



## Update for foster carers - 26<sup>th</sup> March 2020

I hope you are all well and coping with the current unparalleled lockdown situation we are all dealing with due to the Covid-19 virus. I appreciate all you do as foster carers, caring for some of our most vulnerable children in these concerning times, thank you.

We are following government guidance and consequently, most of our staff are now working from home. If your SSW is not in work, support is available through our duty arrangements and we have a duty team manager also available daily.

I am sure you will appreciate that we are following government guidance in limiting direct contact, even more so following the recent government announcement and are adapting our working practices accordingly, as follows:

- There should be no face to face contacts with children and families, unless the child protection risk is assessed as high (child is at risk of significant harm) and a face to face visit is seen as essential to safeguard children, young people and care leavers. Any decision to do a face to face contact should be agreed by team managers
- All meetings of any kind will be done virtually from now on. This includes strategy discussions, panels, reviews etc.
- Social distancing principles and hygiene rules should be followed rigorously in line with the guidance: <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>.
- Telephone contact should be maintained with children and families through skype, telephone, text, WhatsApp etc.
- Children and young people should be encouraged to use Mind of my Own where possible.

### Support care

We are endeavouring to continue with support care arrangements, where deemed appropriate on a 'case by case' basis, firstly checking if both households are free of the virus and/or underlying conditions to assess the situation first.

### Contact

Given the present clear message from government about the need to avoid gatherings with friends and family, social distancing and self-isolation, indirect contact should be facilitated rather than direct contact, such as Facetime/Skype or a telephone call.

If you are not happy with this advice, then please speak with your SSW, as the CSW may need to consider speaking with legal services, should children or parents not be amenable to agreeing with indirect contact.

### Questions

I understand that there will be questions that you may have, and these should be raised with your supervising social worker in the first instance relating to specific circumstances of the carer/child, as these are best dealt with as far as possible with the SSW/CSW. For more general issues about the

current situation our email address [fostering@nottsc.gov.uk](mailto:fostering@nottsc.gov.uk) can be used. We will look to produce a 'frequently asked questions and answers' page on our fostering webpages in due course.

### Foster carer reviews

Paper work for reviews will be sent out electronically and we would appreciate foster carers are completing and return them promptly. Our SSW and FSOs can provide support and paper copies can be posted if there is no electronic means to complete them.

### Helpful resources

The following resources identified by our fantastic fostering staff may be of use to you and the children and young people in your care during this period of being stuck indoors/home schooling:

- Joe Wicks is doing a PE lesson for children at 9am every day this week on Youtube. Link: <https://www.youtube.com/watch?v=d3LPrhI0v-w>
- Yoga for Kids videos. Link: <https://www.youtube.com/user/CosmicKidsYoga>
- World Book Online have 3,000 ebooks and audiobooks for free. Link: [https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpJUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDExMzA2Mjp1cw%3D%3D&fbclid=IwAR0IQWZax-LCHx6tNrje4kQnr6tbKr\\_FlaH28\\_o-3p8M0ijB0vhTOdzAXvI](https://worldbook.kitaboo.com/reader/worldbook/index.html?usertoken=Mjk5MzQ6MTpJUjA5MjAxNjoyOmNsaWVudDE2OTc6MTY5NzoyMjE2Mjg4OjE6MTU4NDM4MDExMzA2Mjp1cw%3D%3D&fbclid=IwAR0IQWZax-LCHx6tNrje4kQnr6tbKr_FlaH28_o-3p8M0ijB0vhTOdzAXvI)
- Try a home tuck shop for example, giving the children £1 a day to spend on snacks with fruit being the cheapest, **but not for children who have anxieties around food**, you could try and encourage them to make monopoly money to use rather than actual money.
- The Wind in the Willows stage show is now streaming for free. Link: <https://www.willowsmusical.com/>
- If you have Facebook then type in Live History Lesson from secret WW2 bunker in Liverpool – 25<sup>th</sup> March 1-2pm
- BBC Sounds App is free and has a children's section with audiobooks, there is also a Mindful Mix of classical music which is very relaxing and might be helpful to you at the end of a busy day.
- David Walliams is doing free audiobooks of his stories. Link: <https://www.worldofdavidwalliams.com/elevenses/>
- Zoos around the world are now doing live streaming for free, examples include:
- Edinburgh Zoo - <https://www.edinburghzoo.org.uk/webcams/koala-cam/#koalacam>
- Dublin Zoo - <https://www.dublinzoo.ie/animals/animal-webcams/>
- San Diego Zoo - <https://zoo.sandiegozoo.org/live-cams>
- Paignton Zoo - <https://www.paigntonzoo.org.uk/explore/webcams>
- <https://www.bbc.co.uk/cbeebies/games>
- <https://learnenglishkids.britishcouncil.org/>
- <http://www.kidsmathgamesonline.com/>

### Secondary Online Home-Learning Resources

All links currently have free access

### General

Gojimo – free app for GCSE & A level revision covering 25 subjects

<https://achemicalorthodoxy.wordpress.com/2018/08/18/retrieval-roulettes/> creates Q&A retrieval quizzes

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours> list of museums with virtual tours

<https://www.lbq.org/QuestionSets> questions and quizzes set by year group and subject

## English

[www.rsc.org.uk/education/teacher-resources/](http://www.rsc.org.uk/education/teacher-resources/) Teaching packs and

[www.poetrysociety.org.uk](http://www.poetrysociety.org.uk) Lesson packs and poetry to read and watch

[www.excellencegateway.org.uk/interactive-resources/literacy](http://www.excellencegateway.org.uk/interactive-resources/literacy) For

[www.teachitenglish.co.uk](http://www.teachitenglish.co.uk) Free subscription until end of April

[www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)

[www.bl.uk](http://www.bl.uk) British library online resources

<https://elt.oup.com/student/oupesecondary/?cc=gb&sellLanguage>

[www.englishonline.org](http://www.englishonline.org) grammar resources

<https://classroommagazines.scholastic.com/support/learnathome>

and daily projects

<https://www.youngwriters.co.uk/> regular writing competitions

## Maths

[www.teachitmaths.co.uk](http://www.teachitmaths.co.uk) Free subscription until end of April

[www.topmarks.co.uk](http://www.topmarks.co.uk) A range of websites and games – filter by key stage and subject

[www.bbc.com/education](http://www.bbc.com/education)

[www.nrich.maths.org/9465](http://www.nrich.maths.org/9465)

[www.cimt.org.uk/projects/mep/index.htm](http://www.cimt.org.uk/projects/mep/index.htm) Select key stage to find interactive and printable

[www.mrbartonmaths.com](http://www.mrbartonmaths.com) Teaching videos and printable worksheets

## Science

<https://global.oup.com/education/content/secondary/key-issues/ks3-science/?view=ProductList&region=uk> Teaching packs and learning resources

[www.schoolscience.co.uk](http://www.schoolscience.co.uk) Articles, lessons and resources

<https://www.teachitscience.co.uk/> Free online subscription until end of April

[http://www.bbc.co.uk/schools/websites/11\\_16/site/science.shtml](http://www.bbc.co.uk/schools/websites/11_16/site/science.shtml)

<https://www.borntoengineer.com/stem-classroom-toolkit/antibubbles> KS3 science & STEM video and lesson resources

## ESOL

<https://learnenglish.britishcouncil.org/>

<https://elt.oup.com/student/headway/>

<https://www.perfect-english-grammar.com/>

## Additional notes:

- Key stage 4 students should be regularly working from revision guides for relevant exam boards
- Consider opportunities for regular exercise and creative subjects

## Primary Online Home-Learning Resources

All links currently have free access

## General

<https://kids.classroomsecrets.co.uk/> parent register for free

<https://www.doorwayonline.org.uk/> range of maths and English activities

<https://www.robinhoodmat.co.uk/learning-projects/> projects and tasks set by key stage

<https://www.tts-group.co.uk/home+learning+activities.html> downloadable activity books

<https://www.brainpop.com/>

<https://www.lbg.org/QuestionSets> questions and quizzes set by year group and subject

### Phonics and early reading

[www.phonicsplay.co.uk](http://www.phonicsplay.co.uk) login username: march20 password: home

[www.phonicsbloom.com](http://www.phonicsbloom.com)

[www.bbc.co.uk/cbeebies/shows/alphablocks](http://www.bbc.co.uk/cbeebies/shows/alphablocks)

[www.teachyourmonstertoread.com/accounts/sign\\_up](http://www.teachyourmonstertoread.com/accounts/sign_up) parent sign up (free computer version)

### Reading online

[www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/](http://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/)

[www.oxfordowl.co.uk/for-home/find-a-book/library-page/](http://www.oxfordowl.co.uk/for-home/find-a-book/library-page/) register for free for to access e-book library

<https://classroommagazines.scholastic.com/support/learnathome.html> American site – articles to read and daily projects

<http://myths.e2bn.org/mythsandlegends/> selection of myths and legends to read online

### Reading and writing activities and games

[www.topmarks.co.uk/english-games/](http://www.topmarks.co.uk/english-games/)

[www.crickweb.co.uk/ks1literacy.html](http://www.crickweb.co.uk/ks1literacy.html)

[www.crickweb.co.uk/ks2literacy.html](http://www.crickweb.co.uk/ks2literacy.html)

[www.teachhandwriting.co.uk](http://www.teachhandwriting.co.uk)

[www.theliteracyshed.com](http://www.theliteracyshed.com) videos, images and texts to inspire writing tasks

[www.wordforlife.org.uk](http://www.wordforlife.org.uk) resources to support and inspire, reading and writing

<http://www.pobble365.com/> different picture daily with activities for writing

<https://thereadingrealm.co.uk/category/resources/> downloadable packs

<https://www.youngwriters.co.uk/> regular writing competitions

### Maths activities and games

[www.bbc.co.uk/cbeebies/shos/numberblocks](http://www.bbc.co.uk/cbeebies/shos/numberblocks)

[www.oxfordowl.co.uk/for-home/kids-activities/fun-maths-games-and-activities/](http://www.oxfordowl.co.uk/for-home/kids-activities/fun-maths-games-and-activities/)

[www.prodigygame.com](http://www.prodigygame.com) Parent register for free to get login for child

[www.whiterosemaths.com/homelearning/](http://www.whiterosemaths.com/homelearning/)

[www.masterthecurriculum.co.uk](http://www.masterthecurriculum.co.uk) Parent register for free basic subscription to download printable worksheets

[www.crickweb.co.uk/ks2numeracy.html](http://www.crickweb.co.uk/ks2numeracy.html)

[www.mathszone.co.uk](http://www.mathszone.co.uk)

[www.educationquizzes.com/ks2/maths/](http://www.educationquizzes.com/ks2/maths/)

[www.mathschase.com/](http://www.mathschase.com/)

[www.nrich.maths.org/](http://www.nrich.maths.org/)

<https://www.math-salamanders.com/>

### Science and foundation subjects

[www.crickweb.co.uk/ks2science.html](http://www.crickweb.co.uk/ks2science.html)

[www.topmarks.co.uk](http://www.topmarks.co.uk)

[www.explorify.wellcome.ac.uk/](http://www.explorify.wellcome.ac.uk/)

<https://www.tate.org.uk/kids/games-quizzes/street-art>

<https://www.bbc.co.uk/bitesize/levels/zbr9wmn>

<https://rethinking-ed.org/science-activities-for-parents-primary/> practical science activity suggestions

<https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours> list of virtual tours

### **Websites for research and projects**

<https://www.natgeokids.com/uk/>

<https://kids.britannica.com/>

<https://www.dkfindout.com/uk/>

### **Exercise and mindfulness**

<https://family.gonoodle.com/>

<https://www.youtube.com/user/CosmicKidsYoga>

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ> The Body Coach TV – P.E. with Joe (daily)

- Reading, handwriting, counting and times table practice can all be short, daily activities
- Activities such as cooking, baking, nature watching and organising shopping can support cross-curricular learning
- Consider regular opportunities for exercise and creativity
- Facebook and you tube are good resources for daily exercise classes for children of all ages.

### **Fostering hubs**

I am sure you will all appreciate the mutual support you are able to provide one another, so please do maintain contact with your connected hub foster carers.

Thank you for all you are doing and for your ongoing support to our looked after children and young people. I will keep you all updated of any changes to our working practices impacted by any further government guidance.

Ty Yousaf

Fostering Service Manager

26<sup>th</sup> March 2020