

# Education Inclusion Family Advisor Newsletter

## A Message from Me

Hello, I am Katie Smith and the EIFA for your school. My role is to support families who are experiencing challenging episodes in their family lives. You can request a call through my contact form - <https://forms.office.com/e/m1mm99M7A0>



## Activity Idea

It is **National Numeracy Day** on 22<sup>nd</sup> May. Many children struggle to understand some concepts in Maths. It is important to remember that maths is all around us in everyday life! Here is a fun activity to try, involving maths-but you might not know it!

### Hopscotch:

Draw out your hopscotch grid with chalk on a pavement. You can play traditional hopscotch, or try these variations:

1. Use a small stone to throw and add two numbers together, that is how many hops you must do around the hopscotch grid-winner is the person with the highest total.
2. Set a 30 second timer (or one person counts to 30) how far around the grid can you get in that time? How many times can you complete it?



## Parenting Top Tip:

### **Helping your child develop positive self-talk.**

Children can experience negative thoughts and emotions when attempting mental or physical tasks, such as homework or learning a new skill. You see these emotions such as anger, frustration, fear or discouragement.

Teach your child positive self-talk by using these positive phrases.

"Take three breaths."

"I can handle this."

"With more practice I can do this."

"Think happy."

"I can calm down."



Please click on the link below to join our online workshops to help with this and other issues.



## Try this!

Maths games on the go and in the car!  
4 games to play involving maths.



Does your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-cambs.org.uk](http://www.pinpoint-cambs.org.uk)) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)



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