



The Oldham Pledge

Special Edition: April 2020

Dear Pledge member,

Many organisations, including your schools, have already shared fantastic ideas that can be completed at home, and many of our Pledge Providers (and other organisations) have provided us with wonderful ideas, activities and support. We have decided to try and collate some of these in a newsletter that we will continue to update during this period away from school.

Please note the content in the newsletter is for a wide range of different age groups and for parents and schools, therefore please check which information is age appropriate / relevant key stage before accessing it.

We would be delighted if you would continue to add activities to your Oldham Pledge Passport and reflect on The Oldham Pledge Character Traits you are developing. We are sure in the coming weeks there will be some amazing examples of children, young people and families developing resilience, being respectful, flexible and demonstrating persistence and grit, which are just some of The Oldham Pledge Character Traits.

You are going to be a generation of children and young people that will be in the history books and recording your activities during this time and taking time to reflect will definitely give you a story to tell when you move from primary to secondary school or from secondary school to college or employment.

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If you manage to complete any of the activities in the newsletter or indeed take part in or have any other ideas that meet a pledge, please keep a record of them and please share some with us. If you have your pledge passport with you, record it under the relevant pledge or you can use the electronic version of the Oldham Pledge Passport included in this newsletter.

Please make the most of this time, take time to read, try a new activity, keep healthy, relax but most of all stay safe and look after those closest to you.

Kind Regards,

Lorna & Suzy

Oldham Council Coronavirus (COVID-19)



Oldham
Council

The Oldham Council website will be updated with any key developments in the local situation.

Visit

<https://www.oldham.gov.uk/coronavirus>

A helpline is now available for our most vulnerable residents unable to leave the house - and without a trusted friend, neighbour or family member to help them. 0161 770 7007. Open 9am-5pm on weekdays. And 11am to 2pm on weekends. Please share with those who need it.





There are two main publications from the Government that The Oldham Pledge would like to make you aware of;

- Coronavirus (COVID-19): UK government response
- COVID-19: guidance for education settings

STAY AT HOME

PROTECT THE NHS

save lives

DfE Education Helpline

The DfE have a new helpline to answer questions about COVID-19 related to education. Staff, parents and young people can contact the helpline:

Helpline: 0800 046 8687

Email: DfE.coronavirushelpline@education.gov.uk

Opening hours: 8am to 6pm (Monday to Friday)

Advice and ideas for families at home during the coronavirus outbreak

Updated 27/03/2020

Involving your children in a calm and reassuring manner about what's going on in the news is a great way of making them feel safe and informed. All children, even teenagers, want to know that their parents can protect them. The best way is to be clear and truthful rather than dismissing their feelings by telling them everything is fine.

It can feel daunting knowing that we will be cooped up for a period of time and we all know that too much online gaming isn't healthy but there are lots of other online resources to help keep children and young people occupied whilst they are at home.

Here are a few ideas that we have picked out:

1. Travel the world!



Follow the link to visit some of the best museums and galleries in the world.

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

2. Travel through time!



The Big History Project covers all sorts from the Big Bang to colonisation or for younger children try the BBC History resource that travels through time from the ancient Egyptians to Britain after the World Wars:

<https://www.bighistoryproject.com/home> or <http://www.bbc.co.uk/history/forkids/>

3. Get creative!



Take pictures of your favorite pet - or family member - and turn them into a superhero or create an alter ego for them just like the artist Rafael Mantesso does with his dog Jimmy:



4. Keep active!



Whilst it can be difficult to keep active within the home, you are still allowed one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household.

5. Children's Apps!



Why not make a walk a bit more interactive with a Harry Potter or Pokemon Go by downloading one of these phone apps for children:

<https://www.pokemon.com/uk/app/pokemon-go/>

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

6. Board Games!



Even do some old-fashioned stuff like play board games or read a book or add a modern twist and play Hangman on WhatsApp with other family or friends who are self-isolating.

7. Set a daily challenge!



Think of a key event in history or a famous historical person and get your child to research it/them and report back to the family, or get the children to produce a newsletter each week with descriptions of what everyone has been doing and e-mail it to any grandparents or older relatives who are also self-isolating.

8. Broaden your mind!



The following is a mix of online activities and quizzes for younger kids, plus some cool educational videos and free science lessons:

- National Geographic Kids: <https://www.natgeokids.com/uk/>
- Cbeebies Radio: <https://www.bbc.co.uk/cbeebies/radio>
- The Kids Should See This: <https://thekidshouldseethis.com>
- Mystery Science: <https://mysteryscience.com>

9. Have a cinema afternoon!



Recreate the cinema experience by planning an afternoon for everyone to get together to watch a film or DVD. Create the atmosphere with popcorn and close the curtains...

10. Podcasts for teenagers!



There are some great podcasts out there and something to listen to whilst building a Lego creation or tidying that bedroom. Here are some we particularly like:

- The past and the curious you younger children: <http://thepastandthecurious.com/>
- Stuff you Should Know: <https://www.iheart.com/podcast/105-stuff-you-should-know-26940277/>
- Stuff you missed in History Class: <https://www.iheart.com/podcast/stuff-you-missed-in-history-cl-21124503/>

11. Other quick ideas include:

- Baking and cooking
- I-Spy
- Playing shop
- Making Lego creations
- Elastic games
- Party games
- Making cards
- Learn to knit/crochet
- Dressing up
- Making a den from sheets/rugs/cardboard boxes



12. Newsround!



Help young Children to keep up to date with news that is age appropriate such as Newsround: <https://www.bbc.co.uk/newsround> or age appropriate information on the Coronavirus like that provided by Dr Chris on Newsround:

<https://www.bbc.co.uk/newsround/51481330>

13. Home-start Oldham, Stockport & Tameside (HOST)



Home-Start is a local charity of trained volunteers and expert support helping families with young children through their challenging times. They are there for parents who need some help. The earliest years make the biggest impact. They are adding info for families that are self-isolating and activities to keep children occupied etc. They may be able to help deliver food supplies from the foodbank please see the link: <https://home-starthost.org.uk/>

14. Virtual Zoo!



Edinburgh Zoo has a selection of live webcams throughout the Zoo so your little ones can check in on the penguins and koalas from home!

You can access their website below:

<https://www.edinburghzoo.org.uk/>

15. Mahdlo



Mahdlo recognise that young people need there services now more than ever, so to ensure they are still able to support people, they will temporarily be delivering their sessions and supporting services online.

You can access their website below:

<https://www.mahdloyz.org/>

Coronavirus: How families can cope with self-isolating together?

16. Education from home!



For those of you who like a bit of structure in your lives; here's what various celebrities are offering you and your kids for free daily to help with their education while schools are closed:

9.00am	PE with Joe Wicks https://youtu.be/6v-a_dpwhro
10.00am	Maths with Carol Vorderman www.themathsfactor.com
11.00am	English with David Walliams https://www.worldofdavidwalliams.com/elevenses/
12.00pm	Lunch (cooking with Jamie Oliver) https://www.jamieoliver.com/features/category/get-kids-cooking/
1.00pm	Music with Myleene Klass https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ
1.30pm	Dance with Darcey Bussell https://twitter.com/diversedancemix/status/1241098264373592065
2.00pm	History with Dan Snow (free for 30-days) https://tv.historyhit.com/signup/package
4.00pm	Home Economics with Theo Michaels (Mon/Wed/Fri) https://www.instagram.com/theocook

Non-daily events include:

Science with Professor Brian Cox, Robin Ince & Guests
<https://cosmicshambles.com/stayathome/upcoming-schedule>

For your older kids, here are 50 free revision resources for 11+, GCSEs and A-Levels:
http://www.eparenting.co.uk/education/50_free_revision_resources_for_gcse_a_level_11_plus_and_sats.php

Got an idea?

Please note we will be doing weekly updates around managing your health and wellbeing during this time of social isolation and distancing. We are aware that there are more new and innovative virtual activities being set up and will endeavour to provide as much information as we can. If you have any links, information on groups or activities that you would like to share with others please let us know and we can include it here

Get in touch with us on 0161 622 5700 or send us an email at info@healthwatcholdham.co.uk.



One of the worries which many parents are facing is how they will manage all being at home together once schools close.

The BBC released this article which has some top tips on how to cope. Click here for more information -

<https://www.bbc.co.uk/news/uk-51936286>



The place for children of all ages to play games and discover new jokes, surveys, answers to science questions, and fun crafts and recipes.

Click here for more information.



Activities



Jokes



Games



Explore



Share



Listen



The initiative rewards and recognises children and young people between 7-14 years old for learning outside of school.

Learning can take place anywhere including the home and online. Click on our logo to access resources from our network and all across the world in order to keep you active, learning and entertained! We've put these into different categories so you can easily find something new to do.

Scouts

While we normally love the great outdoors, we've pulled together some inspired indoor activity ideas (if we do say so ourselves) to keep kids entertained while schools are closed due to coronavirus. Keep your kids learning new skills and having fun (and avoid hearing 'I'm bored' every 30 seconds) all in #TheGreatIndoors.



Earn Blue Peter Badges - there are 8 to collect! With so many different badges, visit the web-page by clicking on the picture, to see how you could get your hands on one! You will have to

apply for your badge. Please note that the application process for each badge is different, so click on the link under each badge to get instructions on how to earn that badge.

SEND Local Offer

The SEND Local Offer will continue to be updated as new resources and information are available. Please remember there are some useful Apps, resources and access to online E-learning that families may find useful here:

www.oldham.gov.uk/localoffer

Free Daily Resources For Children



PE with Joe Wicks On YouTube

Week days at 9am but you can visit any time on youtube to view the workout.



Wildlife With with Steve Backshall On Facebook

Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.



Science with Maddie Moate on YouTube

Weekdays 11am. Maddie & Greg chat about science and nature!



Dance with Oti Mabuse On Facebook

Every day at 11.30am but children can view the class at any time.



Maths With Carol Vorderman

Free access to the her maths website: www.themathsfactor.com



Music with Myleene Klass on YouTube

Twice a week. Next one Friday 27 March 10am, but can view any time.



Storytime With David Walliams

Free story everyday at 11am on his website: www.worldofdavidwalliams.com

100 Things to do Indoors

- | | | |
|---|---|--|
| <input type="checkbox"/> Read a book | <input type="checkbox"/> Learn 10 words in a new language | <input type="checkbox"/> Practice new hairstyles |
| <input type="checkbox"/> Make smoothies | <input type="checkbox"/> Draw a self-portrait | <input type="checkbox"/> Sing some songs from your unit |
| <input type="checkbox"/> Finger paint | <input type="checkbox"/> Make a papier-mâché sculpture | <input type="checkbox"/> Learn to say the alphabet backwards |
| <input type="checkbox"/> Write a poem | <input type="checkbox"/> Make playdough or slime | <input type="checkbox"/> Help with the laundry |
| <input type="checkbox"/> Colour in a colouring book | <input type="checkbox"/> Do some yoga | <input type="checkbox"/> Act out a movie/tv show scene |
| <input type="checkbox"/> Make finger/sock puppets | <input type="checkbox"/> Make cards for everyone at home | <input type="checkbox"/> Play twister (make your own mat) |
| <input type="checkbox"/> Play/make a musical instrument | <input type="checkbox"/> Try and make a flipbook | <input type="checkbox"/> Do something in reverse, film it and watch it backwards |
| <input type="checkbox"/> Do some no bake cooking | <input type="checkbox"/> Do a jigsaw | <input type="checkbox"/> Be a superhero with capes |
| <input type="checkbox"/> Make a bookmark | <input type="checkbox"/> Play a board game | <input type="checkbox"/> Keep a balloon up in the air game |
| <input type="checkbox"/> Write a diary for your time off | <input type="checkbox"/> Make a bracelet | <input type="checkbox"/> Play I Spy |
| <input type="checkbox"/> Decorate a hard-boiled egg | <input type="checkbox"/> Play Charades | <input type="checkbox"/> Draw around your hand and make a picture out of it |
| <input type="checkbox"/> Do 2 wordsearches | <input type="checkbox"/> Learn a magic trick | <input type="checkbox"/> Keep your bedroom tidy |
| <input type="checkbox"/> Make a joke book | <input type="checkbox"/> Have a go at calligraphy | <input type="checkbox"/> Draw flowers or a fruit bowl |
| <input type="checkbox"/> Perform a shadow puppet show | <input type="checkbox"/> Have a kitchen sink boat race | <input type="checkbox"/> Create a new yoga pose |
| <input type="checkbox"/> Write a thank-you note to someone | <input type="checkbox"/> Draw your family tree | <input type="checkbox"/> Learn how to juggle |
| <input type="checkbox"/> Decorate a t-shirt | <input type="checkbox"/> Make a magazine cover | <input type="checkbox"/> Try and spin a ball on your finger |
| <input type="checkbox"/> Make a scrapbook | <input type="checkbox"/> Have an indoor picnic | <input type="checkbox"/> Put together a bucket list |
| <input type="checkbox"/> Write a short story | <input type="checkbox"/> Make paper aeroplanes | <input type="checkbox"/> Think of an animal for A-Z |
| <input type="checkbox"/> Build something with Lego | <input type="checkbox"/> Blow bubbles and catch them | <input type="checkbox"/> Learn to write with your opposite hand |
| <input type="checkbox"/> Play dominoes | <input type="checkbox"/> Learn your promise in sign language | <input type="checkbox"/> Draw a picture with your feet |
| <input type="checkbox"/> Decorate a jar and fill it | <input type="checkbox"/> Plant something | <input type="checkbox"/> Create a time-lapse |
| <input type="checkbox"/> Learn a card game | <input type="checkbox"/> Start an interest badge | <input type="checkbox"/> Do 10 star jumps every day for a week |
| <input type="checkbox"/> Make yoghurt pot telephones | <input type="checkbox"/> Make lolly stick catapults | <input type="checkbox"/> Make a poster about your unit |
| <input type="checkbox"/> Do coin rubbing with paper and crayons | <input type="checkbox"/> Decorate a picture frame | <input type="checkbox"/> Learn your name in morse code |
| <input type="checkbox"/> Have a fashion show | <input type="checkbox"/> Write a letter to your future self | <input type="checkbox"/> Play noughts and crosses |
| <input type="checkbox"/> Write your neighbour a letter | <input type="checkbox"/> Make an animal mask | <input type="checkbox"/> Try tin can bowling |
| <input type="checkbox"/> Learn to cook something new | <input type="checkbox"/> Videocall a relative | <input type="checkbox"/> Make a napkin parachute for a toy |
| <input type="checkbox"/> Make a den | <input type="checkbox"/> Make up a song or dance and teach it to someone | <input type="checkbox"/> Decorate a headband |
| <input type="checkbox"/> Make ice lollies with cordial and water | <input type="checkbox"/> Create a family recipe book | <input type="checkbox"/> Design a cartoon character and give it a story |
| <input type="checkbox"/> Paint a picture | <input type="checkbox"/> Have a movie day | <input type="checkbox"/> Paint a rock family |
| <input type="checkbox"/> Make a paper lantern | <input type="checkbox"/> Make a sandwich/drink for someone | <input type="checkbox"/> Invent a new word and define it |
| <input type="checkbox"/> Bake a cake | <input type="checkbox"/> Make a dolly peg | <input type="checkbox"/> Learn some origami |
| <input type="checkbox"/> Play hide and seek | <input type="checkbox"/> Design a ticket for your ideal holiday destination | <input type="checkbox"/> Make a list of what you love about Girlguiding |
| <input type="checkbox"/> Take a selfie through a toilet roll tube and pretend you are on the moon | | |

Oldham West Division Competition!

Due to the closure of schools we have the opportunity to offer free lunch packs to young people. If any parents are interested please let us know.

Oldham Boxing, Victoria House, Greaves Street, Oldham, OL1 1QN

Tel: 0161 628 8466

info@oldhamboxing.co.uk

ELSA SUPPORT 14 day Home Challenge

Click the BLUE writing to take you to a resource which you can download and print.



Happy tab Booklet

Look at the five things you can do each day to help you feel happier. Developing relationships with others can be done by telephone or video chat. It could also be done by writing a letter or by making a card for someone.

Jar of Courage

Make a jar of courage with help from an adult. Put the labels on your jar and fill it up with the positive quotes. Take one out each day and read it. Believe it!

Hug in a Mug

Give yourself a hug in a mug. Decorate the mug and add all the things that make you feel happy in the pieces of marshmallow

Star Breathing

Learn how to do star breathing so that you feel nice and calm when you feel either anxious, angry or upset. I bet you could draw your own star too. See if you can copy the poster and draw your own.

Self-esteem Bookmark

Colour your own self esteem bookmark and read it every day to remind yourself how amazing you are. You can use it when you read your book. You can do lots of reading at this time

Mindful Flip Flop

Some lovely mindful colouring today. I wonder if you can manage to colour all the sections and think about the words. Can you find time to really relax today? Enjoy opening and closing your flip flop!

Happiness Challenge

There are five days worth of activities here but I bet you could do them all in a day if you set your mind to it. Lots of lovely happiness fun!

Mandala Wishes

Today you need to draw your picture in the centre of the mandala and then think about your wishes. Write them in the petals and then do lots of lovely mindful colouring.

Mindful Rainbow Walk

You might only be able to go into your garden if you have one but you could do this around your house and by looking through the windows. What do you notice?

A- Z of Self-care

What can you do to look after yourself today? Read through the poster and then make your own A-Z of self-care.

Doodle a Day

Doodling is relaxing. Try filling this all in today. What creative doodles can you do?



20 Faces

Can you fill in all the faces with different expressions? Think about all the emotion words you know and try and put a face to each one.



Mindful Challenge

There are five days of activities here but I bet you can do them all in a day if you set your mind to it. Have a lovely mindful time!

My Perfect Day

What would your perfect day look like? Fill in this comic strip with all the things that would make it just perfect.



To attend regular enrichment activities beyond your place of learning

Oldham Music Service



Whilst most schools are closed and children are being home educated, Oldham Music Service want to do all that is possible to help you to further your child's musical education (and also keep them entertained).

Please keep visiting this page to access downloads, links to other, carefully selected websites and other resources that we think you will find useful.

Click the picture above if you're looking for fun musical activities for pre-school children with our Musical Beginnings and Musical Explorers team, Claire, Angela, Kay and Alison.

If you are looking for high-quality, educational musical activities for slightly older, primary school children, click here for downloadable activity sheets organised by school year.

Coolmath Games

Coolmath Games is a brain-training site, for everyone, where logic & thinking & math meets fun & games. These games have no violence, no empty action, just a lot of challenges that will make you forget you're getting a mental workout!



Free and fun digital education for children worldwide.

[Click here to visit the website.](#)



PBS Kids provides educational games and videos.

30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Follow the instructions for each day. The only rule is to have fun and use your imagination!				Day 1	Day 2	Day 3	Day 4
				You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.	Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18	
Dr. Who hires you to build a new TARDIS.	You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.	Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25	
The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.	Design and build your dream bedroom.	
Day 26	Day 27	Day 28	Day 29	Day 30			What was your favorite day?
You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.	You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile			



FREE Online Tuitions
Science, Maths and English
Key stage 2, 3 and 4

<https://stem.astml.co.uk>

FREE
Online
Tuitions

90

Minute Sessions
Per Subject
Per Week

2,3,4

Key Stage
Curriculum

30th

March 2020 Start

Published by
STEM Division
ASTML UK
www.astml.co.uk

In the current unprecedented situation the learning process for your children can continue. You can continue supporting your child's learning through our online classes within the safety of your home.

ASTML is offering you FREE online tuitions in Science, Maths and English.

With special focus on meta-cognition, higher order thinking and learning skills, transferable to all areas of the curriculum.

Our sessions will be delivered by qualified and experienced teachers in delivering Science, Maths and English lessons to Primary and Secondary schools in the UK.

Contact us for more details.



stem@astml.co.uk

Science for Kids!

Science Kids is the online home of science & technology for children around the world.



Learn more with our fun science experiments, cool facts, free games, activities, lesson plans, quizzes, videos, photos and science fair project ideas.

Splash Learn

The Complete K-5 Math Learning Program Built for Your Child

Boost Confidence. Increase Scores. Get Ahead.

Parents, Sign Up for Free Teachers, Sign Up for Free



Math Game Time offers free math games, worksheets, homework help & videos for teachers, parents & children



To take responsibility for
your own health and wellbeing

galleryoldham

Gallery Oldham will be releasing digital cross-curricular resources using artworks and artefacts from their collection. Free to download and use with children as part of their home-schooling activities and inspiration!

Available soon (click here).

We're also taking our Super Saturdays, GO Wild and Early Years programme online!

Don't miss out on family activities, resources, tutorials and blog posts on our website and social media.

<https://www.galleryoldham.org.uk/>

Twitter: @GalleryOldham

Facebook: Gallery Oldham

Instagram: @galleryoldham

Youth Sport Trust



YOUTH
SPORT
TRUST



Believing in
every child's
future

In these unprecedented times, the Youth Sport Trust want to be able to support schools, teachers, parents and carers in understanding the importance of continuing with Physical Education (PE) whilst children and young people are inevitably going to be schooled in the home environment.

Please click on our logo, above, to visit our website to find various different activities that can help you and your children to keep active.

Mindheart have created an interactive resource designed to support and reassure primary aged children. It allows them to explain and draw the emotions that they might be experiencing.

<https://www.mindheart.co/descargables>

HELLO!

I am a **VIRUS**,
cousin with the Flu and
the Common Cold



My name is Coronavirus

MINDHEART MINDHEART.CO
WWW.MINDHEART.CO
CC BY NC SA 4.0 INTERNATIONAL PUBLIC LICENSE



As the situation with coronavirus evolves, it's important to know what support is available to you as a carer and those you look after.



COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND



30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙏

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

5 Get active. Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

8 Take five minutes to sit still and breathe. Repeat regularly

9 Call a loved one to catch up and really listen to them

10 Get good sleep. No screens before bed or when waking up

11 Notice five things that are beautiful in the world around you

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



“Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances” ~ Viktor Frankl



ACTION FOR HAPPINESS



www.actionforhappiness.org

People who are **much older** or who already have **health problems** are **more likely** to get sicker with coronavirus.

If anyone gets sick and feels like they might have coronavirus, they can **immediately** call their **doctors** and get help.



There are some things **you** can do to **protect** yourself, family and friends from getting sick.

① WASH YOUR HANDS OFTEN

★ USE SOAP AND WATER

★ WASH FOR AT LEAST 20 SECONDS. IF IT HELPS, SING THE ABC'S WHILE YOU DO IT—THAT'S ABOUT 20 SECONDS.

★ WASH AFTER USING THE BATHROOM OR BEING IN PUBLIC SPACES (LIKE THE BUS OR PLAYGROUND).



② SNEEZE INTO YOUR ELBOWS

★ CORONAVIRUS IS BELIEVED TO SPREAD THROUGH **LITTLE DROPLETS** OF FLUID FROM YOUR LUNGS.

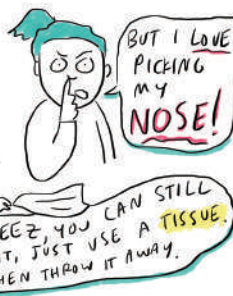
★ IF YOU SNEEZE INTO YOUR ELBOWS, YOU CAN PREVENT GERMS FROM GOING INTO THE AIR AND ONTO YOUR HANDS.



③ AVOID TOUCHING YOUR FACE

★ DON'T PICK YOUR NOSE, DON'T TOUCH YOUR MOUTH, DON'T RUB YOUR EYES.

★ THESE ARE THE PLACES WHERE GERMS ENTER OUR BODIES.



It's very important to **remember** that this kind of virus can affect

ANYBODY.

It **doesn't** matter where you come from or what country your parents are from.



AND DON'T FORGET!

There are a LOT of helpers out there who are working to protect you. It is **NOT** your job to worry.



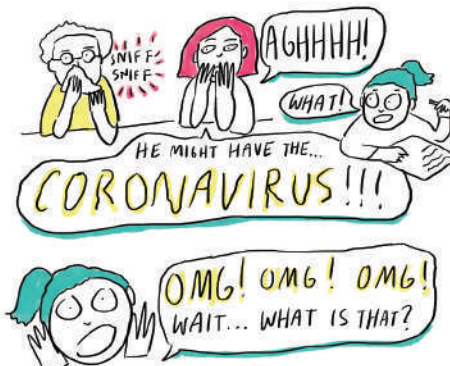
But seriously, though... PLEASE **wash your hands!!!**

Exploring the New CORONAVIRUS

A Comic Just for Kids

By Malaka Yherib

It's a word you might have heard at **school** or **online** or on T.V.



This **coronavirus** is a newly discovered virus. It causes a disease called **COVID-19**.

Most people who have gotten sick with this coronavirus have had a **mild** case.

And there aren't a lot of cases in **kids**. If kids do get the virus, it tends to be **very mild**.





Dream Big Sport



Our team have been working hard to support schools who's doors are still open to children of key workers and the vulnerable children in our communities. However, we are well aware that there are hundreds of thousands of children and young people currently at home following the government advice during these unprecedented times.

To support the wider community we have sourced a number of FREE activities and resources, to be used with your children to keep them active whilst staying at home.

Simply click our picture above to visit our website and choose an activity that you are most interested in, have a read and give it a go!

Dream Big Sports have not created any of the resources listed, however, they have been identified by our team as activities that will support physical activity whilst at home, ensuring children are still working towards government guidance of 60 minutes moderate physical activity per day

Thinking about Mental Health



Walking Bingo!



If you're going out for your daily exercise, why not play our walking bingo? It's a great game for children and adults to play together. See how many of the things on our list you can find. Remember to shout BINGO! if you find them all.

Just remember to keep a distance of two metres from others when on your walk - that's about the length of a sweeping brush!

The sunshine 	An insect 
A crack in the pavement 	Daisies 
A tweeting bird 	A pond 
A dog barking 	Dandelions 
A cloud in the sky 	The number 21 on a door 
Someone smiling 	A street sign with the letter 'e' 

#iwill #socialaction #TLN

Walking Bingo!



Now it's time for you to create your own! Write or draw the things you might spot in the beautiful world around you. When you're done go for a walk with your family and see if you can find them.

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.
11.	12.

#iwill #socialaction #TLN



We are happy to announce that the Sensei's are still delivering live/virtual Karate lessons. All of the details for parents to access the 'Zoom' application can be found below. These sessions are running every weekday at 10am, 2pm and 6pm and every Saturday at 10am.

Parents, please join our members only Kaizen-Do Karate group on Facebook to access daily updates, videos and information on Zoom. We also would like parents to subscribe to our YouTube channel where you can watch videos on different Kata's, fitness and stretching videos and much more!

How to access our LIVE Virtual Lessons...

For best results during the LIVE virtual meetings please try to log on through your desk top computer or laptop. If you are using your phone, then make sure you download the FREE 'Zoom' app. When at home if it's possible to screen mirror with a bigger TV then please try to do so.

Please log on and be ready a few minutes before the meeting is scheduled to start. WE WANT AS MANY STUDENTS ON WITH US AS POSSIBLE. The link you need is; <https://zoom.us/j/9221363687>

We want it to be as much like a class as possible so please ensure you are wearing your karate suit and that you have cleared out space to do techniques.

KaizenDoKarate.co.uk | 07739 746 836 | 01706 341 555 | 0800 0855 099



Coronavirus is all over the news, with talk of schools closing, events being cancelled, and people being kept in quarantine. It's understandable

that many children, and adults, are anxious about the virus and how it could impact them.

<https://www.place2be.org.uk/about-us/news-and-blogs/2020/march/coronavirus-information-for-children/>

COVID-19 ANXIETY

5 tips for staying mentally well

0:02 / 5:33

COVID-19
Get the latest information from the NHS about coronavirus.
[NHS](#)



To actively look for and pursue reading opportunities

OxfordOWL



FREE eBook library -Practise reading at home. Help your young child learn to read, and love to read, with our eBook library, containing over 100 free eBooks. Our eBooks have been developed for children aged 3–11, to teach them to read using phonics.

The Oldham Pledge

Special Edition: April 2020

Unite for Literacy provides free digital access to picture books, narrated in many languages. Literacy is at the core of a healthy community, so we unite with partners to enable all families to read with their young children.



Read Write Inc. Phonics – information for parents. Our films show how we teach children to read and write with Read Write Inc. Phonics. Each lesson is ten minutes long and available for 24 hours. .



A site packed with interactive phonics games, phonics planning, assessment ideas and many teaching ideas and resources to help children to learn to hear phonemes, recognise graphemes and develop the blending and segmenting skills that are vital for learning to read and spell.

Libraries in Oldham may be closed, but...

#OldhamLibrariesDailyChallenge

Each weekday we will be setting little challenges to help keep mind and body active over the coming weeks. Challenges so far have included: Making your own musical instrument out of anything you can find around the house; Using the first line of page 18 of a book/magazine to start your own short story; Book Cover Articulate - describing the cover of one of your favourite books without telling us the name; and the [#WordSearchWorkout](#) where participants read the first page of a book/magazine, and do a designated action whenever they see a specific word. The challenges respond to Oldham Libraries' **Daily Programme Themes** (click here for more information).

Every Monday

Get Inspired Day: amongst other inspiring content, we are hosting [#FamilyQuiz](#) sheets for everyone to enjoy – this week's quiz was a children's book cover quiz. The quizzes are posted to our Facebook feed, for families to enjoy in their own time, with the answers revealed the next week. i.e. the new quizzes are posted fortnightly and the answers are posted fortnightly, thereafter.

Every Wednesday

Rhymetime at 10am on Facebook Live, which can be a great little singalong for any youngster.



Pledge 5



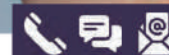
To actively engage in the world of work and to be moneywise



POSITIVE STEPS

SUPPORT | CHALLENGE | CHANGE

COVID-19 RESPONSE



Continuing our support

In line with government advice, we are working in a more flexible way. We understand that this is a worrying time for everyone, especially with unprecedented school closures and uncertainty around exams. We wanted to let you know that, although we are currently working differently, we are still working to provide you with the help and support you might need over the coming weeks and months.

Our team of career advisers is on hand every weekday (9-4:30pm) to offer information, advice and guidance on more than just careers; many of you will have questions and concerns about everything from exams, college and education through to finance, housing and employment and we are here to support you and your family in these rapidly changing, difficult times.

For any questions we cannot answer, we will ensure you are put in touch with the people best placed to offer you the right support. Rest assured, Positive Steps will do all they can to continue providing a service to the young people and families of Oldham.

How to contact us:

- Careers Helpline: 0161 621 9300
- Email: oldhamcareers@positive-steps.org.uk
- Website: www.positive-steps.org.uk ('Contact Us' section)
- Facebook: @PositiveSteps80 Twitter: @PositiveSteps

We look forward to hearing from you & helping in any way we can.

Positive Steps ... not just a careers service

Oldham Careers Helpline: **0161 621 9300**

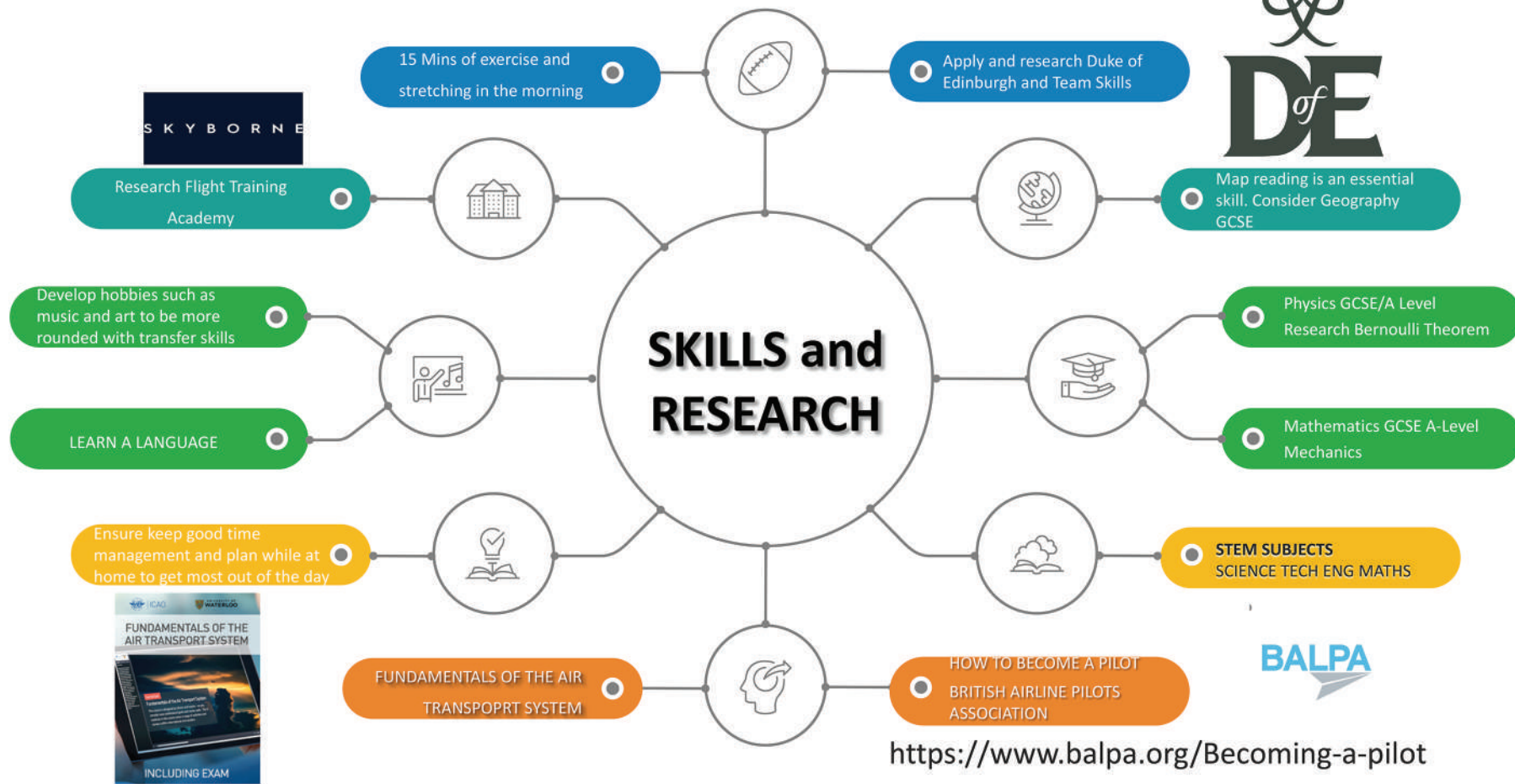
web: www.positive-steps.org.uk email: oldhamcareers@positive-steps.org.uk

@PositiveSteps80 @PositiveSteps

CAREER PILOT PATHWAY

HOW TO MAINTAIN YOUR DREAMS AND AMBITIONS

1





To attend sporting and creative events

OAFc Chaddy the Owl Competition



For the chance to win a football, signed by the @OfficialOAFc players, we are asking you to send us your designs of our very own Chaddy The Owl. To enter you can be as creative as you like:

- Drawing
- Painting
- Use recyclables
- Graphic design

To enter, either tweet us (@OfficialOAFc) or email (enquiries@OACT.org.uk). The closing date is 22.4.20, with one entry being chosen as the winner.

Good luck!
#OACT #OAFc



The Oldham Pledge

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@LaticZone on twitter



Laticzone staff always enjoy making an origami t-shirt and then designing it with their students at the centre. Here is a video that helps explain the process. Please send us your design.

<https://www.youtube.com/watch?v=nA6AUFVybKQ&app>



30 Day Art/DT Challenge

© The Mum Educates

Design and make your own boat that will float on water. Day 1 	Draw a butterfly with exotic colours. Day 2 	Make your own puppet using a sock. Day 3 	Design the best parachute to protect a boiled egg. Day 4 	Make your own kite. Day 5 
Make a planet using paper Mache. Day 6 	Design a face mask for yourself. Day 7 	Make your own rocket using empty paper rolls. Day 8 	Use marshmallows and toothpicks to build your own 3D shapes. Day 9	Draw your family picture on a poster. Day 10 
Write your name with play dough. Day 11 	Build something you would find in the polar regions using things you can find in your home. Day 12 	Draw your own superhero with special powers. Day 13 	Use building blocks or Legos to build a sculpture. Day 14 	Make a squishy with a balloon and toothpaste. Day 15 
Make a den in your home using fabric, cushions and other furniture. Day 16 	Make your own monster bookmark. Day 17 	Design your own Easter egg. You can do this on paper or you can paint a real egg. Day 18 	Collect some nature things from outside and draw these in your book. Day 19 	Make a spider with pipe cleaners. Day 20 
Write a hilarious poem using bubble writing. Day 21 	Draw a picture of yourself and then label all the body parts of the body. Day 22: 	Make your own glittery slime. Day 23 	Draw an illustration for your own story. Day 24 	Collect photos of your family and make a family tree. Day 25 
Paint rocks and turn them into animals. Day 26 	Make your own board game. Day 27 	Create a poster showing healthy and unhealthy food. Day 28 	Make your own paper plate nest. Day 29 	Make a castle using an empty cereal box. Day 30 



Contribute to environmental sustainability

Switch Zoo visitors share funny and creative animal names, drawings, stories and poems about the animals, and comments about the zoo.

Write Us | Add to Favorites (in Chrome, press Ctrl+D)

Switch Zoo® Animal Games

Teachers' Resources

Switch Zoo®
Make New Animals!

Play now
FREE Play small version online

Download App
Learn more
One Scene FREE

Building a Bug Bedroom

Creating a bug bedroom for creatures great and small is fantastic for the environment. Making safe spaces for wildlife to shelter can encourage biodiversity and is also a fun way to pass the time!

Here's what you'll need:

A 2 litre plastic bottle Twigs Soil Fallen Leaves Toilet roll tube



Here's how to make it!

1. Cut the top off your 2 litre bottle. (You may need a grown up for this.)
2. Explore outside and collect any natural materials you can find e.g. fallen leaves, soil and twigs.
3. Fill your bottle with the natural materials you have found.
4. Find a quiet spot outside and lay the bottle on its side ready for the minibeasts to come and play!
5. Take a photograph of your bug bedroom. You might want share this with family and friends- this might inspire them to make bug bedrooms of their own! If your adult uses Twitter, why not ask them to post the photograph and use the following hashtags-
#socialaction #iwill4nature #showthelove



🔄 You Retweeted



Chester Zoo @... · 02/04/2020 ✓

🦒🎥 LIVE: A virtual zoo day at
[@chesterzoo](#) 2! 🎥🐸

As you can't come to [#TheZoo](#)
right now, we'll bring it to you!

Join us for MORE FUN on our
[@Facebook](#) & [@YouTube](#) pages
from 10am. A whole day
of animal antics, LIVE from your
sofa 🙌🙌

[#StayHomeSaveLives](#)



Making A Birdfeeder

Making a birdfeeder by reusing household items is a great way to care for your local wildlife and the environment. Give it a try!

Here's what you'll need:

1 milk carton 2 twigs 1 shoelace seeds
(sunflower or birdseed) scissors 1 pen



Here's how to make it!

1. Using your scissors cut out 4 rectangles on you milk carton- one on each side. Ask an adult to help you with this.



2. Pierce 4 holes near the base of the carton using your pen- one on each side.



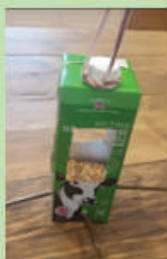
3. Insert the twigs through the holes on either side to make a perch.



4. Add the seeds inside the carton. (Please check the seeds you are using are safe for the birds to eat as some can be poisonous.) We recommend using sunflower seeds or birdseed.



5. Finally, tie the shoelace around the lid of the milk carton and hang it on a tree!



Why not take part in the RSPB's birdwatch initiative? All you have to do is tweet a photo of any birds you see using the hashtag #BreakfastBirdwatch.

If you're looking for even more exciting outdoor activities check out our nature chatterboxes here <https://tinyurl.com/rz4rg6s>. They're a really fun way to engage with nature.

#iwill4nature

#edencommunities

#socialaction

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To be involved in a democratic process

Smart
School
Councils
Community

Pinned Tweet



Smart School Councils @SSCCTY · Mar 19

Young people of the world 🌐

We're posting a Daily Debate about a Coronavirus-related question for you, your family or class

- 1 At 8AM GMT we'll post a new debate
- 2 Click link to use debate tool
- 3 You can lead the debate by reading from the tool
- 4 No adults leading please!

1

13

21



[Show this thread](#)



To use digital technology to enhance learning



Machine Learning Short Course

This course will:

1. Introduce students to the topic of Machine Learning
2. Provide interesting, fun and interactive activities and videos to explain this concept and real world application
3. Provide students with the opportunity to design and build their own Machine Learning Model

The tasks have been designed to allow students to independently work through by themselves at home and all activities can be completed online in the workbook to avoid the need to print any resources. This course should provide approximately 5 hours of activities and is recommended for Year 8+.

[Please click here for further information.](#)



Design an App

This course will:

1. Introduce students to the topic of App Development
2. Encourage students to identify everyday problems which could be solved by a mobile app
3. Provide students with the opportunity to create a paper prototype of their mobile app

The tasks have been designed to allow students to independently work through by themselves at home. There are two options- one is paper based and is designed for students who perhaps won't have access to a computer at home and the other uses requires a computer / tablet and the internet. This course should provide approximately 5 hours of activities and is recommended for all age ranges.

Link to paper-based version - [click here for more information.](#)

Link to computer based version - [click here for more information.](#)



The Oldham Pledge

Special Edition: April 2020

If you would like to add any information to the next newsletter, please contact;

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Lorna Philip

eMail: lp@hathershaw.org.uk



Twitter

[@OldhamPledge](https://twitter.com/OldhamPledge)