



Home Learning Policy

Read



Attend



Play



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Introduction

Education is a life-long process.

A child's education does not finish when they leave our school building at the end of a day. Education continues as part of their daily routines and family activities. Learning at home is an essential part of good education. We know that many parents want to know how best to support their children's learning at home.

At Frogston Primary School, we would like you to keep three words in mind:

Read Attend Play

By focusing on these three things, you can help to give your child the very best start in life, not just academically, but socially and emotionally too.

In the next pages, you will see our suggestions about how to support your children with reading, school attendance and play.

Some of the guidance is organised into school year groups. As with all learning and development, not all children progress at the same rate. Bear in mind that some of the suggestions will be appropriate earlier or later for some children.

Read



There can be few things as powerful and impactful as reading to or with your child.

Reading to and with your child has been proven to build comfort, reassurance, confidence, security, relaxation, and happiness.

Children who are regularly read to from an early age have better self-esteem, a higher vocabulary, sleep better and are much more likely to take up reading for pleasure as they get older.

We would like to encourage all our parents to establish or maintain a routine of reading with their children every night. It doesn't need to take long, and we are here for support, advice, or even just book recommendations.

Unfortunately, less than half of all 0–2-year-olds are read to by their parents or carers on a regular basis, and the statistics don't get much better as children get older. Reading together creates fond memories, enhances vocabulary and understanding, demonstrates fluency and expression, and supports children to feel safe and calm and get a good night's sleep!

We recommend the use of real, paper books as much as possible, especially at bedtime. There is growing research suggesting that screen time hinders sleep and can increase anxiety and stress. Books can be expensive but there are many ways to access free or very cheap books through your local library, charity shops, school fayres, and through our school Book Swap Shop.

On the next page are some suggestions for what reading you may do with your child, depending on their age or stage, as well as the key skills that you can focus on when reading. Again, some of the suggestions will be appropriate earlier or later for some children.

Age	Time	What to do	Skills to develop
P1 and younger	5-15 minutes per day	<p>Read 1-3 picture books to your child, every night before bed.</p> <p>Take turns between different care-giving adults.</p> <p>Have fun! Use silly voices, act it out, make deliberate mistakes...</p> <p>Explore the text for rhymes and rhythms and play around with them.</p> <p>Explore pictures for clues about the story or opportunities for counting or to talk about colour, shape, animals, weather or anything else your child loves!</p>	<p><i>Listening and attention:</i> Encourage your child to sit with you, to look at the book, and to listen. Of course, they may lose focus from time to time but try to be firm and don't read until they are ready.</p> <p><i>Observation and recall:</i> Ask questions about the pictures and the story.</p> <p><i>Choice and developing a love of reading:</i> Let them choose what they want to read. Don't worry if it's the same book again and again. This can be comforting and build confidence (and it won't last forever!)</p>
P2-3	up to 30 minutes per day	<p>Continue to read 1 to 3 picture books to your child, every night before bed.</p> <p>When your child is ready, start reading chapter books in small sections.</p> <p>If your child has started reading, get them to read a book or part of a book at their level, as part of story time routine.</p> <p>If they are not yet reading, play little games to encourage them to find letters, sounds or words that they have learned in the book.</p>	<p><i>Decoding:</i> Sounding out unfamiliar words is essential at this stage and can take time. Give your child space and time and support them with accurate letter sounds.</p> <p><i>Reading for purpose:</i> Begin to include your child in reading for different purposes in your daily life. This might <i>include:</i> shopping lists; instructions or recipes; game rules; following maps; or, messages from family and friends.</p> <p><i>Developing a love of reading:</i> Let your child see you read. This may be a newspaper, novel, cookbook, etc. but try to be modelling reading when they are around.</p>
P4-5	up to 30 minutes per day	<p>You can still read to your child!</p> <p>Your child will probably still enjoy picture <i>books</i> but they may want to move on to fact books, comics and novels too.</p> <p>Your child can also read to you. Just make sure that it is still fun! Try taking turns or both reading out loud together.</p> <p>Encourage independent reading after story time has finished. Agree a time (maybe 10 minutes), then come back to turn off the light and say goodnight.</p>	<p><i>Expression:</i> Model and encourage an expressive voice when reading out loud, especially if it is a familiar text.</p> <p><i>Focus:</i> Try to minimise distractions. Keep screens away during reading time, or, when e-reading, consider using aeroplane mode!</p> <p><i>Developing a love of reading:</i> Talk with your child about their reading <i>and</i> your own reading.</p> <p><i>What are do you enjoy reading?</i> <i>What are you hoping to read next?</i> <i>How does reading make you feel?</i></p>
P6-7	30+ minutes per day	<p>You can <i>still</i> read to your child!</p> <p>Picture books, novels, non-fiction, comics, news articles, sports news or anything which interests them. Continue to take turns or read aloud together.</p> <p>Children may also enjoy reading to other adults, their siblings or their pets!</p> <p>Continue to encourage independent reading before sleep and at other times.</p>	<p><i>Independence:</i> Encourage your child to turn to reading when they are 'bored'. And, when they have questions or are curious about something, help them to find and read answers for themselves by accessing a physical text or reading online.</p> <p><i>Developing a love of reading:</i> Continue to share your experiences of reading with your children. This can include reading of all kinds, for pleasure, for practical purposes or for your work.</p>

Attend



The best thing you can do for your child's learning, is get them to school on time, for as many days of the school year as possible. This will be best supported by good sleep routines and eating something for breakfast.

Of course, pupils will be ill from time to time and need to be off, and they should absolutely attend important family events such as weddings and other key events. However, our expectation is that all pupils will attend school at least 90-95% of the time.

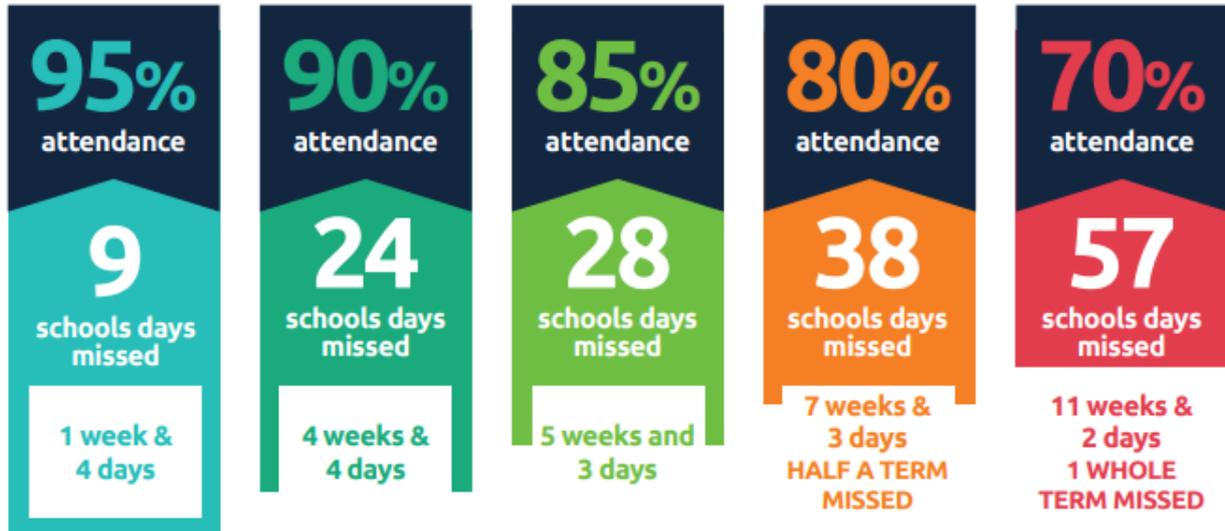
It can be easy to underestimate how much school your child is missing and the impact that regular absence can have.

The table on the next page explains how much learning is missed over the course of a school year with different levels of attendance or lateness.

For further details about how attendance and lateness can affect pupil learning and development, please see the resources section.

In line with City of Edinburgh Council attendance policy, if your child's attendance drops below 85% you will, in the first instance, be contacted by the school and offered support. However, if you would like support with any aspect of your child's attendance, please do get in touch.

Every day in school counts...



and every minute counts...



Play



Play is how children learn about and explore their world from the moment they're born. It is how we are built to learn and it's fun!

Play gives children opportunities to think about problems, try out ideas, negotiate, share, take turns, adapt to new rules and ideas, and learn to be resilient and persevere. Play builds good mental health, coping strategies for losing and failing, and supports a lifelong love of learning and trying new things. It also supports a surprising amount of learning and skills development in science, technology, engineering, maths and literacy.

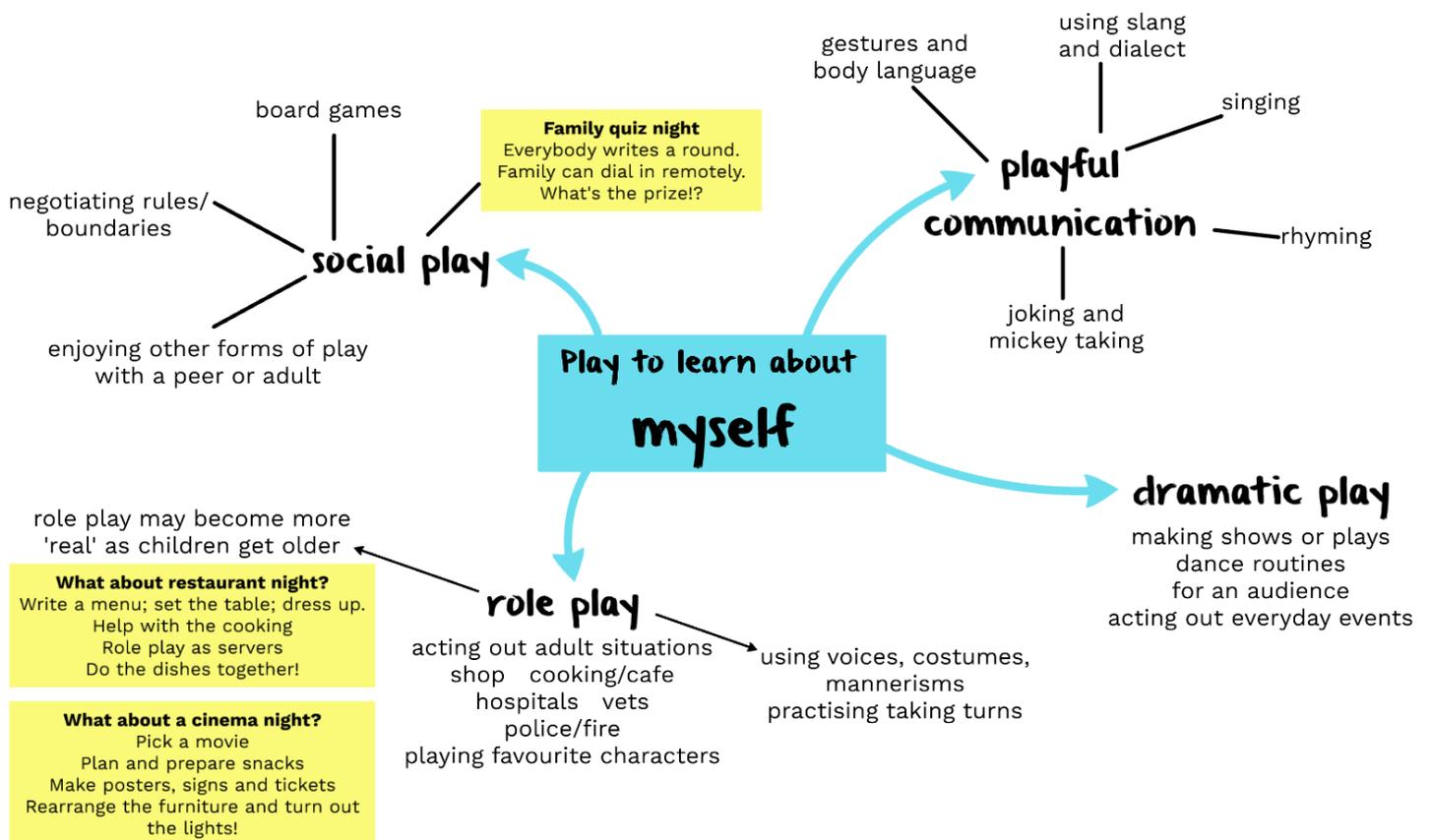
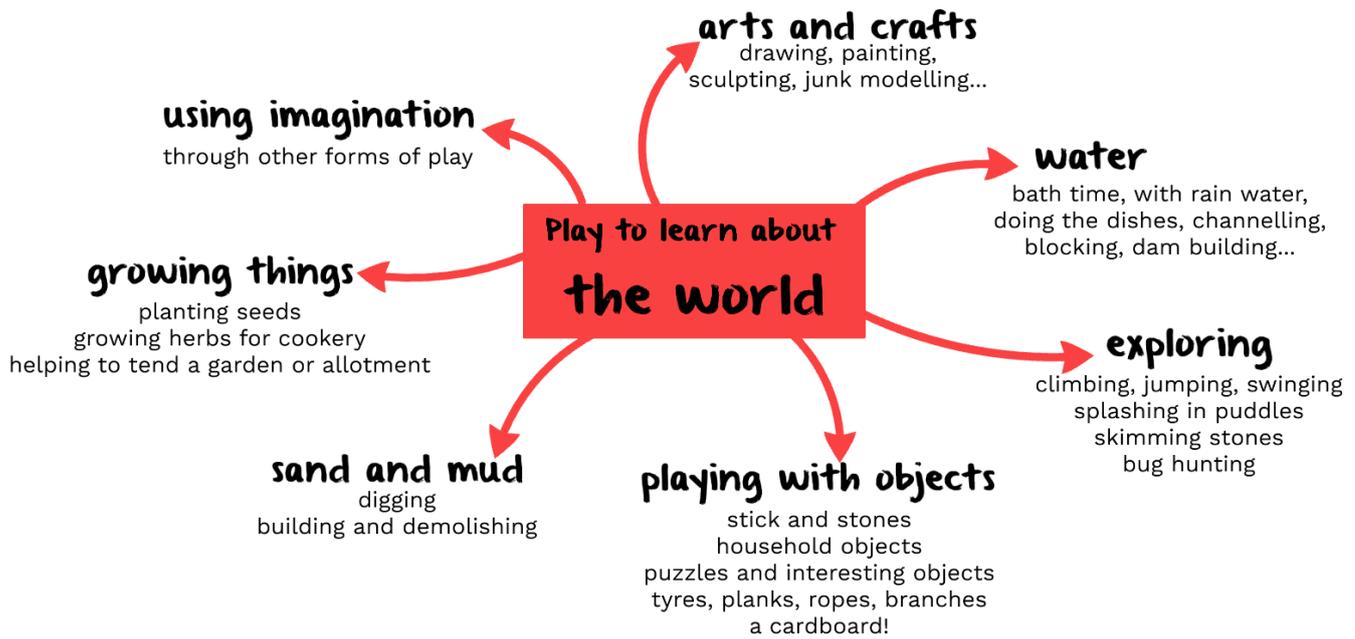
We want our families to play together but also to recognise the importance of children sometimes playing without adult support. All games and play are beneficial in their own ways.

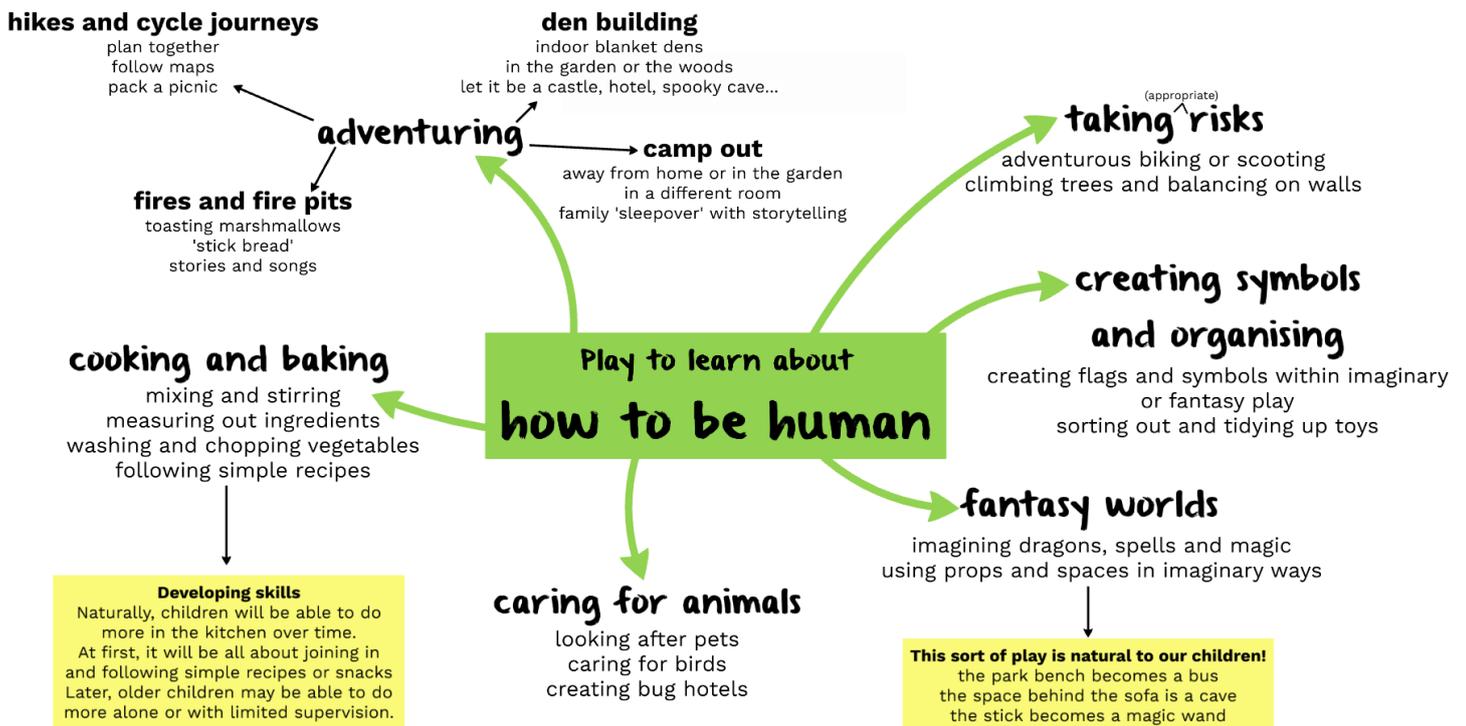
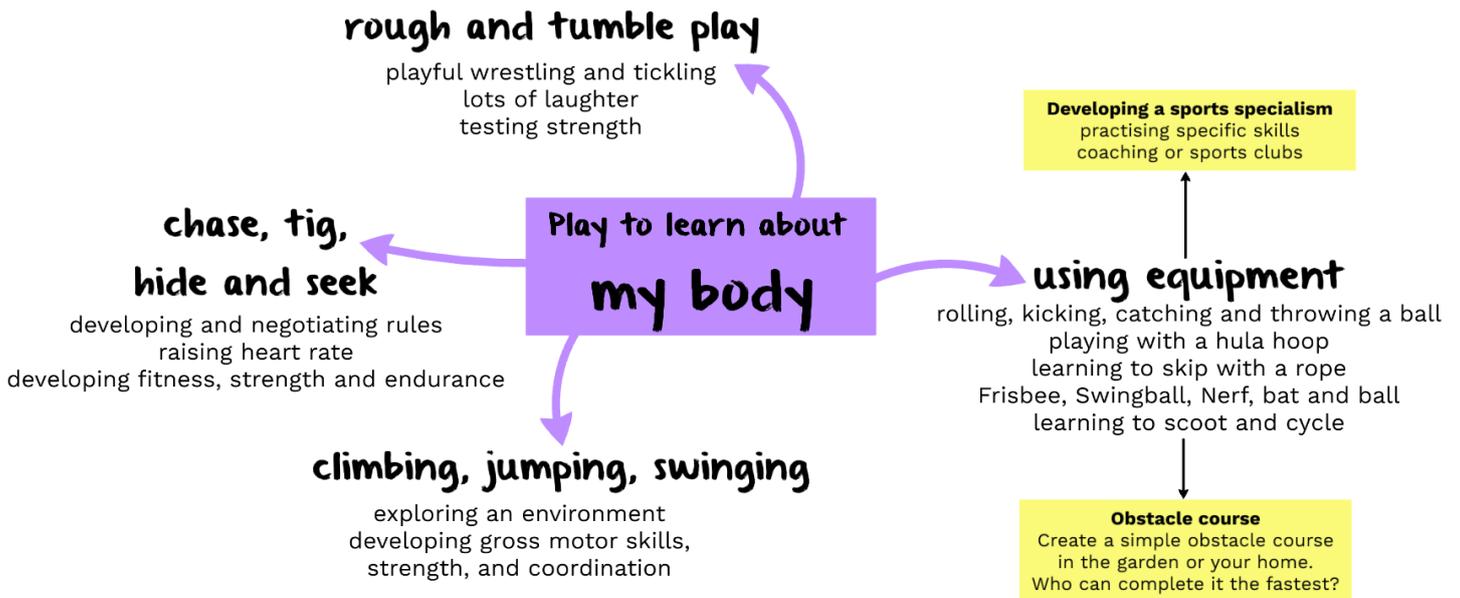
Please note that whilst computer games are a legitimate part of play, we would recommend that children spend no more than an hour a day on computer games and only ever have access to games which they are legally old enough to play. We would also advise that children are never left alone with internet capable devices.

On the following pages are a selection of play suggestions. Many of you will be doing many of these things already and there is no expectation that all of these forms of play will be happening in every home or all the time. Perhaps there are just one or two ideas on here that might inspire you and that you may want to try.

In supporting your child's play, your choices will be guided, to some extent, by your own skills, interests and confidence with certain activities. Equally, your child's engagement in any form of play will develop in complexity and depth as they grow older.

The suggestions on these pages are organised into sections based on the 'Play Types Toolkit' from Play Scotland.





Additional resources

Here you will find live links and suggested resources to support reading, attendance and play.



What level?

Finding the right book level for your child can be tricky. The 5 Finger Test is a simple method you can use. Get your child to put their hand on a page so their fingers are touching a word per finger. If they can read 4 or more words easily, the book is probably suitable. You can also ask your child's teacher for help and recommendations.

Libraries:

Edinburgh is full of [wonderful libraries](#) where you can borrow books, cosy up and read together or even attend craft and play sessions with your children!

The nearest local library is at the South Neighbourhood Office and Library, 40 Captain's Road, EH17 8QF.

Additionally, a mobile library visits the area on Mondays stopping at:

- Howdenhall Drive, from 1.30-1.50pm
- Alnwickhill Park, from 2.00-2.20pm
- and, Mortonhall Park Gardens, from 6.30-7.10pm.

Accessing books:

- The Frogston Primary **Book Swap Shop** is open at every major event such as Parents' Evenings, Meet the Teacher events and so on.
Bring us books you no longer want or just take some books for your family!
- Peruse your local charity shops as they always have loads of books that they are keen to get rid of for minimal cost.

Online resources:

- [Reading Rockets](#) have lots of good tips, strategies and book recommendations!
- These [leaflets](#) from Education Scotland are designed to support parents by providing some fun ideas to encourage good reading habits at different ages and stages.
- [Oxford Owl](#) has free online access to books, stories and related games, questions and activities.
- [Pie Corbett's Reading Spine](#) offers a lovely list of quality books for each year group.

Note, this is based on English Curriculum so Reception = P1, Y1 = P2, Y2 = P3 and so on.



Attend

Sleep:

Good sleep supports good health and helps everyone to get to school on time. If you are having any trouble at all in this regard, [Sleep Action](#) are a fantastic charity with lots of resources and support available.

You might use something like the table below to help with morning and evening routines, adding drawings for each box or making your own version or turning it into a tick chart or sticker chart.

Morning	Get dressed	Eat breakfast	Brush my hair	Brush my teeth	Pack my bag	Put on my shoes
Evening	Tidy up my things	Eat dinner	Have a wash	Put on pyjamas	Brush my teeth	Storytime and bed

More details on the potential impacts of missing school:

%		SCHOOL DAYS MISSED	OUTLOOK FOR YOUR CHILD
100%	Excellent	0 Days	Gives your child the best chance of success!
95%	Good	9 days (1 week, 4 days)	
90%	Below average	19 days (4 weeks, 4 days)	Starts to become harder for your child to progress. If 90% is maintained for 5 years, that is the equivalent of 6 months of school missed.
85%	Unsatisfactory	27 days (5 weeks and 3 days)	SERIOUS IMPLICATIONS Harder to make and maintain friendships Becomes difficult to catch up with work A child with below 85% attendance can be referred to the Education Welfare Service If 80% is maintained for 5 years, that is the equivalent of 1 whole academic year missed.
80%		36 days (7 weeks and 3 days) *HALF A TERM MISSED*	
70%	Unacceptable	57 days (11 weeks and 2 days) *1 WHOLE TERM MISSED*	VERY SERIOUS IMPLICATIONS Extremely difficult to catch up with work. Increased risk of social isolation Child unlikely to have a positive view of education Becomes harder to succeed in mainstream education; unlikely to gain qualifications, resulting in a difficult transition to positive destination (employment, further education) Extremely likely to impact on confidence, self-esteem and mental health Risk of legal action against parent/carer which may result in prosecution and/or Compulsory Supervision Order (CSO).

Further support for families, provided by City of Edinburgh Council, can be found at edinburgh.gov.uk/support-families or contact Frogston and ask for Aimee.



The importance of play and inspiration

Play Scotland have hundreds of incredible [resources, ideas, and tips](#) and it's all for free!

Learn more about why play matters so much from [Learning Through Play](#).

Have a look at the Frogston Primary 'Holiday Grid' on our Website.

My Little Wildlings have compiled a list of free activities in and around Edinburgh.

Additional play resources

Edinburgh's Board Game Library at Tollcross have over 300 board games to borrow for a small annual membership fee.

Having a standard deck of cards in the house is a simple, cheap way to bring hundreds of different games into your home, many of which reinforce good mathematics, turn taking and resilience. Look [here](#) for some ideas!

Outdoor Play

Creative Star have a Nature Play and Learning tab on their website, where every conceivable outdoor activity is detailed!

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