



**LEARNING ARRANGEMENTS FOR  
EMERGENCY SCHOOL CLOSURE  
DUE TO COVID-19**

March 2020

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Monday 16th March 2020

Dear Parent,

We are all awaiting details from government about school closures across Northern Ireland being used as a strategy to combat the spread of the Coronavirus (Covid-19). While schools do not as yet know date on which they will be told to close, many have been busy making plans and putting arrangements into place for when this happens. Cregagh Primary School is one of those schools.

When the UK government announces the date on which schools will close, it is expected that Northern Ireland's schools will follow this instruction. There is no agreement on just how long schools are likely to remain closed for but some senior government officials and politicians have suggested that up to 16 weeks (4 months) is possible. This could potentially mean that children are away from school and learning until the end of the summer holidays in August.

In this booklet you will find information about how Cregagh Primary School intends to provide you with work for your child(ren) during the period when schools are closed. Parents must remember, that it is impossible for school to provide the exact same learning experiences for children who are not at school. Work set will have to be more straightforward than in school and there will be less of it. Also, while teachers will make every effort to set work at the correct ability-level for each child this won't always be 'spot on', as in-school adjustments are often made through teachers and assistants supporting children to complete more challenging tasks. We are providing some learning activities for each day but we are not trying to replace what would go on in school – that's just not possible.

Of course, everyone's health is what is most important and in the last section at the back of this booklet, I have included the most recent health advice from the UK government. This is the official site of Public Health England (PHE) and is the source for all other government departments - including <https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection> You can check for regular updates here:

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

**A. HOW WILL CREGAGH PS WILL COMMUNICATE WITH PARENTS DURING SCHOOL CLOSURE?**

- Text messages using our existing *Teachers2Parents* SMS service (if you have changed your mobile number recently, please make sure you tell the school office)
- School website – [www.cregaghprimary.org.uk](http://www.cregaghprimary.org.uk) – especially the Class Pages
- Facebook page
- Some class teachers will continue to use the *See-Saw* App

**B. WILL I BE ABLE TO CONTACT MY CHILD’S TEACHER ABOUT SCHOOL WORK IF I NEED ADVICE?**

- Yes – but only when really necessary
- Teachers will check only check emails during normal school hours: Monday-Friday 9am-3pm
- Teachers will try and respond to any emails as soon as possible but parents should not expect ‘instant’ replies – teachers could also find themselves in a position where they or family members are ill

<b>Teacher Name</b>	<b>Class</b>	<b>Email</b>
Miss McKendry	P1	mmckendry499@cregaghps.belfast.ni.sch.uk
Mrs Standley	P2	jstandley273@cregaghps.belfast.ni.sch.uk
Mrs Butt	P3	cbutt353@cregaghps.belfast.ni.sch.uk
Mr Higginson	P4	shigginson544@cregaghps.belfast.ni.sch.uk
Miss Christie	HIU1	mchristie301@cregaghps.belfast.ni.sch.uk
Miss Currie	P5	lcurrie113@cregaghps.belfast.ni.sch.uk
Mr Irwin	P6	cirwin968@cregaghps.belfast.ni.sch.uk
Mr Larmour	P7	mlarmour962@cregaghps.belfast.ni.sch.uk
Mrs Pearson	HIU2	kpearson757@cregaghps.belfast.ni.sch.uk
Mr Heggarty	PRINCIPAL	dheggarty543@cregaghps.belfast.ni.sch.uk

## **C. HOW WILL WORK BE SET FOR CHILDREN'S LEARNING AT HOME & HOW WILL I GET IT?**

### **Weekly Learning Packs for children**

Weekly Learning Packs for children (one week's worth) will be photocopied and left in clearly labelled boxes (e.g. "P1", "P6", etc.) in Mount Merrion Parish Church's hall each Friday.

The first Learning Pack will be sent home directly with children on the last day of school following the government's announcement.

Each year group's Learning Packs will be differentiated according to children's abilities. It will be important parents take the correct pack for their own child. School will inform parents which is the correct pack for them to take.

Packs will include learning Maths and English activities, along with some others. When school is closed, children should not be expected to spend the same amount of time doing lessons as they do in school. It will, however, be very important to establish a very clear, regular routine each day for learning. Set a time each morning when the house is quiet, Monday through to Friday, and get the work finished with maybe a short break. If you start with a routine like this, you will find after a short while the children will accept this is what has to happen and needs doing before play, football or TV happens.

### **Reading & Spelling**

Fortunately, our school's Bug Club reading scheme is available to parents and children online. PCs, iPads, tablets and mobile phones can all be used to access reading books, quizzes and other activities. Teachers will be able to set new books regularly. Bug Club reading should of course be complemented by children reading other books, comics, novels, etc.

It's important that parents/carers continue with children's learning of spellings. Teachers will include details of spelling in their Learning Packs.

## **Online Learning & Additional Resources for Parents to Use**

Free to use online education resources that might be helpful. Some can be completed on-screen; others provide printable pages. Some of these websites are from the USA, Republic of Ireland or GB so here is a handy chart that shows which year groups are equivalent.

Scottish schools follow the same pattern as N.I. schools, so it's easiest to compare Scottish year groups with those of the USA e.g. P1 in Scotland (and Northern Ireland) is the same as Pre-K (Pre-Kindergarten) in the USA.

Age*	England			Scotland		Ireland		USA	
	School	Year	Key Stage	School	Year	School		School	Grade
0-4	Pre-School	-	-		-				-
4-5	Primary School (Infants)	Reception	-	Primary School	P1	Primary School	Junior Infants		Pre K
5-6	"	1	KS1	"	P2	"	Senior infants	Elementary	Kindergarten
6-7	"	2	"	"	P3	"	1st Class	Elementary	1
7-8	Primary School (Juniors)	3	KS2	"	P4	"	2nd Class	Elementary	2
8-9	"	4	"	"	P5	"	3rd Class	Elementary	3
9-10	"	5	"	"	P6	"	4th Class	Elementary	4
10-11	"	6	"	"	P7	"	5th Class	Elementary	5

### **Useful websites for Foundation Stage children**

#### Phonics

[http://www.familylearning.org.uk/phonics\\_games.html](http://www.familylearning.org.uk/phonics_games.html)

<http://www.free-phonics-worksheets.com>

<http://www.firstschoolyears.com>

<http://www.primaryresources.co.uk>

<http://www.kidzone.ws/phonics>

[www.bbc.co.uk/schools/wordsandpictures/phonics/](http://www.bbc.co.uk/schools/wordsandpictures/phonics/)

<http://www.bbc.co.uk/schools/ks1bitesize/literacy/>

<http://www.ictgames.com/literacy.html>

<http://www.phonicsplay.co.uk>

<http://www.northwood.org.uk/phonics>

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

Phase 2 Games- <http://www.letters-and-sounds.com/phase-2-games.html>

Phase 3 Games- <http://www.letters-and-sounds.com/phase-3-games.html>

### Jolly Phonics Songs on You Tube

Phase 2 Sounds- <https://www.youtube.com/watch?v=xGpsVmWLRFA>

Phase 3 Sounds- <https://www.youtube.com/watch?v=DmRqONZn954>

Geraldine the Giraffe (a puppet to read words using phonics). One short programme for each new sound in Phase 2 and 3. Watch on You Tube

[https://www.youtube.com/results?search\\_query=geraldine+the+giraffe](https://www.youtube.com/results?search_query=geraldine+the+giraffe)

Alphablocks (a BBC children's show aimed at developing phonics)-

<http://www.bbc.co.uk/cbeebies/shows/alphablocks>

### Maths

Maths games- <https://www.topmarks.co.uk/maths-games/3-5-years/counting>

Ten ways to help your child with

maths- <http://www.bbc.co.uk/cbeebies/joinin/numberblocks-help-your-child-with-maths>

Numberblocks (a BBC children's show designed to help development of

number)- <http://www.bbc.co.uk/iplayer/cbeebies/episode/b08r41qb/numberblocks>

The Big Number Song (Helps children count to 100 in 1s)

[https://www.google.co.uk/search?q=the+big+number+song&rlz=1C1VFKB\\_enGB709GB709&oq=the+big+number+song&aqs=chrome..69i57.4440j0j4&sourceid=chrome&ie=UTF-8](https://www.google.co.uk/search?q=the+big+number+song&rlz=1C1VFKB_enGB709GB709&oq=the+big+number+song&aqs=chrome..69i57.4440j0j4&sourceid=chrome&ie=UTF-8)

Count by 2s- <https://www.youtube.com/watch?v=GvTcpfSnOMQ>

Count by 5s- <https://www.youtube.com/watch?v=EemjeA2Djjw>

Count by 10s- <https://www.youtube.com/watch?v=Ftati8iGQcs>

### Websites to support times tables

<http://www.topmarks.co.uk/maths-games/7-11-years/times-tables>

<http://www.teachingtables.co.uk/>

Hit the Button: <http://www.topmarks.co.uk/maths-games/hit-the-button>

Disappearing tables:

[http://mathszone.webspace.virginmedia.com/mw/tables\\_backwards/Disappearing%20tables.swf](http://mathszone.webspace.virginmedia.com/mw/tables_backwards/Disappearing%20tables.swf)

Multiplication puzzle:

<http://tooeleschools.org/schools/elementaryschools/cces/hughes/Math%20Flash%20Games/multiplicationpuzzle.swf>

Multiple Madness: <http://mathszone.webspace.virginmedia.com/mw/multiples/intro.htm>

Quickulations: <http://www.transum.org/software/SW/Quickulations/>

### **Literacy/Numeracy/Science/ICT**

<http://www.ictgames.com>

<http://www.crickweb.co.uk/ks2literacy.html>

### **Woodlands Primary School**

<http://www.primaryhomeworkhelp.co.uk/> This has fantastic interactive resources across a range of subjects.

### **Khan Academy**

<https://www.khanacademy.org>

Especially good for maths and computing for all ages but other subjects at Secondary level.

Note this uses the U.S. grade system but it's mostly common material.

### **BBC Learning**

<http://www.bbc.co.uk/learning/coursesearch/>

This site is old and no longer updated and yet there's so much still available, from language learning to BBC Bitesize for revision. No TV licence required except for content on BBC iPlayer.

### **Futurelearn**

<https://www.futurelearn.com>

Free to access 100s of courses, only pay to upgrade if you need a certificate in your name (own account from age 14+ but younger learners can use a parent account).

### **Blockly**

<https://blockly.games> - Learn computer programming skills - fun and free.

**Scratch**

<https://scratch.mit.edu/explore/projects/games/>

Creative computer programming

**Ted Ed**

<https://ed.ted.com> - All sorts of engaging educational videos

**National Geographic Kids**

<https://www.natgeokids.com/uk/> - Activities and quizzes for younger kids.

**Duolingo**

<https://www.duolingo.com> - Learn languages for free. Web or app.

**Mystery Science**

<https://mysteryscience.com> - Free science lessons

**The Kids Should See This**

<https://thekidshouldseethis.com> - Wide range of cool educational videos

**Crash Course**

<https://thecrashcourse.com> - You Tube videos on many subjects

**Crash Course Kids**

<https://m.youtube.com/user/crashcoursekids> - As above for a younger audience

**Paw Print Badges**

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

Free challenge packs and other downloads. Many activities can be completed indoors.

Badges cost but are optional.

**Tinkercad**

<https://www.tinkercad.com> - All kinds of making.

**Prodigy Maths**

<https://www.prodigygame.com> - Is in U.S. grades, but good for UK Primary age.

**Cbeebies Radio**

<https://www.bbc.co.uk/cbeebies/radio> - Listening activities for the younger ones.

**Nature Detectives**

<https://naturedetectives.woodlandtrust.org.uk/naturedetectives/>

A lot of these can be done in a garden, or if you can get to a remote forest location!

**British Council**

<https://www.britishcouncil.org/school-resources/find> - Resources for English language

**Oxford Owl for Home**

<https://www.oxfordowl.co.uk/for-home/> - Lots of free resources for Primary age

**Geography Games**

<https://world-geography-games.com/world.html> - Geography gaming!

**Blue Peter Badges**

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

If you have a stamp and a nearby post box.

**The Artful Parent**

<https://www.facebook.com/artfulparent/> - Good, free art activities

**Red Ted Art**

<https://www.redtedart.com> - Easy arts and crafts for little ones

**The Imagination Tree**

<https://theimaginationtree.com> - Creative art and craft activities for the very youngest.

**Toy Theatre**

<https://toytheater.com/> - Educational online games

**DK Find Out**

<https://www.dkfindout.com/uk/?fbclid=IwAR2wJdpSJSeITf4do6aPhff8A3tAktNmpaxqZbkguD49I71ep8-sjXmrac> - Activities and quizzes

**Twinkl**

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

This is more for printouts, and usually at a fee, but they are offering a month of free access to parents in the event of school closures.

**An excellent virtual online school full of resources – maths, literacy, history everything!**

<http://www.primaryhomeworkhelp.co.uk>

## **CORONAVIRUS (COVID-19): WHAT YOU NEED TO DO**

### **Symptoms**

The most common symptoms of coronavirus (COVID-19) are recent onset of:

- new continuous cough and/or
- high temperature

For most people, coronavirus (COVID-19) will be a mild infection

### **Main messages**

- if you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started. (See isolation section below for more information)
- this action will help protect others in your community while you are infectious
- plan ahead and ask others for help to ensure that you can successfully stay at home
- ask your employer, friends and family to help you get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home if possible
- sleep alone, if possible
- wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
- stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible
- you do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact [NHS 111 online](#). If you have no internet access, call NHS 111. For a medical emergency dial 999

### **Who this guidance is for**

This advice is intended for people with symptoms of coronavirus (COVID-19), including those with a diagnosis of coronavirus (COVID-19) infection, who must remain at home until they are well.

### **Will I be tested if I think I have COVID-19?**

We will not be testing those self-isolating with mild symptoms. The following advice is designed to help people prevent the spread.

### **Why staying at home is very important?**

Staying at home while you have coronavirus (COVID-19) helps to protect your friends, colleagues and the wider community. It will also help to control the spread of the virus.

We realise that staying at home may be difficult or frustrating, but there are things that you can do to help make it easier. These include:

- plan ahead and think about what you will need to be able to stay at home for the full 7 days
- talk to your employer, friends and family to ask for their help to access the things you will need
- think about and plan how you can get access to food and other supplies such as medications that you will need during this period

- ask friends or family to drop off anything you need or order supplies online. Make sure any deliveries are left outside your home for you to collect
- make sure that you keep in touch with friends and family over the phone or through social media
- think about things you can do during your time at home. People who have successfully completed a period of staying at home have kept themselves busy with activities such as cooking, reading, online learning and watching films
- when you are feeling better, remember that physical exercise can be good for your wellbeing. Look for online classes or courses to help you take light exercise in your home

### **While you are staying at home, make sure you do the following things:**

#### **Stay at home**

You should remain in your home. Do not go to work, school, or public areas, and do not use public transport or taxis. You cannot go for a walk.

You will need to ask friends or relatives if you require help with buying groceries, other shopping or picking up medication. Alternatively, you can order medication by phone or online. You can also order your shopping online. Make sure you tell delivery drivers to leave items outside for collection if you order online. The delivery driver should not come into your home.

#### **At home, try as best you can to separate yourself from the people you live with**

Aim to stay in a well-ventilated room with a window that can be opened. Try to keep the window open as much as possible to enable ventilation and airflow as this will help to keep clean air moving through your room.

Try to separate yourself from other people in your home and keep the door closed. If you cannot stay in a separate room aim to keep 2 metres (3 steps) away from the other people in your house. This can be particularly difficult for those with small children, people with other caring responsibilities or those living in studio apartments or flats, for example.

Further advice can be found below. Try to keep yourself separated from other people as much as possible, and make sure everyone regularly follows the steps in this guidance (cleaning your hands, not touching your face and cleaning surfaces for example).

Use your own toothbrushes, eating and drinking utensils (including cups and glasses in the bathroom and bedroom), dishes, towels, washcloths or bed linen. Do not share food and drinks.

If you have a garden, it is fine to use it as long as you keep 2 metres away from other members of your household. If possible, they should use the outside area separately, if possible.

#### **Use of shared spaces if you live with others**

Minimise the time you spend in shared spaces such as bathrooms, kitchens and sitting rooms as much as possible and keep shared spaces well ventilated.

Aim to keep 2 metres (3 steps) away from people you live with and sleep in a different bed where possible. If you can, use a separate bathroom from the rest of the household. Make sure you use separate towels from other people in your house, both for drying yourself after bathing or showering and for hand-hygiene purposes. Ask your family or the people you live with to remember to use their own towels.

If you do share toilet and bathroom, it is important that you clean them after you have used them every time (for example, wiping surfaces you have come into contact with). Another tip

is to consider drawing up a rota for bathing, with you using the facilities last, before thoroughly cleaning the bath, sink and toilet yourself.

If you share a kitchen with others, avoid using it while others are present. Take your meals back to your room to eat. If you have one, use a dishwasher to clean and dry your used crockery and cutlery. If this is not possible, wash them using your usual washing up liquid and warm water and dry them thoroughly, remembering to use a separate tea towel.

We understand that it will be difficult for some people to separate themselves from others at home. You should do your very best to follow this guidance and everyone in your household should regularly wash their hands, avoid touching their face and clean frequently touched surfaces.

### **If you live alone with children**

Keep following this advice to the best of your ability, however we are aware that not all these measures will be possible.

What we have seen so far is that children with COVID-19 appear to be less severely affected. It is nevertheless important to do your best to follow this guidance.

If a child develops symptoms, they need to stay at home for 7 days from the onset of their symptoms.

### **If you live with an older, vulnerable or pregnant person**

If you provide care to an elderly, vulnerable or pregnant person, follow this advice to the best of your ability.

### **If you are breastfeeding while infected**

There is currently no clinical evidence to suggest that the virus can be transmitted through breast milk. Infection can be spread to the baby in the same way as to anyone in close contact with you. The benefits of breastfeeding outweigh any potential risks of transmission of the virus through breast milk or by being in close contact with your child, however, this will be an individual decision and can be discussed with your midwife, health visitor or GP by telephone. If you wish to breastfeed, take precautions to limit the potential spread of COVID-19 to the baby by:

- washing your hands before touching the baby, breast pump or bottles
- avoiding coughing or sneezing on the baby while feeding at the breast
- cleaning any breast pump as recommended by the manufacturer after each use
- considering asking someone who is well to feed your expressed breast milk to the baby

If you are feeding with formula or expressed milk, sterilise the equipment carefully before each use. You should not share bottles or a breast pump with someone else.

You can find more information at the [Royal College of Obstetricians and Gynaecologists website](#).

### **Cleaning and disposal of waste**

Use your usual household products, such as detergents and bleach, as these will be very effective at getting rid of the virus on surfaces. Clean frequently touched surfaces.

Personal waste (such as used tissues) and disposable cleaning cloths can be stored securely within disposable rubbish bags. These bags should be placed into a second bag, tied securely

and kept separate from other waste in the room in which you are self-isolating. Keep aside for at least 72 hours before putting into your usual external household waste bin. Other household waste can be disposed of as normal.

### **Laundry**

Do not shake dirty laundry; this minimises the possibility of dispersing virus through the air. Wash items as appropriate in accordance with the manufacturer's instructions. Dirty laundry that has been in contact with an ill person can be washed with other people's items. If you do not have a washing machine, wait a further 72 hours after your 7-day isolation period has ended before taking your laundry to a laundrette.

### **What you can do to help yourself get better**

Drink water to keep yourself hydrated; you should drink enough during the day so your urine (pee) is a pale clear colour. You can use over-the-counter medications, such as paracetamol, to help with some of your symptoms. Use these according to the instructions on the packet or label and do not exceed the recommended dose.

### **If you need to seek medical advice**

Seek prompt medical attention if your illness is worsening.

If it's not an emergency, contact [NHS 111 online](#).

If you have no internet access, you should call NHS 111.

If it is an emergency and you need to call an ambulance, dial 999 and inform the call handler or operator that you have coronavirus (COVID-19).

All routine medical and dental appointments should usually be cancelled while you are sick and staying at home. If you are concerned or have been asked to attend in person within the period you are home isolating, discuss this with your medical contact first (for example, your GP, local hospital or outpatient service), using the number they have provided. If your concerns are related to COVID-19 contact [NHS 111 online](#).

If you have no internet access, call NHS 111.

### **Wash your hands often**

Cleaning your hands frequently throughout the day by washing with soap and water for 20 seconds or using hand sanitiser will help protect you and the people you live with. This step is one of the most effective ways of reducing the risk of infection to you and to other people.

### **Cover your coughs and sneezes**

Cover your mouth and nose with disposable tissues when you cough or sneeze.

If you have a carer, they should use disposable tissues to wipe away any mucus or phlegm after you have sneezed or coughed. The cleaner should then clean their hands. Put tissues into a disposable rubbish bag and immediately wash your hands with soap and water or use a hand sanitiser.

### **Facemasks**

Facemasks are not recommended as an effective means of preventing the spread of infection. They play an important role in clinical settings, such as hospitals, but there's very little evidence of benefit from their use outside of these settings. However, if you receive external care you may be asked to wear a mask to minimise the risk to your carer.

**Do not have visitors in your home**

Do not invite or allow social visitors, such as friends and family, to enter your home. If you want to speak to someone who is not a member of your household, use the phone or social media.

**If you have pets in the household**

At present, there is no evidence that companion animals or pets such as dogs and cats, can be infected with coronavirus (COVID-19).

**Looking after your wellbeing while staying at home**

We know that staying at home for a prolonged period of time can be difficult, frustrating and lonely for some people and that you may feel low. It's important to remember to take care of your mind as well as your body and to get support if and when you need it. Stay in touch with family and friends over the phone or on social media. There are also sources of support and information that can help:

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

Think about things you can do during your time at home. People who have successfully completed a period of staying at home have kept themselves busy with activities such as cooking, reading, online learning and watching films. If you feel well enough you can take part in light exercise within your home or garden.

**Ending self-isolation**

You should remain at home until 7 days after the onset of your symptoms. After 7 days, if you feel better and no longer have a high temperature, you can return to your normal routine. If you have not had any signs of improvement and have not already sought medical advice, contact [NHS 111 online](#). If you have no internet access, call NHS 111.

Coughing may persist for several weeks in some people, despite the coronavirus infection having cleared. A persistent cough alone does not mean you must continue to self-isolate for more than 7 days.