.

The 'Summer of Food and Fun' programme begins on 22 July and runs until 2 September 2020, ensuring that children and young people (aged 4-19 years), their families and/or carers are able to access a regular source of free nutritious meals over the summer, whether at a local club or at home.

You will also be able to join an array of fun and engaging community activities including sports, theatre, arts and crafts and cooking. In the event of continued lockdown, young people will still be able to access activities remotely, including food and nutrition education, arts and crafts, literacy support, and a wide range of physical activities. The dual-borough programme will be delivered by our network of local community organisations ('hubs'), including schools, adventure playgrounds and youth clubs, that would usually offer free meals and activities during school holidays through our Kitchen Social project.

Should you like your child to take part in this Summer programme follow the link below to apply for a place.

<https://www.mayorsfundforlondon.org.uk/lambeth-southwark-summer-food-fun/>



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For more information and to receive an online programme, please click on the link below:

<https://www.mayorsfundforlondon.org.uk/lambeth-southwark-summer-food-fun/>

Free and confidential support for people in Southwark.

Abuse can be physical, sexual, emotional or financial which takes place within an intimate or family relationship.

Abuse can include neglect, controlling behaviour, forced marriage, honour based violence or female genital mutilation.

If you are being abused, remember you are not alone.

We can help you by providing advice and support with:

- Improving your safety
- Housing and homelessness
- Finances and welfare benefits
- Access to legal services
- Parenting and children
- Emotional support

We also provide a service for men, women and young people using violence within an intimate or family relationship.



020 7593 1290



southwark@solacewomensaid.org



solacewomensaid.org

Are you worried about domestic or sexual abuse?

Solace provides a help and advice service for people aged 16 or over who live in Southwark.

For help contact

020 7593 1290

southwark@solacewomensaid.org



solace in Southwark

solacewomensaid.org

Solace Women's Aid is a charity registered in England and Wales.
Charity Number 1087458. Company Number 1201765.

Positivity Activity

Send a positive note to a friend who needs encouragement.
Be kind to you, treat yourself the way you would treat a friend.

StarLine

This is a new DfE home learning telephone helpline to support parents and carers nationwide. Free, confidential advice is available six days a week by phoning the StarLine team on: **0330 313 9162**.

StarLine helps parents and carers in the following ways:

- By providing access to a team of qualified teachers, education and parenting experts.
- By focusing on providing practical ideas, support and reassurance.
- By offering tips, techniques and resources to enable parents to give their children the support they need to continue learning while schools are closed.
 - By supporting family wellbeing and mental health.
- By covering all phases of education and subjects plus behaviour, pupil wellbeing and SEND.

For more information, visit www.starline.org.uk/ or follow @StarLineSupport on Twitter.

The team behind StarLine will also be broadcasting a weekly programme on YouTube. In each episode of StarLive, a guest presenter will share practical ideas for home learning. Further details can be found on the StarLine web-site.

Useful Contacts for Parents

Solace 0808 802 5565

<https://www.solacewomensaid.org/>

Southwark Local Offer

<https://localoffer.southwark.gov.uk/>

Samaritans

<https://www.samaritans.org/how-we-can-help/contact-samaritan/>

Guidance on closure of educational setting

<https://www.gov.uk/government/publications/closure-of-educational-settings-information-for-parents-and-carers>

Southwark Food Bank

<https://southwark.foodbank.org.uk/>

Financial advice and support for Southwark residents

<https://www.southwark.gov.uk/health-and-wellbeing/public-health/for-the-public/coronavirus/financial-support-for-residents>

Coronavirus and mental wellbeing

<https://www.nhs.uk/oneyou/every-mind-matters>

NSPCC

<https://www.nspcc.org.uk/what-we-do/about-us/contact-us/>



Shout Out!

Well done to all of our children who have shared on Twitter examples of some of the activities they have been completing at home. Below are the names of those children along with some Twitter posts.

Robert Browning

Logan YR	Samara D YR
Stephany YR	Anas YR
Era YR	Kayah Y1
Raied Y2	Anam Y2
George Y2	Elijah Y2
James Y2	Mason Y2
Aaliyah Y3	Lola Y3
Rashaad Y3	Ermal Y3
Elويدa Y3	Aamir Y3
Ledion Y3	Jasmin Y3
Joseph Y3	Chelsea Y3
Fatouma Y3	Aia Y3
Maryam Y3	Hassan Y3
Kamilah Y3	Munira Y3
Renaya Y3	Tnok Y3
Munira Y3	
Tei Y4	Luke Y4
Olivia Y4	Anthony Y4
Qi Zong Y4	Liam Y4
Ellie-Rose Y4	Mohammed Y4
Aneeqa Y4	Sheerin Y4
Abubakai Y4	Adriya Y4
Mawata Y4	Nimco Y4
Kelly Y4	Aella Y4
Teniola Y4	Sara Y4/5
Yusuf Y4/5	Fatima Y4/5
Chloe Y5	Tiago Y5
Aminata Y5	Julia Y5
Adan Y5	Ethan Y5
Stefan Y5	Sian Y5
Al Y5	
Lucas Y6	Mabinty Y6

Snowsfields

Tobi YN	Elia YN
Janelle YN	
Elia YN	Ted YR
Maya YR	Eva YR
Tomisin YR	Adeola Y1
Ayaan Y1	Iris Y1
Emmanuel Y1	Eugenio Y1
Fillip Y1	Francis Y1
Josh Y1	Kamil Y1
Kareem Y1	Lexie Y1
Lilly-Jean Y1	Melat Y1
Nahla Y1	Nia Y1
Preston Y1	Prince Y1
Rayaana Y1	Regina Y1
Theo Y1	
Enzo Y2	Gabriella Y2
Romeo Y2	Nour Y2
Bethany Y2	Raila Y2
Leena Y2	Isabella Y2
Keegan Y2	Lilly Rose Y2
Mamadou Y2	Jayden Y2
Jaheim Y2	
Amani Y3	Iman Y3
Fahad Y3	Al-Amin Y3
Lillian Y3	Shem Y3
Edward Y3	Katy Y3
Salem Y3	Izzy Y3
Perry Y3	Ridwan Y3
Ryan Y3	Elea Y3
Salma Y3	Baraka Y3
Laila-Jay Y3	Jack Y3
Chrisamel Y3	Nolawi Y3
Temitayo Y4	Trinette Y4
Temidayo Y4	Kawthar Y4
Param Y4	Parin Y4
Joannie Y4	Rosie Y4
Hope Y4	Kimora Y4
Princess Y4	Sidney Y4
Angelina Y4	Dominika Y4
Braydon Y4	Ilham Y4
Zain Y4	Ahmed Y4
Fanta Y4	Lailaa Y4
Dom Y4	Ava Y4
Yaseen Y4	Zoe Y4
Solomon Y5	Mungiva Y5
Pixie Y5	Danny Y5
Godwill Y5	Adam Y5
Hadil Y5	Khaled Y5
Suleyman Y5	Abigail Y5
Aleeza Y5	Farhan Y5
Casey Y5	Fatima Y5
Khadija Y5	Kianna Y5

Tower Bridge

Daniel YN	Charlie YN
Tobi YN	Hamid YN
Daniel YN	Isla YN
Esme YN	Oscar YN
Shakirah YN	Moussa YN
A'Kaycia YN	Theo YR
Anthony YR	Daivansh YR
Aden YR	Ratwan YR
Maria YR	Leora YR
Janayah YR	Chiara YR
Muhammed YR	Khalil YR
Ksenija YR	
Ibrahim Y1	Chinonso Y1
Isaac Y1	Arthur Y1
Rudy Y1	Maliyah Y1
Kaya Y1	Anjaneya Y1
Deetya Y1	Amirah Y1
Amarion Y1	Charlie Y1
Mia Y1	Amanda Y1
Sara Y1	Aliyah Y1
Mohammed Y2	Wassim Y2
Reggie Y2	Jasmine Y2
La'rayah Y2	Rabia Y2
Vaughan Y2	Suraya Y2
Xingrui Y2	Salwa Y2
Kiyrah Y2	Amani Y2
Ameerat Y2	Youcef Y2
Gibril Y2	Saira Y2
Shebaniah Y2	Nicole Y2
Taja'lee Y2	
Simra Y3	Kyah Y3
Sabrine Y3	Belle Y3
Courtney Y3	Noah Y3
Amerah Y3	Titus Y3
Annalisa Y3	Elijah Y4
Armani Y4	Ephraim Y4
Leah Y4	Amari Y4
Jayden Y4	Maisie Y4
Xingya Y4	Emily Y4
Zain Y4	Connor Y4
Rakin Y4	Sumaya Y4
Feijiro Y5	Malak Y5
Deacon Y5	Moaad Y5
Nadir Y5	Isi Y5
Kajus Y5	Tilly Y5
Ruya Y5	Blue Y5
Lordina Y5	Sophia Y5
Andre Y5	Blue Y5
Beatriz Y5	Tino Y5
Ruby Y5	Myrell Y5
Amna Y5	
Marwan Y6	Jessica Y6
Patrick Y6	David Y6
Karima Y6	

Tweets



TBCaterpillar @Caterpillar1b · 52m
Some more delicious fruit kebabs from another clever caterpillar 🍌🍌🍌

also spy some patterns 🔍

What patterns can you see? **

Brilliant work 🌟

TBCaterpillar @Caterpillar1b · 13h
Some delicious looking fruit kebabs here 🍌🍌🍌

also spy some patterns ** 🔍

Fantastic work you clever caterpillar 🍌🍌

TBCaterpillar @Caterpillar1b · 14h
Shoutout to Tobi 🙌

Brilliant number work - you are a fantastic adder and subtracter! + -

TheMendesFamily @TheMendesFam11 · 16h
Replying to @Caterpillar1b, @tbprimary and @snschance
And part 2 of shapes homework 📄

Ella.Enzo @suela12316588 · 18h
Replying to @SNSOrange2
Block diagrams @SNSPrimary @snschance

TheMendesFamily @TheMendesFam11 · 16h
Replying to @Caterpillar1b, @tbprimary and @snschance
And part 2 of shapes homework 📄

Ella.Enzo @suela12316588 · 19h
Replying to @SNSOrange2
The Natural World @SNSPrimary @snschance

TBBlueClass @TBBlueClassY5 · 22h
Beatriz has been so busy at home! Such brilliant work! Keep it up!
@tbprimary @snschance

TBBlueClass @TBBlueClassY5 · 22h
Our second shout out is for this amazing maths, science and reading work!
Brilliant job!
@tbprimary @snschance

TBBlueClass @TBBlueClassY5 · 3h
Malak this is some brilliant science and maths work!! Keep it up!
@tbprimary @snschance

Ghania Mokhat @MokhatGhania · 21h
@TBBlueClassY5 Malak's Work

Jo @sns10 · 23h
@snschance This looks like lots of fun :)

tintin hla @tintinhla · 14 Jun
I enjoyed making spaghetti worm jar, step by step 🍝🐛 @rainbow_sns

TheMendesFamily @TheMendesFam11 · 30m
Replying to @Caterpillar1b
Daniel found plenty of words that are rhyming and matched them with the correct words from the home learning sheet 🌞🐱🐶🐼

TBBlueClass @TBBlueClassY5 · 3h
Oh wow Tilly! All of this looks amazing!!
@tbprimary @snschance

Jade Lewis @jadelewis25 · 15h
@TBBlueClassY5 maths & geography & french today! She couldn't decide what was her favorite lesson so she said all of it! 🌟

Ella.Enzo @suela12316588 · 16m
Replying to @SNSOrange2
I learned that we use a thermometer to measure temperature in °C.
@SNSPrimary @snschance

Ella.Enzo @suela12316588 · 44m
Replying to @SNSOrange2
Features of the sea side. @SNSPrimary @snschance

TBBlueClass @TBBlueClassY5 · 3h
More fab work from Beatriz! What a start! 🌟🌟🌟
@tbprimary @snschance

TBBlueClass @TBBlueClassY5 · 16 Jun
Replying to @tbprimary @snschance

Sham @Sham0116588 · 16 Jun
@TBBlueClassY5

TBBlueClass @TBBlueClassY5 · 3h
And some maths and English from Tinol! Beautiful presentation, as always!
@tbprimary @snschance

TBBlueClass @TBBlueClassY5 · 3h
Replying to @tbprimary @snschance

Charlotte @Charlotte16588 · 16 Jun
@TBBlueClassY5

TBBlueClass @TBBlueClassY5 · 3h
Replying to @tbprimary @snschance

TBBlueClass @TBBlueClassY5 · 3h
Replying to @tbprimary @snschance

TBBlueClass @TBBlueClassY5 · 3h
Replying to @tbprimary @snschance

16 Orange Class Year 2 @T16OrangeClass2 & T21

It's time for some shoutouts! 🌟

Well done Wassim - you have earned a Silver and Bronze certificate this week. So many points! 🏆🏆

Well done Mohammed, you have earned a Bronze certificate! 🏆

Well done to Reggie, Jasmine, La'rayah, Rabia, Vaughan, Suraya, Xingrui & Salwa 🌟

Congratulations

Wassim
12
Tower Bridge Primary School

You have earned a
bronze certificate this week.

Share certificate Download certificate

Congratulations

Wassim
12
Tower Bridge Primary School

You have earned a
silver certificate this week.

Share certificate Download certificate

Congratulations

Mohammed
12
Tower Bridge Primary School

You have earned a
bronze certificate this week.

Share certificate Download certificate

Mathematics	Language	Science	Art	Music
1	100	100	100	100
2	100	100	100	100
3	100	100	100	100
4	100	100	100	100
5	100	100	100	100
6	100	100	100	100
7	100	100	100	100
8	100	100	100	100
9	100	100	100	100
10	100	100	100	100
11	100	100	100	100
12	100	100	100	100

TBRedClass @TBRedClass · 23m
WOW WOW WOW!!! This is incredible!! So detailed! I love all the little flowers. And your 3D clouds! So amazing to have a light in there as well! 😊

Jo @snsjo · 9h
Your balcony will look so beautiful ✨@snschance

tintin hla @tintinhla · 14 Jun
I planting flower pots to creating little garden at our balcony. 🌸🌿🌱



Jo @snsjo · 9h
You are following the instructions so carefully ✨@snschance

tintin hla @tintinhla · 29 May
Lovely sunnyday ☀️ I enjoyed the little exercise and fixing my Lego.
@rainbow_sns



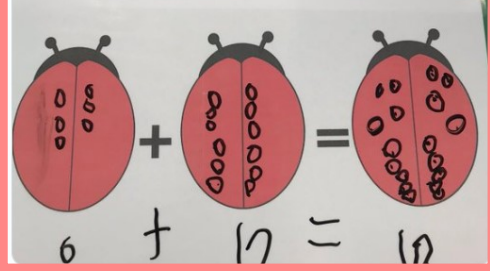
Snowfields Primary @SNSPrimary · 10h
Great work ✨@snschance

liir200570.ia@gmail.com @railaahmetaj · 11h
@SNSOrange2 Railas work



Jo @snsjo · 9h
@snschance ✨ great maths work

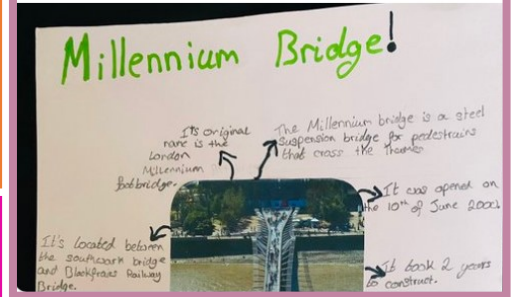
@SNS_Rainbow @rainbow_sns · 16 Jun
Some more good Maths work from Casey today.



snowfields Primary @SNSPrimary · 10h
Great work ✨@snschance

Fadoua Hadad @FadouaHadad · 15h
@SNSPurple6 @SNSPrimary
Millennium Bridge Fact Done ✓.

History homework
@Safaa



TheMendesFamily @TheMendesFami1 · 19h

@CaterpillarTb Daniel having fun with shapes on Mathletics and his favourite magazine GoJettors

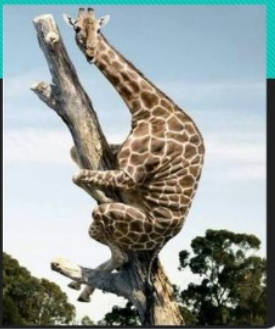


KBYellowClassy3 @RBYellowClass · 23h

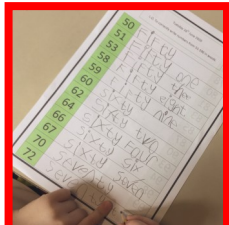
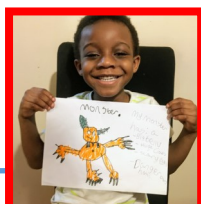
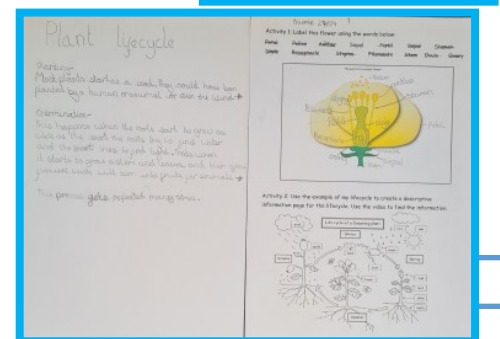
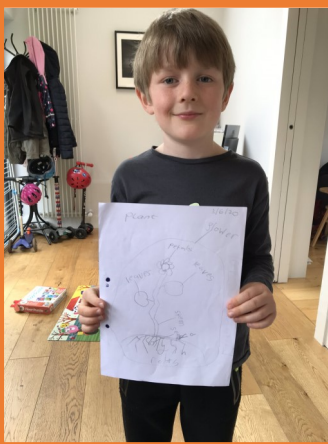
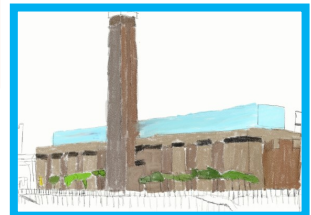
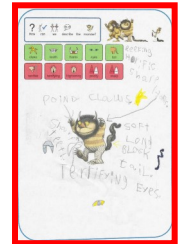
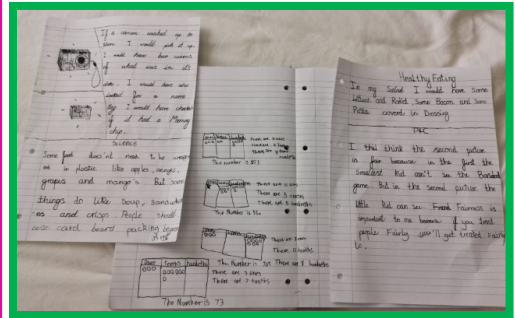
Happy Thursday!
Check out some writing Rashaad has completed this week. Who wants to keep reading to find out how the giraffe ended up like that? 🦒📖
@snschance

Life at the Zoo

Bang, bang, bang as the gorilla smacks its chest like an alarm clock to wake me up for my daily routine. First, I run the daily mile inside my cage. Second, I eat my breakfast. Third, I say hello to my animal friends. Fourth, I gather leaves for lunch and dinner. Fifth and finally, I wait for the zoo keeper. It is peaceful and fun living in the zoo.



Mohamed @Mohamed56318269
@CaterpillarTb



Welcome to this newsletter from Southwark's Autism Support Team. The start of June has seen Southwark schools begin to gradually welcome some pupils back to the classroom. We hope you were able to benefit from some of the transition ideas in our previous newsletter. The team are all still available to offer our support to parents/carers and educational staff.

We have a telephone support service available weekdays, 9am-5pm. More information can be found: [here](#).

Training

We are able to offer online options for training. If you wish to register your interest or find out more please email:

AutismSupportTeam@southwark.gov.uk

- **Cygnets**—parent course, over 5's
- **Next Steps**— parent course, under 5's
- **Toileting workshop**

Games Corner

Each week we provide simplified instructions to a game you might have at home. This week is Twister.

Click [here](#) for the rules

Click [here](#) to make a homemade Twister board

Click [here](#) for a Twister spinner

Click [here](#) on how to make a Twister on grass

Visual supports

Visual instructions to help teach learning to wait [here](#), to support learning to take turns [here](#).

Social Stories to support with losing a game

Below are three different stories about learning to lose.

It's OK to Lose 1 [here](#)

It's OK to Lose 2 [here](#)

It's OK to Lose 3 [here](#)



Question Corner...

Q: My autistic 10 year old son can dress, wash and feed himself. What other skills can we work on?

A: Activities for daily living (ADL) fall into 2 categories, basic e.g. dressing, personal hygiene and toileting, it's great that your son has learnt these. There are also Instrumental ADLs (IADLs), these are skills that help someone to function independently in the community.

Examples of activities that would fall in this category would be the ones related to: Home maintenance, Transportation, Money management, Personal safety and health care, Community participation, Communication and interpersonal relationships, Leisure and recreation. Even autistic teens with good cognitive abilities present in approximately 50% of cases a daily living skills deficit. (Life Skills Curricula for Students with Learning Disabilities: A Review of the Literature – Mary E. Cronin).

It's always a good time to think about teaching ADLs. [Here](#) is a checklist of simple ideas of activities to work on with your son. Being at home is a great place and time to practice these skills.

To be added to our newsletter mailing list or to contact the team with a question/request for a forthcoming newsletter please contact us on:

AutismSupportTeam@southwark.gov.uk

Clicking on links in this document take you to google drive where the resources can be downloaded. If you would like us to email you any of the resources, use the email above.

How to Teach Life Skills

Chaining is where the task to be learnt is broken down into smaller steps and each step is taught individually. Before you begin you need to think about the task to be taught (e.g. tooth brushing) and break it down into the smaller steps

If using forward chaining you would teach them to get the toothbrush first and then prompt them to complete the other steps, when they have mastered step one you will move onto them completing step one and two by themselves and supporting them with the rest and so on until they can complete the whole sequence.

With backward chaining you will prompt the completion of the whole sequence and then get them to complete the last step by themselves and once mastered the last and second to last step until they can complete the whole sequence.



[Here](#) is a video showing forward and backward chaining.

A prompt is something we can do to make it more likely the child will complete an action

Physical prompts – physically guiding your child through the action

Modelling – we model the step/ behaviour that we want them to do

Gesture prompts – gesturing or pointing to the correct item

Verbal prompts – using your voice to tell them what to do

Visual prompt – pictures or text that support learning the sequence

[Here](#) is a video showing different types of prompts.

When using prompts to support instruction it is important to use the least invasive level of prompting needed, and remove the prompt as soon as possible.

Super Seven



Here are some fun activities to try at home

- Set up a 'chore store' where children can earn tokens or monopoly money that can exchange for snacks/treats/rewards. Photos of systems [here](#) and [here](#). A website with visual instructions of common chores, [here](#). A visual with different chores and labels for white and coloured washing, [here](#)
- Get them to help clean the windows or others items in the house that are dirty
- Cooking is always a fun/useful activity, get them involved in preparing dinner or make some salt/play dough for them the play with recipe [here](#). Good for practicing cutting skills
- Plant some seeds or get a plant to look after
- Practice wrapping gifts– then play pass the parcel!
- Sort clean laundry—pair socks, sort clothes by who they belong to, practice folding clothes
- Teach your child how to set the table, sort clean cutlery and know where to put it away

Links to useful resources

[Here](#) is a link to some Montessori ideas of practical living skills children can practice

[Here](#) is a document with sensory strategies for dressing

[Here](#) is a website with lots of advice about dressing skills

[Here](#) is a website with free resources to download to support teenagers with personal hygiene

Visuals to support tooth brushing [here](#)

Resources to support potty training are [here](#) and toilet training from the NAS, [here](#). Occupational Therapy support for bottom wiping [here](#).

Information on teaching Road safety from the NAS [here](#) and from a road safety charity [here](#). [Here](#) is a pack supporting parents with travel training.

[Here](#) are some simple Twinkl recipes, there are lots more free ones on the website

A website with visual recipes for non readers [here](#)

BBC Bitesize PSHE clips on life skills [here](#)

What parents need to know about

NETFLIX

18+
The account holder must be 18 or older.



Launched in 1997, Netflix is now one of the world's leading online streaming services, providing users with unlimited access to a huge selection of TV shows and films. It's available on any internet-connected device that supports the Netflix app, from smart TVs and games consoles to tablets and smartphones, and is becoming increasingly popular with a younger audience. This is unsurprising given consumer attitudes are changing more towards video-on-demand (VoD) services. That's why we've created this guide to help parents and carers understand exactly what Netflix is about.

Inappropriate content

Netflix hosts and produces content for all ages. It has a wide variety of films and TV programmes for young children, teens and adults and its extensive catalogue can provide hours of entertainment. Children can search for almost anything but if they share the same account as an adult, it can also open them up to viewing material that is adult themed or inappropriate. Netflix doesn't check who's watching so children could access films or TV shows that contain violence, nudity or foul language.



Risk of hacking

With millions of users in over 190 countries, Netflix is often targeted by hackers and phishing scams which try to illicit usernames and passwords to gain access to accounts. If successful, hackers can steal payment details or try to sell your data on the dark web, providing others with the opportunity to profit. Given Netflix doesn't provide 2-factor authentication, it's important to ensure your login details remain secure.



Binge-watching

With the ability to access Netflix on almost any device, it can be easy to fall into 'binge-watching' TV series, with users finding it difficult to turn it off without knowing what happens next. The autoplay function also means that the next episode usually plays within seconds of the last ending and the Netflix algorithms mean that recommended programmes are very often similar to those you've just watched. This can easily lead to spending hours in front of the TV through the day or staying up through the night, potentially affecting sleep, mood and the ability to concentrate the next day.



Screen addiction

In addition to binge-watching, the fact that Netflix is available on almost any device with an internet connection means that parents may find it difficult to prize children away from a screen. With a huge collection of children's TV programmes and the latest film titles, children could start watching on the TV, continue on the tablet and finish on their games console. Increased screen time means that they may spend less time learning, playing outside, find it difficult to sleep or communicate less with family and friends.

Netflix party

Netflix Party is a free extension on Google Chrome that gives users the ability to watch a film or TV show online simultaneously with friends or family in different locations. It also provides the ability to chat to each other during the stream. Users can create a party and send a link to people they want to invite however the link can be copied and distributed further, meaning children could potentially be open to a group chat with people they don't know. It should be noted that Netflix Party isn't an official Netflix product and needs to be downloaded separately to the app.



Safety tips for parents & carers

Create a Netflix Kids experience profile

One of the biggest advantages of Netflix is the ability to control what content your children can watch. Setting up a Netflix Kids experience profile means that children only have access to TV shows and movies which have been carefully selected for kids. The look and feel of the app is simpler and children can't access any account settings.



Set maturity ratings & block content

If your child is a little older, parents can create a separate profile to their own and set a maturity rating that means children will see only TV shows and movies that fit that rating. The three categories of rating for the UK are kids (all, U, PG), teens (12, Guidance, Teen) and adult (15, 18, mature, adult). You can also block specific TV shows and movies from individual profiles which means they don't show up in the browse or search results.



Have an open & honest conversation

Parents can review the TV shows and films that have been watched on each profile under their account. If your child seems upset or shocked by something they have seen or if you are concerned about anything they've viewed, try to talk to them about it and have an open and honest conversation to help understand any concerns.



Switch off autoplay

Netflix has two autoplay features that can be switched on and off across different accounts and takes effect across all devices. Parents can disable the ability for consecutive episodes to play automatically and for previews to play when browsing. Both can help to limit the amount of time children spend on the app.



Lock your profile

It's important to keep your own account secure so that children can't freely switch between profiles and potentially access more adult-themed content or change access levels. Parents can set up a Profile Lock PIN which means only they can access their own Netflix account.



Set screen time limits

Although switching off autoplay will help to stem programmes playing continuously, children can just as easily choose to play the next episode themselves. Whilst Netflix has no options to help limit viewing time, many devices now allow parents to set screen time restrictions, so you can switch off the app automatically when you think they've had enough.



Meet our expert

Pete Badh is a writer with over 10+ years in research and analysis. Working within a specialist area for West Yorkshire Police, Pete has contributed work which has been pivotal in successfully winning high profile cases in court as well as writing as a subject matter expert for industry handbooks.



Create a strong password & always log out.

Given that Netflix doesn't use 2-factor authentication, the need for a unique username and strong password is even more important. Try to use a different password to ones you've used before and use a mixture of numbers, letters (uppercase and lowercase) and symbols, with a minimum of 8 characters. Always log out when not using your account so that if your device is lost or stolen, your account remains inaccessible.



SOURCES: <https://www.netflix.com> | <https://help.netflix.com/en/node/264> | https://www.ofcom.org.uk/_data/assets/pdf_file/0023/190616/children-media-use-attitudes-2019-report.pdf