



Avanti Fields Wellbeing Weekly



Welcome to our Avanti Fields Wellbeing Newsletter. In this communication with parents and carers, we aim to bring together our whole school community by working together and sharing ways to support our young people and their families

Avanti Fields Home Learning

It is really great to see that our students are getting into a productive routine with learning from home.

We are able view which platforms our students are actively engaging in, which is positive to see and allows us to monitor the areas of learning we will further support and address when we return.

If students have any questions or queries they can e mail teachers directly via their school e mail .

Also please keep sending in examples of work for Student Corner 😊

Spiritual Insight / Wellbeing

Avanti Schools are hosting free online yoga classes
Monday – Saturday 10am-10:30am
on our You tube channel (see link below)



<https://m.youtube.com/channel/UCIKgipHTGr75vUPjsVQsj9g/videos>

Motivating children to read during lockdown

By Alex Quigley

There are many parents working from home who want to help their children. Even with my 15 years teaching experience, I am finding juggling 'home school' with my children a challenge! I know that getting them reading more will prove a huge win.

The evidence clearly shows that children read to regularly by their parents at age 5 perform better in maths, vocabulary and spelling at age 16, compared to those who were not read to at home. [Teenagers who read independently are also those students who do best in school.](#)

But we also know that it can be really tricky trying to support your children to read when they are reluctant to do so. Happily, there are practical insights to help better motivate your children to read more at home.

Here are 3 handy tips to foster reading motivation:

1.Regular reading habits

Staying at home with the Coronavirus has changed our family lives. we shouldn't try and copy the school day with intensive 'lessons.' Instead, lots of manageable pleasure-filled reads can happen throughout the week. There are different options for reading routines. We can encourage reading of tricky school reading in the morning, whilst children have the mental energy, before having free reading in an afternoon slot. Additionally, we can make reading nightly before bed a relaxing, pleasurable way to end the day.

2. Reading variety

Reading variety is the spice of lockdown! Encourage (and celebrate) a range of reading – picture books, comics, website ‘research,’ audiobooks, and more. Getting in the habit of reading magazines or reputable websites (e.g. [BBC Bitesize](#) or [BBC Newsround](#)) can help build a reading habit that aids learning. Websites like the [School Reading List](#) offer parents a comprehensive list of books and magazine reading that will aid home learning in a one-stop-shop format.

Additionally, celebrated children’s authors like Cressida Cowell and David Walliams are now releasing free audiobooks and YouTube videos of reading, so we don’t simply have to use the traditional approaches to book reading either.

3. Reading success

Finally, nothing fosters reading motivation like reading success! Can you support your child with ‘reading record breaking’ (picking a number of pages a day) and chart their success? Can you make a ‘reading challenge’ to pin on the fridge (we devise a mountain to climb, with each time they read proving a step up the slope), or incentivise a reluctant teen reader with goals and short-term rewards (we try ‘gadget time’ with our kids)?

If you keep setting small, manageable goals they will grow into a sustainable, powerful reading habit.

Alex Quigley is a former teacher and current charity worker who now supports schools. He is the author of the book [Closing the Reading Gap](#) recently published by Routledge.

Wellbeing advice

Please see page two of the document posted below on how to support your child's wellbeing, written in many different languages

There is also plenty of general advice which you may find useful

10 Tips for supporting your child's wellbeing (in different languages)

Some tips for mental wellbeing of families with children at this time, in some of our languages most commonly used in Harrow:

Arabic كيف تساعد الأطفال لتجاوز الأزمة بنجاح

English 10 Wellbeing tips for families

Farsi ده نکته برای خانواده ها:

Gujarati પરિવારમાં સુખાવા જાતવવા માટેના ૧૦ સૂચનો

Pashtu د کورنۍ د هوساینې لاسکونۍ نکې

Polish 10 wskazówek dotyczących dobrego samopoczucia dla rodzin .

Romanian 10 sfaturi pentru buna dispozitie a familiei .

Somali 10 tabaha wanaagsanaan ee qoysaska

Tamil குடும்பங்களுக்கான 10 நல்வாழ்வு குறிப்புகள்

Urdu دس اہم نکات فیملیز کی خیریت کیلئے

Link

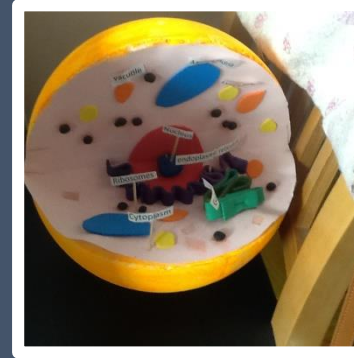
<https://youngharrowfoundation.org/images/downloads/yphWebsite/Joint-Council-YHF-CCG-signposting-document-v4.pdf>



Student Home Learning

Thank you for all your fantastic efforts

STUDENT
GROWTH &
ACHIEVEMENT





ACTION CALENDAR: MEANINGFUL MAY 2020



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

**"Start Where You Are. Use What You Have.
Do What You Can" ~ Arthur Ashe**



4 Focus on what you can do rather than what you can't do

5 Send friends a photo of a time you all enjoyed together

6 Take a step towards one of your life goals, however small

7 Let someone you love know how much they mean to you

1 Take a minute to remember what really matters to you and why

2 Do something meaningful for someone you really care about

3 Reconnect with nature today, even if you're stuck indoors

11 What are your most important values? Use them today

12 Be grateful for the little things, even in difficult times

13 Today do something to care for the natural world

14 Show your gratitude to people who are helping to make things better

15 Find out about the values and traditions of another culture

16 Look around you and notice five things you find meaningful

17 Take a positive action to help in your local community

18 Hand-write a note to someone you love and send them a photo of it

19 Find a way to craft what you are doing to give it more meaning

20 Reflect on what makes you feel really valued and appreciated

21 Share photos of 3 things you find meaningful or memorable

22 Ask a loved one or colleague what matters most to them and why

23 Share an inspiring quote with others to give them a boost

24 Do something special today and revisit it in your memory tonight

25 Give your time to help a project or charity you care about

26 Recall three things you've done that you are really proud of

27 Today link your decisions and choices to your purpose in life

28 Tell someone about an event in your life that was really meaningful

29 Think about how your actions make a difference for others

30 Find three good reasons to be hopeful about the future

31 Look up at the sky. Remember we are all part of something bigger

ACTION FOR HAPPINESS



www.actionforhappiness.org

31 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

Advice and Support

Follow the links for ways to support your child at home, at this time:

C19support@leicester.gov.uk

<https://epicleics.com/epic/home-learning>

<https://epicleics.com/epic/documents/COVID19/Anxiety/Destress%20Apps.pdf>

For practical support and help at this time:

<https://www.trusselltrust.org/get-help/find-a-foodbank/leicestersouth/>

Psychology Service: Supporting Children and Young People's Emotional Wellbeing

(no login required)

The Psychology Service have produced advice and guidance for for parents/carers and education staff to help them support children and young people's emotional wellbeing and resilience during the coronavirus (COVID-19) pandemic. Teacher and parents/carers are also able to book 30 minute telephone consultations if needed for support. The guidance can be viewed at

<https://schools.leicester.gov.uk/supportingemotionalwellbeing>.

Alternative Activities

Click on the links for a complete package of activities / new skills to develop and enjoy at home with your family

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

https://www.scouts.org.uk/the-great-indoors?utm_source=twitter&utm_medium=traffic&utm_campaign=staticcopy3



AVANTI FIELDS

Please visit the Avanti Fields website for more useful information and notices to support you and your family during school closure

<https://avanti.org.uk/avantifields/coronavirus-updates/>





AVANTI SCHOOLS
TRUST



STAY SAFE
BE WELL

