



30 March 2020

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Growing a lifelong love of learning with communities in Wiltshire

Welcome!

Hello to all our learners, we hope you are all keeping well. The Family and Community Learning team wanted to keep you all engaged with learning and will produce a weekly newsletter for all of those at home. We will bring you helpful hints and tips to keep yourselves and your family active, provide learning resources and we'll keep you updated with what the team are doing to support learners who wish to continue learning from home.

Getting Active

Why not start the day by being active? Get the body moving and release some endorphins!

Alphabet Challenge

Spell your name using the below exercises – we would love you to post your efforts in the comments below

A	50 star jumps	N	25 mountain climbers
B	20 crunches	O	40 star jumps
C	30 squats	P	20 lunges
D	15 push ups	Q	30 crunch and twist
E	1 minute wall sit	R	15 push ups
F	10 burpees	S	30 skaters
G	20 Russian twists	T	15 squats
H	20 squats	U	30 arm circles (arms inline with shoulders)
I	30 jumping jacks	V	1 minute wall sit
J	15 crunches	W	20 burpees
K	10 push ups	X	60 jumping jacks
L	2 minute wall sit	Y	10 modified v ups
M	20 burpees	Z	20 push ups

Please ensure you have sufficient space with no obstructions, and are wearing appropriate workout attire for the challenge.

Remote Learning



Families Reading Every Day (FRED)

Some of our fabulous learners have been continuing their courses from home. Here are some great pics of families completing our FRED course. They were sent a recipe to read together and then looked at books that may have a story involving bears. I think you'll agree from the evidence it looks like they had a wonderful time reading through and working together to complete the task. Well done all! If you would like to give this a go, the recipe is on the next page.

Did you know?

Chester zoo is doing live video feeds so you can be involved and get up closely with all the animals. Visit <https://www.facebook.com/chesterzoo1/> for further information.

Website: www.wiltshire.gov.uk/family-learning

Email: familyandcommunitylearning@wiltshire.gov.uk

Recipe

Teddy Bear Toast Snack

What you need:

Bread (or gluten-free bread)

Banana

Raisins/ blueberries

Butter (or dairy-free spread)

1 tsp sugar

1 pinch of cinnamon

Mix the sugar with the cinnamon.

Toast the bread lightly.

Spread with butter while hot.

Sprinkle with cinnamon-sugar mixture.

Slice banana and use one slice for the bear's nose.

Place raisins or blueberries for the eyes and one for the black nose.

Finish the bear with two banana slices for the ears. Serve and enjoy!

You could try other fruit too e.g. kiwi slices for ears or an orange segment smile. Instead of the cinnamon-sugar topping you could use peanut butter (if no-one in your family has allergies).



Celebrating - Community Collaborations

We LOVE to celebrate our learners success with a celebration at the end of their course. The Conversational English (Salisbury) class finished the ten week course on 19 March. We celebrated in style with gorgeous Bengali food, saris and henna! It was great to see a collaboration of cultures coming together to share experiences, we can't wait for Family ESOL to start! If you would like to know more please contact us. We can register your details for when we're back in the community.

Useful websites

There is a lot of help and support for families via the internet. Keep in touch with what's happening in your local area, support available and up to date news:

<http://www.wiltshire.gov.uk/>

Lots of useful websites to share together via <http://amazingeducationalresources.com/>

Please keep in touch with us too!

Facebook Family and Community Learning
familyandcommunitylearning@wiltshire.gov.uk

We are creating some fabulous courses that you will be able to join online...more soon.

Tips on staying in touch

As you are unable to visit family and friends, now could be a good time to send an email, letter or a postcard (you could design your own!). Use it as an opportunity to do something together: explore new words with a dictionary, practise spellings, punctuation and grammar too!

*Thank you for reading, take care and be safe from the
FACL team x*

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