

SENsational Parent Newsletter – Creativity

Dear Parents / Carers,

Welcome to our ninth edition of the SENSational newsletter. Get creative this week with our focus on creativity!

Thought for the week

“Creativity is intelligence having fun.”

Albert Einstein. Scientist.

Deciding what to do

- Why not try a game, activity or hobby that you haven't done before as a family?
- Working towards achieving a new goal is good for building resilience. As parents you can model this process by working on achieving something new and creative together.
- Paint, draw, create a mural, create a collage, make a sculpture with found items, make some music, write a song or do some drama. Display or share what you do with other families.
- Visit the [Be Creative](#) area of our site and the SENSational resources [be creative](#) page for resources specific to children with SEND.



There are lots of other resources and suggestions for activities on our home learning website.

<https://www.integra.co.uk/home-learning/>

Support from South Glos Parents and Carers

[South Glos Parents and Carers](#) understand the demands on time and energy for those caring for children and young people with additional needs. There are times when a little moral support or advice is needed but we physically can't leave the house whether this is due to the coronavirus or caring responsibilities. This is why South Glos Parents and Carers have developed a virtual support service.

Parents and carers can join an online support group, a relaxed and informal fortnightly evening meet-up to share challenges and celebrate successes with those who truly understand. One-to-one support is also available by arrangement via video call, phone call or email. Visit the [South Glos Parents and Carers website for further information on the virtual online support available.](#)

Check the [South Glos Parents and Carers Facebook page](#) for details about their closed Facebook group, which you can join for support from the South Glos community of parents and carers who are always on hand to share advice and give moral support.

Book Corner

Read and discuss the online book *Coronawho?* by Claire Standley, Hannah Smith and Eleanor Southgate – a story to help explain the impact of Coronavirus on people's lives to younger children. [Weblink](#)



Coronawho?

By Claire Standley, Hannah Smith & Eleanor Southgate

This week's activities you might want to try

Skills Builders activities

- Bristol Mum suggest lots of interesting activities and events you can take part in including free nature live online talks with the Natural History Museum every Tuesday and Friday. [Weblink](#)
- Engineering challenge - Dyson have some great Engineering Challenges for KS2 upwards to have a go at. [Weblink](#)
- Do some creative coding – Amazon have a Future Engineers Coding programme for ages 12 – 17. [Weblink](#)
- Try some of Jamie Oliver's easy recipes for KS2 upwards to get your children developing their cooking skills. [Weblink](#)
- Try a different fun family music challenge each week from the Royal Scottish National Orchestra. [Weblink](#)

Calm and Happy (wellbeing)

- Mail a Hug - Why not cheer up someones day by posting them a hug! The Lean Green Bean guys have come up with a way to do just that by drawing / painting a hug and sending it to friends. [Weblink](#)
- Sign up for 30 days Wild with the Wildlife Trust – get a pack to help you plan with loads of ideas to inspire your family to do 30 fun 'random acts of wildness'. [Weblink](#)
- Grow Veg from scraps! [Weblink](#)



Be Creative

- Tate Gallery Website – with this amazing website you can explore and learn about different artists and art styles as well as engaging your family in fun quizzes and games such as “which art animal are you?” and a “Street art game.” The website also has a wealth of ideas for activities for your children to make, paint and draw in styles inspired by famous artists. This website will definitely help bring out your family's creative side. [Weblink](#)
- Wilderness Outdoor Education have a variety of creative simple activities to do outside including making will wands, grass hearts and a nature bookmark. [Weblink](#)

Keep Active

- High energy activities for kids. 50 inside activities for children to burn off energy for primary, lower secondary and will adults! [Weblink](#)
- Family game night ideas - 20 games for family fun. While the title says these are for a family games night, these would work at any time of the day! Most require little if any specific preparation. Lots of variety and options for toddlers, grandparents and all in between! [Weblink](#)
- Family Olympics - 8 Fun and hilarious games for all ages. Some of these do require items and materials which may not always be readily to hand, but they are not expensive, eg, plastic or paper cups. [Weblink](#)
- 20 Backyard Activities for kids - a lovely range of games and activities. Some of the games require things like paper plates or balloons, but none of these are hard to acquire and nor are they costly. Using tin cans for a bowling game is a great idea. Generally, preparation is minimal. [Weblink](#)

Support for Parents

Frequently Asked Questions - South Gloucestershire Coronavirus FAQ site has answers to frequently asked questions to support you [here](#).

Contact us with your COVID queries on SENDCOVIDenquiry@southglos.gov.uk or 01454 866123.

The telephone helpline will be available between 9 and 1 on weekdays (except Bank Holidays) but you can email in at any time. We aim to get back to you within 48 hours. Any questions posed to this helpline will be used to inform an FAQ section on the South Gloucestershire website.

If you have any ideas for home learning you would like us to share or you want to email in photos of what you have been doing for us to publish please email us at jo.briscombe@southglos.gov.uk.