Ethnic Minority and Traveller Education Team

(EMTET)



Resources and Information

for Parents, Carers, Schools

and Supplementary Schools

during Covid-19 school closure - March 2020

Ethnic Minority and Traveller Education Team
Sturton by Stow Primary School
School Lane
Sturton-by-Stow
Lincoln
LN1 2BY

Tel: 01427787190
Email: EMTET@lincolnshire.gov.uk

* **Includes information and activities in Romanian /Română.**

* **Includes information and activities in Romanes.**

Dear friends

We know that this is a difficult and unusual time for everyone, but especially children, who might be missing school, their routine and their friends. They may feel worried or anxious about what is happening. They may not have the words to ask the questions they need answered.

You know your children best of all; some days they may find it easy to do an activity. Other days, they may just need to do less. Don't pressure yourself or them. Learning at home can happen in lots ways – it's different from school. Staying safe and healthy is the most important thing.

All families are in different situations. We want you to know we are thinking of you and we send you these ideas and resources just as a way to keep us connected until we can see you again.

We hope you find this information useful and find things to do that are fun and make you and your children laugh, play and feel confident. Hug them often, smile lots and stay safe. We look forward to seeing you again soon.

With our kindest and best wishes to you all,

From all at EMTET

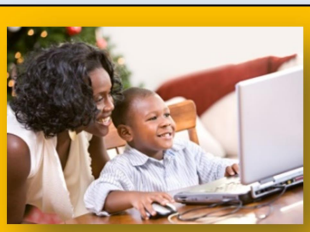
Internet Safety





Explore together

Talk to your child about what the internet is and explore it together.



Put yourself in control

Install parental controls on your home broadband.

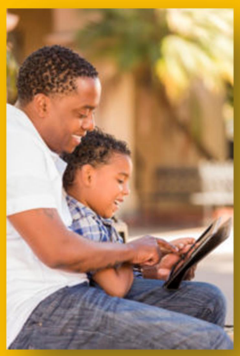
Search safely

Use safe search engines such as 'Kids-search'. Safe settings can also be activated on YouTube.

Use passwords

Keep your devices out of reach and set passwords.





Help them learn through games

You can choose safe, fun and educational games to play.

Set boundaries

Set rules about how long your child can be on the device for.



Be involved

Encourage them to stay in a communal room.



Manage access

Set your homepage to a child-friendly site like Cbeebies.

Check every website before you let your child visit it

Website	Description
Covid-19 information	
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/874281/COVID-19_easy_read.pdf	Simple information about Covid-19.
https://www.doctorsoftheworld.org.uk/wp-content/uploads/2020/04/Romanian-COVID-19-Guidance-v3-24.03.2020.pdf	*Advice about Covid-19 in Romanian (available in many languages).
https://youtu.be/x_167eJT91w	*Video about Coronavirus produced by Roma Support Group. https://www.romasupportgroup.org.uk/
https://www.youtube.com/watch?v=1VTzK7t1RVI&feature=youtu.be	*Video in Romanian about Government advice to stay at home. (Video produced by Community Renewal Scotland.)
https://www.youtube.com/watch?v=2GEyCaS6nuI&feature=youtu.be	*Video in Romanes/Roma language for Romanian Roma community about the stay at home advice. (Video produced by Community Renewal Scotland.)
https://youtu.be/k8AQQkH3Xdo	*Video in Romanian Romanes dialect about social Distancing. (Video produced by Community Renewal Scotland.)
https://www.youtube.com/watch?v=c23zbOAOAsQ&feature=youtu.be	*Video in Romanes for Roma community about Corona Virus: 'How to keep ourselves healthy'. Child-friendly and with English Subtitles. (Produced by City of Vienna Council and Pakivalo Groupo Berlin.)
https://youtu.be/Qoj9evKPEOc?list=PLggQFjpTLgpIq0r7-nFO9mT6j8Yk2vKBt	*Video in Romanian produced by Leeds City Council: Spot the Signs – Covid-19 Identificaţi Semnele.
https://youtu.be/FgYz93HJSD8	*Video in Romanian produced by Leeds City Council: Essential Information – Covid-19 Sfaturi Esenţiale.
https://youtu.be/48jkqc2ZvOM	*Video in Romanian produced by Leeds City Council – Handwashing – Spălați-vă Mâini Mai Des.
https://www.romasupportgroup.org.uk/uploads/9/3/6/8/93687016/img_1815.jpg	Leaflet in Romanes about Coronavirus. (Produced by Diverse Youth Network and Radio Shun.es.)
https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-households-with-possible-coronavirus-covid-19-infection	Government guidance for self-isolation.
https://www.gov.uk/government/publications/covid-19-guidance-on-social-distancing-and-for-vulnerable-people/guidance-on-social-distancing-for-everyone-in-the-uk-and-protecting-older-people-and-vulnerable-adults	Government guidance on social distancing.

https://static1.squarespace.com/static/5e79d8e733732027022479bb/t/5e7c91dd12ac263f7d678f51/1585222109695/MigInfoHub+basic+messages+ENGLISH+%28twitter%29.png	Stay at home message – English (available in Romanian and many languages).
https://www.nhsinform.scot/translations/languages/romanian/illnesses-and-conditions/coronavirus-covid-19	* Information about Covid-19 in Romanian. (Produced by NHS Scotland.) Please check NHS England for specific medical information e.g. immunisations.
https://youtu.be/9OS8vbjr2-Q	Information about Covid-19 in Makaton.
https://www.nhsinform.scot/translations/languages/romanian	* Health information in Romanian and other languages.
https://www.romasupportgroup.org.uk/resources-for-the-roma-community.html	* Videos about social distancing and staying at home in Romanian Romanes/Slovak Romanes dialect and Romanian/Slovak. Leaflet in Romanes about Coronavirus. Other advice too.
https://www.gypsy-traveller.org/covid-19/	Covid-19 information and support for Gypsy, Traveller and Boater communities.
Housing advice 	
https://www.gov.uk/government/publications/covid-19-and-renting-guidance-for-landlords-tenants-and-local-authorities	Government guidance about housing.
https://www.citizensadvice.org.uk/debt-and-money/if-you-cant-pay-your-bills-because-of-coronavirus/	Advice if you can't pay your bills because of Coronavirus.
https://england.shelter.org.uk/legal/housing_options/covid-19_emergency_measures	Advice and information about housing from 'Shelter'.
Games, play, crafts and fun at home for little ones 	
https://www.bbc.co.uk/cbeebies	Games, activities, songs and fun.
http://www.wordsforlife.org.uk/baby/fun	Ideas for fun and playing with babies and toddlers.
http://www.wordsforlife.org.uk/3-5/fun	Ideas for fun and playing with younger children.
https://www.twinkl.co.uk/resources/parents/parents-birth-to-five/nursery-rhymes-and-songs-early-years-parents	Songs and rhymes for younger children.
https://www.twinkl.co.uk/resources/free-resources-parents/crafts-and-recipes-free-resources-parents/crafts-crafts-and-recipes-free-resources-parents	Crafts and recipes for family fun!
https://talkingisteaching.org/	Talk, reading and singing with babies – information.
https://talkingisteaching.org/resources/talk-read-sing-together-every-day-tips-families	Talk, reading and singing with babies – help and tips.
https://talkingisteaching.org/assets/public-files/TSTF_FamilyBk_English.pdf	Talk, reading and singing – tips from Sesame Street.
https://literacytrust.org.uk/early-years/bilingual-quick-tips/	Tips to help develop good talking and listening skills – available in 19 languages.
https://cdn.literacytrust.org.uk/media/documents/2017_07_06_free_ELY_resource_-_helloromanian.pdf	* Spune-i “bun venit” bebelușului tău.

https://cdn.literacytrust.org.uk/media/documents/2017_07_06_free_ELY_resource_-_dummiesromanian.pdf	*Suzetele și vorbitul.
https://cdn.literacytrust.org.uk/media/documents/2017_07_06_free_ELY_resource_-_bilingualromanian.pdf	*Vorbește copilului tău în limba ta maternă.
https://cdn.literacytrust.org.uk/media/documents/2017_07_06_free_ELY_resource_-_televisionromanian.pdf	*Profită de televizor.
https://cdn.literacytrust.org.uk/media/documents/2017_07_06_free_ELY_resource_-_talkingromanian.pdf	*Vorbește cu bebelușul tău.
https://cdn.literacytrust.org.uk/media/documents/2017_07_06_free_ELY_resource_-_songsromanian.pdf	*Cântă și spune-i poezii bebelușului tău.
https://cdn.literacytrust.org.uk/media/documents/2017_07_06_free_ELY_resource_-_booksromanian.pdf	*Citește împreună cu bebelușul tău.
https://cdn.literacytrust.org.uk/media/documents/2017_07_06_free_ELY_resource_-_playromanian.pdf	*Jocul cu bebelușul tău.
https://www.mamalisa.com/?t=ec&c=15	*Songs and rhymes in Romanian.
Online stories 	
https://worldstories.org.uk/lang/romanian	*Stories to read online in Romanian and other languages.
https://stories.audible.com/start-listen?utm_campaign=audible+stories+free+children%27s+audiobooks&utm_medium=&utm_source=linktree	Link currently not working
https://www.worldofdavidwalliams.com/elevenses/	Listen to stories by David Walliams – activities too!
https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/lulu-loves-stories/	*Read the story 'Lulu Loves Stories' in different languages.
https://storyweaver.org.in/stories?sort=Relevance	Stories to read online in different languages.
https://learnenglishkids.britishcouncil.org/short-stories	Online stories to listen to.
https://fairytalez.com/region/romanian/	*Romanian Fairy Tales (in English).
Online learning 	
https://www.themathsfactor.com/	Fun maths activities.
https://bilingualkidspot.com/2019/06/05/esl-english-learning-websites-for-students-kids/	10 websites to help children learn English – some are free, some need payment.
http://learnenglishkids.britishcouncil.org/games	Lots of activities to help learn English.
https://bilingualkidspot.com/	More activities for learning English.
https://www.bbc.co.uk/bitesize	Games and activities – daily lessons for school-aged children from 20th April.

https://literacytrust.org.uk/family-zone/	Activities to support reading, writing and language development for different ages – birth to 12.
http://www.multilingual-families.eu/repository/for-parents/29activities	30 activities to support being multilingual.
https://sites.google.com/site/mfselfaccessguide/romanian	*Multilingual Families – Ghid pentru părinţi.
http://www.multilingual-families.eu/repository/for-parents/parent-s-guide	*Links to guides in different languages 'Activities to Support Multilingualism at Home.
https://www.twinkl.co.uk/resources/parents	Lots of activities for different ages – birth to 16.
https://www.twinkl.co.uk/resources/english-as-an-additional-language-eal/english-as-an-additional-language-eal-translated-resources/english-as-an-additional-language-eal-translated-resources-romanian	*Lots of activities in Romanian.
http://www.wordsforlife.org.uk/7-11/fun	Fun activities to do with your child 7–11 years.
http://www.wordsforlife.org.uk/5-7/fun	Fun activities to do with your child 5–7 years.
https://www.phonicsplay.co.uk/freeIndex.htm	Games to practise phonics.
https://www.bbc.co.uk/teach	Lots of learning for different ages and subjects.
https://www.booktrust.org.uk/books-and-reading/have-some-fun/#!?q=&sortOption=MostRecent&pageNo=1	Online stories, quizzes, videos and activities.
https://www.dkfindout.com/uk/	Explore and learn about almost anything!
https://www.childrensuniversity.manchester.ac.uk/	Learning activities for 7–11 year old children.
https://www.sparklebox.co.uk/	Learning resources.
https://www.e-learningforkids.org/en/home	Fun educational site with lots of activities.
Keeping active! 	
https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/	Online active fun to keep kids moving!
https://www.thebodycoach.com/blog/pe-with-joe-1254.html	P.E. workout with Joe Wicks, Body Coach.
Relax, calm and chill 	
https://www.gonoodle.com/good-energy-at-home-kids-games-and-videos/	Gonoodle also do calming activities!
https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/#dealing-with-self-isolation-	Advice for young people about Covid-19.
https://www.relaxkids.com/calm-pack	Calm pack for children.
http://www.handsonscotland.co.uk/relaxation/	Relaxation/ mindfulness activities for children with links to YouTube videos.
https://www.therapistaid.com/worksheets/positive-psychology-prompt-cards.pdf	Positive thoughts/conversations prompt cards.
https://www.kooth.com/	Online counselling and support for young people.

For parents and carers – looking after yourselves/wellbeing 	
https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapse9bf08	Advice about emotional wellbeing and practical advice about housing, employee's rights, benefits…
https://www.bps.org.uk/sites/www.bps.org.uk/files/Policy/Policy%20-%20Files/Talking%20to%20children%20about%20coronavirus.pdf	Advice about talking to children about Coronavirus.
https://www.migranthelpuk.org/	General advice for Asylum Seeking families in different languages.
https://www.mind.org.uk/information-support/tips-for-everyday-living/relaxation/relaxation-tips/	Relaxation for adults.
https://covidmutualaid.org/	Local groups supporting those who are self-isolating, elderly or vulnerable.
https://www.bbc.co.uk/cbeebies/curations/parenthood-tips-and-tricks	Help and advice about parenting.
https://learnenglishkids.britishcouncil.org/covid-19-support-for-parents	Ideas to help parents during the Covid-19 situation.
https://migrantinfohub.org.uk/	Information in many languages to support Migrant families and those who support them.
Online safety 	
https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets?utm_source=Thinkuknow&utm_campaign=03cb8440df-TUK_ONLINE_SAFETY_AT_HOME_24_03_20&utm_medium=email&utm_term=0_0b54505554-03cb8440df-63313937	Online safety activities to do together.
https://www.bbc.com/ownit	Advice about how to stay safe online.
https://www.youtube.com/kids/	Child-friendly video site.
https://www.childnet.com/parents-and-carers	Advice about how to keep your child safe online.
https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/i-am-parent-or-carer	Advice on how to talk to your child about internet safety.
Museums, Zoos and Art galleries to visit – from your home! 	
https://www.edinburghzoo.org.uk/webcams/panda-cam/	Visit Edinburgh Zoo from your own sofa!
https://britishmuseum.withgoogle.com/	Explore the British Museum – without leaving home!
https://www.nms.ac.uk/streetview	The National Museum of Scotland in your front room!
https://naturalhistory2.si.edu/vt3/NMNH/	Take a trip to the Smithsonian Museum…
https://artsandculture.google.com/partner/musee-dorsay-paris	Take a trip to Paris and look around the Musée d'Orsay.
https://www.youtube.com/channel/UCZ9UagJLiMdBIFOHYwT7eLA	YouTube channel for Chester Zoo.

FAMILY GAMES AND ACTIVITIES

- Read bedtime stories for 10+ minutes each night
- Plan a family games night
- Go for a walk around the neighbourhood/house/garden
- Bake/cook together
- Sing aloud together
- Tell them how much you love them
- Plan a one-on-one date with your child
- Play tag in slow motion at home
- Watch a family movie
- Play dress up
- Put on a play
- Go stargazing in the back or front yard
- Start a new family tradition
- Make time for no electronics
- Read a chapter book series together
- Learn more about your child's interests
- Make a craft
- Let the kids help make an easy dessert
- Plan a family picnic in the living room
- Plant a seed (chickpea, flower, lentil)
- Let your kids help make the grocery list
- Get out some colouring books
- Draw pictures
- Learn how to play your child's favourite video game
- Explore some old family photos
- Tell stories about your childhood
- Ask questions about your child's day
- Learn a new skill/hobby together
- Have a family contest/competition
- Create a schedule of family events
- Start a family YouTube channel
- Do a science experiment
- Take a class online together (art, exercise, cooking)
- Build a LEGO set
- Make a blanket fort
- Play a board game.
- Tell jokes
- Have a themed story time
- Decorate a cake or sugar cookies together
- Stick secret notes around the house
- Have a staring contest
- Listen and respond when your kids are talking
- Visit a zoo or museum online together
- Learn a new game
- Go to a concert online
- Play instruments and sing together (Family Band?)
- Give your kids a big hug
- Make a secret code
- Sing Karaoke
- Make dinner together
- Blow bubbles
- Make up stories
- Tell spooky stories
- Dance around the house
- Go searching for bugs, birds, wildlife in the garden or around the house.
- Have a house scavenger hunt
- Start a family piggy bank, save for a family trip or activity!
- Ask your kids what they want to do when they grow up
- Make chalk art in the driveway
- Learn a new song
- Have a family pizza party
- Make your own stained glass window drawings with Crayola
- Play hide and seek
- Paint each other's faces with paint, powder, make up, or just pretend
- Talk about the positives of your day

- Doughnut Dare. Hold a doughnut on your finger through the hole and have your child see how many bites they can take before it falls off. If you want to make this a bit healthier you could change the doughnut to a pineapple ring.

- Play a memory game but with a more personal touch. First, have your child look you over very carefully. Then leave the room and return after you've changed something about yourself. See if s/he can work out what is different. It could be something very easy for younger kids, like taking off a sweater, but for older kids you could get more challenging, like buttoning one more button on the sweater.

- Guess the Goodies! Put several small treats in a bag or cup. Then have your child close his/her eyes. Finally, you pop a treat in your child's mouth and have him/her try to guess what it is.

- Hold your child in your arms and dance. This is a very synchronous activity.

- Play a tunnel activity like London Bridge. Both parents/carers start by kneeling on the floor to form a tunnel. Then have your child crawl through the tunnel as fast as s/he can before it collapses. During the first few times let him/her get completely through, then have it gently collapse onto your child.

- Give a pillow ride! Have your child sit on a big floor pillow as you drag him/her around the room. Only move when given eye contact.

- Play catch! Roll a ball back and forth to teach reciprocity. Throwing or batting a balloon back and forth may be easier than throwing a ball for little ones.

- Engage in an M&M hockey rivalry. Use bendy straws and blow sweets across a table to the other person's goal. When one of you scores a goal, you win the sweet.

- Marshmallow fight! Each person uses a pillow as a shield. Sit on the floor and throw marshmallows at each other. This gets wild and crazy and is a lot of fun. You can do the same thing with crumpled paper if you don't have marshmallows handy (or if you don't want to get messy!).

- Create a pillow jumping maze. Set up pillow islands in a pattern across the floor. Have your child start at one end while you are at the other. S/he can only start to cross the room when you say 'go'. After you say 'go', your child must jump across the islands and into your arms.

#COVID19 guidance - Romanian



migrantinfohub.co.uk

STAI ACASA:

- Parasiti casa doar in situatii necesare pentru a cumpara mancare, medicamente, pentru a merge la munca (doar daca vi se cere) sau a face exercitii in parc.
- Stati la 2 metrii distanta fata de alti oameni si spalati-va pe maini imediat ce ajungeti acasa.
- Nu parasiti casa in situatia in care persoana/persoanele cu care locuiti are temperatura mare sau tuse continua.

Migration Yorkshire
Strategic leadership, local support