



# Bolton Parent Carers & Bolton Information Advisory Service

*Working together for Bolton's SEND families*

Joint Bulletin 14 - 26th June

## What has happened this week?

We are hot, sticky, and slapping on the after sun after this week! We hope you've managed to enjoy the weather, whatever you've been doing.

Its been a week of confusion for many.... With the easing of some restrictions, its difficult to know what you can do, and what you can't do. We have tried as ever, to break things down for you and hope that this weeks bulletin is helpful. As ever, we have all our useful bits and bobs, and some news on something for the kids! So, grab a cornetto (other ice creams are available!), and sit in a shady spot to read on.....



## Social distancing measures- what changes from 4<sup>th</sup> July?

On Tuesday 23<sup>rd</sup> July, the Prime Minister announced some easing of lockdown restrictions. This means that, from Saturday 4<sup>th</sup> July, some of the things many of us have been missing, are going to be back open for us to access, so long as they can demonstrate they follow the 'COVID secure' guidelines. These are a set of measures that businesses and services must follow to ensure they are operating as safely as possible. The following are some of the places opening, or not opening...

### Opening....

- ✓ Bars, pubs and restaurants
- ✓ Hairdressers and Barbers
- ✓ Outdoor gyms
- ✓ Playgrounds
- ✓ Museums
- ✓ Galleries
- ✓ Theme parks
- ✓ Arcades
- ✓ Social clubs
- ✓ Places of worship
- ✓ Libraries

### Not opening

- ✗ Beauty salons
- ✗ Indoor gyms
- ✗ Nightclubs
- ✗ Indoor soft play areas
- ✗ Swimming pools
- ✗ Bowling alleys

The government feel that these places are still too risky in terms of potential infection of the virus- however we have been assured by government that dates for reopening these are still being looked at for as soon as it is safe to open.



One of the other key changes is with social distancing- particularly around 'two meters'.

The two meter rule has **not** been downgraded to one meter. The government wishes everyone to adhere to two meter distancing, but, says where this is not possible, people can be one meter away from each other so long as there are additional precautions in place to protect each other. This is the meaning of the phrase 'one metre plus'. The 'plus' could be using a face covering, or increased hygiene, for example.

The other big change from Saturday 4<sup>th</sup> July, is around gatherings, both indoor and outdoor. This is what you will be able to do;

- Two whole households can meet up- in public or private, in homes, or outside. This doesn't have to be your support bubble, and you can visit different households at different times. However, **social distancing must remain.**
- When you are outside, you can continue to meet up to six people, and they can be from all different households. You must still follow social distancing. Groups can be bigger than six if its members of two combined households- for example, if you have a partner and two children, you can still meet a friend, their partner, and their two children
- You can stay away somewhere over night with up to one other household.
- It will be illegal to be in a gathering of more than 30 people, unless you fit one of the legal exceptions.

Its important to remember that this doesn't come into force until 4<sup>th</sup> July- and the government doesn't permit breaching these regulations before this date.



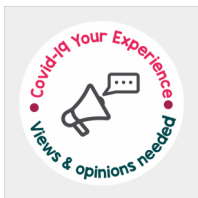
**Bolton**

NHS Foundation Trust

### Advice on changes to shielding guidelines

Bolton NHS Foundation trust has published information on their website about the upcoming changes for those that are shielding. Visit

[www.boltonft.nhs.uk/2020/06/information-about-changes-to-the-shielding-programme/](http://www.boltonft.nhs.uk/2020/06/information-about-changes-to-the-shielding-programme/)



### Your experiences of lockdown and more

We continue to ensure that local leaders are kept informed of your experiences during the covid pandemic. We have a new questionnaire that asks you to share your recent experiences of education, health and social care. We are very aware that as restrictions ease, with schools not opening and restrictions on supported activities and social care still in place, for SEND families little is changing, and we want to make sure that local leaders understand this.

We've added the opportunity too to be in with a chance of winning one of 3 x £30 gift cards - the questionnaire will be open until 5pm on 4th July and after that we will draw at random 3 entrants to win a gift card.

To open the survey visit [www.boltonparents.typeform.com/to/hrwq6Ljn](http://www.boltonparents.typeform.com/to/hrwq6Ljn)



## Department for Education

### Government updates its home learning sections

On 24<sup>th</sup> June, the Government updated its home learning section to provide more online educational resources for both schools, and parent carers, to help children with home learning during the Coronavirus pandemic. This section includes English, maths and science resources, as well as PE and wellbeing resources. Further, there are top tips for parent carers undertaking home learning activities, and SEND specific resources.

You can find them here- <https://www.gov.uk/government/publications/coronavirus-covid-19-online-education-resources>



### Bolton Council Educational Psychology Service Helpline

The Educational Psychology service helpline continues to operate. You can call them to discuss, for example, any concerns or questions you may have about your child and their education, or any matters regarding supporting them, meeting need, helping with emotional health in children..

The numbers for the helpline for the next 2 weeks, starting Monday 22nd June, are as follows:

Monday 2.30pm - 5.00pm – 07768353621

Wednesday 9.00am - 12.30pm - 07580036439

Friday 9.00am – 12.30pm – 07768352728

We also have this week's newsletter from Bolton's educational psychology team for you at the end of the bulletin. This week's topic is numeracy.



### Is your child heading towards Secondary School

Do they have special educational needs, but you don't have an EHC plan?

We are holding two **virtual workshops** on the legal framework SEN support and we will be focusing on children starting secondary school this September, it will also be very useful if your child is in year 5 or year 7.

There will be a daytime and evening session. As always, they are free to all, and delivered by Cheryl from IAS and Nan from BPC. We will be holding these on **Tuesday 30th June at 11.00am** and **Wednesday 1st July 7:30pm**.

Webinars allow you to join our session from your home. We use Zoom webinars, this means you can see and hear us, but we can't see or hear you—so you can relax and not worry! They are still interactive and you can submit questions for us to answer as we go along/

To book your place visit [www.boltonparents.org.uk/webinar3](http://www.boltonparents.org.uk/webinar3)



## The Summer food fund

With a bit of high profile support, the free school meals scheme has been agreed to continue through the summer holiday break, for those who are eligible. Any

child who is currently in receipt of benefits related free school meals, or, who becomes eligible during the summer term, is eligible for the Covid summer food fund. Your child's school will continue to accept and verify free school meal applications up until the end of the summer term. The government is also applying a temporary extension of the entitlement to free school meals to other groups, such as failed asylum seeking families.



## Bolton IAS- we miss you all!!

We are a friendly bunch- and the best bit of our job is meeting you all, and getting to know you and your children. Obviously, due to Covid, that just isn't possible at the moment, and we are missing our face to face interactions and hearing about what's happening with you all. So, we have set up an IAS Instagram account! If your on Instagram, do give us a follow! We would love to see what you've all been getting up to in lockdown. In turn, you can have a peek at what we have all been doing too!

To launch, once we reach our first 100 followers, we will be doing a competition, where you or your child can win a £30 voucher of your choice! Get yourself a little lockdown treat J

Find us using the name iassendbolton or click <https://www.instagram.com/iassendbolton/>



## Reminder on support available to you

Both the IAS and BPC websites have a wide range of resources and information to keep you up to date and busy throughout this time. You can find us at

[www.iasbolton.com](http://www.iasbolton.com) and [www.boltonparents.org.uk](http://www.boltonparents.org.uk)

IAS and BPC are holding coffee mornings by Zoom. Each one is hosted by Frankie from Bolton Parent Carers. These are every Monday, Wednesday and Friday, from 11.30am until 12.30pm. For more information visit [www.boltonparents.org.uk/join-in](http://www.boltonparents.org.uk/join-in)

Our IAS 'natter and listen' service is still here for anyone who needs it- whether you just need some adult conversation, need to let off some steam, want some advice or reassurance, or just someone to call a friend to talk about your day, we are here. Simply text 07467943495 and we will arrange a call back for you whenever you want to talk. Cheryl, Nan, Mike and Karen are happy to help wherever we can.



## Parent carer voices

As part of our work as a parent carer forum we currently come together every Thursday with the other forums from the North West region on a Zoom call and catch up with our national representative, Kath Bromfield. We talk about our local concerns and also what's going well in our areas. These are collated and along with those from the other areas of England are communicated regularly to government. If you would like to read the current working list of concerns and comments being raised on behalf of parent carers you can do so by visiting the NNPCF website [www.nnpf.org.uk/](http://www.nnpf.org.uk/)



We will be back next week. In the meantime, please do make use of the joint IAS/BPC support package mentioned. All past copies of our 13 bulletins can be found

[online](#)

Stay well and look after each other, Cheryl and the IAS team, and Nan and BPC





## Bolton Educational Psychology Service

### Newsletter - 26th June 2020

Supporting children and young people with numeracy and numeracy difficulties

#### Introduction

This newsletter aims to provide ideas about how parents can support children and young people with numeracy and numeracy difficulties at home and help them to enjoy and feel good about what they are learning.

Numeracy is the ability to use number and solve problems in real life. We need numeracy to make sense of numbers, time, patterns and shapes for activities like cooking, reading instructions and even playing sport.

Children with numeracy difficulties may find it hard to understand the size or quantity of a number and the relationships of numbers to one another. They may also experience feelings of anxiety related to maths. This newsletter also aims to provide strategies to support children who may be experiencing numeracy difficulties.

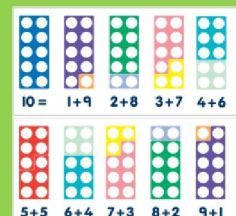
#### How can I make maths fun?

- **Dice board games:** Any game which involves rolling a dice and moving that number of spaces, e.g. Snakes and Ladders, Ludo or any number track game.
- **Games that involve counting/chanting:** Use different voices, speeds and volumes to recite numbers e.g. high pitched, animal voice, sing-song voice, whispering, shouting, etc.
- **Subtraction bowling:** Start with ten and take away however many toilet paper rolls you knock down.
- **Play shop:** Make price tags for your child's toys and have them, choose, scan and count out the right number of pennies to 'buy' the item.
- **Number thief:** Place the cards out Ace to 10. Ask your child to cover their eyes and remove a card. Let your child look and tell you the missing number. For younger children you could create a character that steals the cards and say "Let's count together" and 'find' the missing card.



#### How can I help? (numeracy difficulties)

- **Try to appear interested and involved, model to child that it is ok to have to work something out and take your time to understand it.**
- **Help children understand the words:** Help children understand mathematical language (e.g. what are the other words for add/subtract?). Use the language of more and less etc. in everyday life.
- **Break the task down into small chunks:** If children need to work out  $50 - 14$  they could first take away the 10 and then take away the 4.
- **Work with concrete materials** e.g. cubes/ beads/ dried pasta/ Lego can all be helpful for counting.
- **Encourage them to check their work:** Do they get the same answer using a calculator/ what about if they make a clever guess to their calculation.
- **Help children understand how numbers relate to each other:** Practice counting on in different quantities from differing start points both forwards and backwards.
- **Use different experiences of counting** e.g. out loud, things you can touch, things you can't touch, on a number line, etc.
- **Practice recognising differing quantities presented in the form of arrangements of dots** e.g. those on dominoes and dice.
- **Get your child to explain how they have come to an answer, whether it is right or wrong.**
- **Encourage working out which shows thought processes rather than just answers.**
- **Try to encourage your child to 'think out loud':** this can help you to spot any misunderstandings and encourage them to slow down.
- **Use visuals to help your child recall information when needed** e.g. multiplication grids and number bonds to ten (3+7, 2+8, 4+6, etc.).







## How we talk about maths and numeracy is key

We often hear people say negative things about maths and numeracy. Researchers have found that how parents/carers talk to their child about numeracy and maths affects how well their children do.

- Try to speak positively about numeracy.
- Praise their effort rather than success, e.g. 'Well done, you put so much effort into that' (rather than 'well done you got it right').
- Try to help your child see that they can get better with practice and hard work and their abilities and talents are not fixed. They can always improve.

Helpful things to say 	Unhelpful things to say 
"You can always improve, keep trying"	"I can't do maths either"
"You're on the right track"	"Maths is boring"
"You are learning, you're not meant to know it straight away that's what learning is'.	"No one in our family is any good at maths"
"You don't understand it yet, you will do"	"You won't use it anyway"

### Helpful websites

- National Numeracy family maths toolkit: <https://www.nationalnumeracy.org.uk/your-childs-maths>
- <https://www.bbc.co.uk/bitesize>
- Free numeracy-based computer game: [www.sumdog.com](http://www.sumdog.com)
- Includes a section of games for numeracy: [www.fiveminutemum.com](http://www.fiveminutemum.com)
- Numeracy games and activities: [www.bedtimemath.org](http://www.bedtimemath.org)

## Help them to understand

We often find it hard to remember things that we don't understand (and if we only learn 'rules') and it makes it harder to build on our learning. Try to teach for understanding. This website [www.ncetm.org.uk/resources/48209](http://www.ncetm.org.uk/resources/48209)

has lots of videos on explaining numeracy topics to children (often the simplest bits of numeracy are the hardest to teach)!

Encourage children and young people to use their fingers, objects, visuals or calculators to help them. Reassure them that it's ok to do this at any age and adults do this too!

Try to avoid just reciting timetables (e.g. 2,4,6,8 etc.) with your child and try to promote understanding. Use visuals at the same time (e.g. blocks/ Lego) as saying the full timetables (e.g. 2 x 2 is 4 or 2 lots of 2 is 4).

### Ideas to teach numeracy in real life

Younger children:

- Measure the height of everybody in your house. Use the language 'bigger' and 'smaller'.
- Build or make patterns with blocks or Lego.
- Count numbers on a journey e.g. cars of a certain colour.
- Use songs and rhymes e.g. 'Ten Green Bottles', 'There Were Ten in the Bed', 'Five Current Buns in the Baker's Shop', etc.
- Count on ones, twos, fives or tens when doing rhythmic activities e.g. swings, jumps throwing a ball, etc.
- Play games in which you direct children to a toy, e.g. 4 steps forward, 2 steps to the right, make a ¼ turn

For older children and young people:

- Divide food (e.g. pizza) using the language of fractions (halves/ quarters), decimals and percentages.
- Teach them about bills and finances, for resources see: <https://natwest.mymoneysense.com/home/> (ages 5-18)
- Help them to read a bus/ train timetable when on a journey. Calculate how long the journey will take.
- In the supermarket or when online shopping help your child work out which product is the best value.
- Bake a cake/ cook and ask your child to measure out all of the ingredients.

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Schools ICT  
Smithills Dean Road  
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BL1 6JT

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### Need support?

Our COVID 19 community response line is now open offering vital help to people who need food or essential items

**01204 337221**

8.30am – 5.30pm Mon – Fri and Sat 9am – 1.30pm



[www.bolton.gov.uk](http://www.bolton.gov.uk)



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### Our values are who we are...

Accountable, determined, making a difference, honest and respectful. We work together.



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