

Parent Booklet



Recommended Family Activities

March 2020
Sponsored by

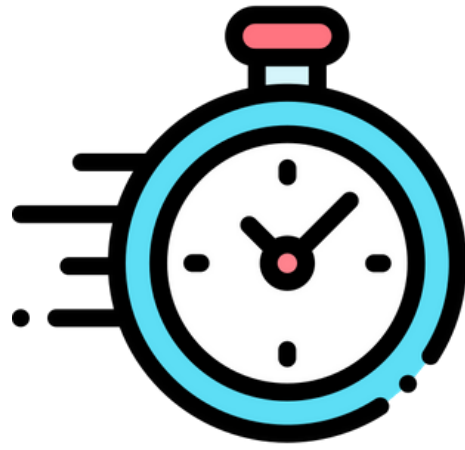


Gospel Oak
Primary & Nursery School



The Challenges

Barriers you may be facing



Lack of Time

Parents have busy lives



High Cost

London is an expensive city



Cluttered Info

Cannot find suitable activities





The Goal

Making family life easier



Save Time

Find a fun activity quickly



Affordable Cost

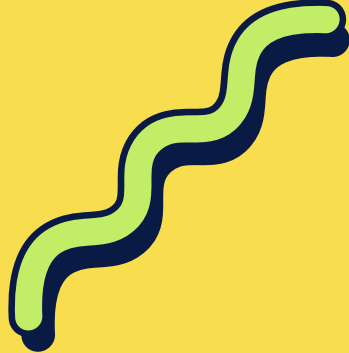
Low cost or free activities



Organised Info

Click the [activity](#) for more info





For Future Scientists



British Museum

Free Entry

Visiting Time: 2-4 hr

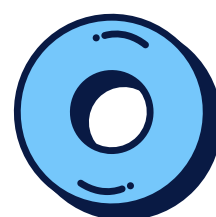
Go on an 'Eye Opener Tour' to discover two million years of human history and culture

Natural History Museum

Free Entry

Visiting Time: 2-4 hr

Get up-close with nature, discover fascinating creatures and intriguing science



Royal Observatory Greenwich

Entry Cost: From £7.20

Visiting Time: 1-3 hr

Stand on the historic Prime Meridian where east meets west, and take your place at the centre of the world!

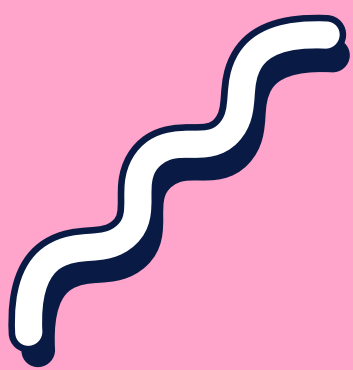
Science Museum

Free Entry

Visiting Time: 1-3 hr

Fuel your imagination and immerse yourself in a world of wonder at the most spectacular interactive gallery in the world





For Future Artists



The National Gallery.

Free Entry

Visiting Time: 2-4 hr

Encounter mythical tales retold in pictures in a family storytelling session

Cartoon Museum

Free Entry

Visiting Time: 1-2 hr

Encourage young people to explore their creativity and be inspired by the wide variety of cartoons and comic pages in the Museum's collection.

Activities cost from £10.00



TATE MODERN
WORKSHOP

The Big Trip:
Storytelling and
Drawing

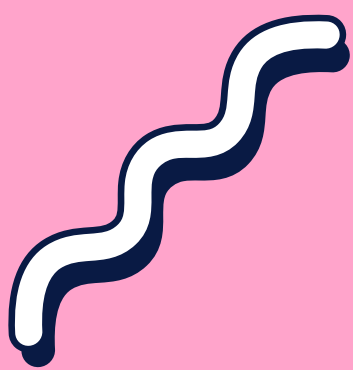


Tate Modern Gallery.

Free Entry

Visiting Time: 1-4 hr

From regular daily and weekend workshops to special events in the school holidays, find out what's on for families



For Future Artists

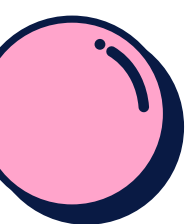
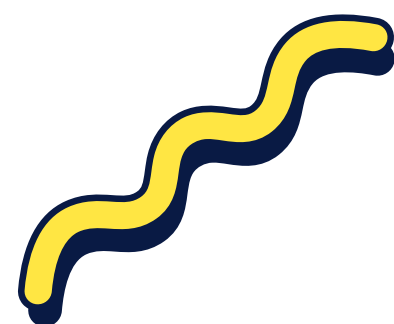


Shakespeare's Globe

Free Entry

Visiting Time: 1-2 hr

Get a fascinating tour of the iconic Globe Theatre, bringing the space to life with colourful stories of the 1599 Globe



V&A Museum

Free Entry

Visiting Time: 1-4 hr

Free family activities are available in the the world's leading museum of art and design almost everyday



For Future Engineers

Royal Air Force Museum

Free Entry

Visiting Time: 2-4 hr

Explore the fascinating story of the first 100 years of the RAF. Debate the future, test your flying skills, be amazed by stories of bravery, love and loss



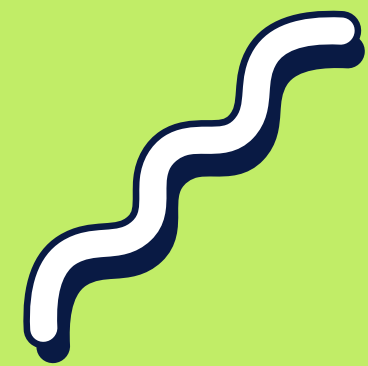
London Transport Museum

Free Entry for Children

Visiting Time: 2-4 hr

Allow our experienced facilitators and actors to bring the world of transport to life through adventure and imagination





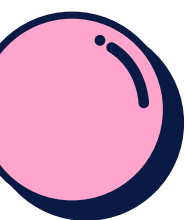
For Future Writers

The British Library

Free Entry

Visiting Time: 1-2 hr

Their family learning programme supports families to learn together in a fun and relaxed way. Everyone's welcome and, best of all, they won't ever ask you to keep the noise down!

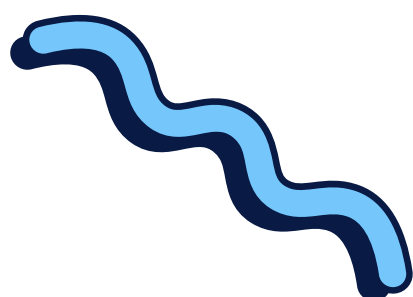


Waterstones Piccadilly London

Free Entry for Children

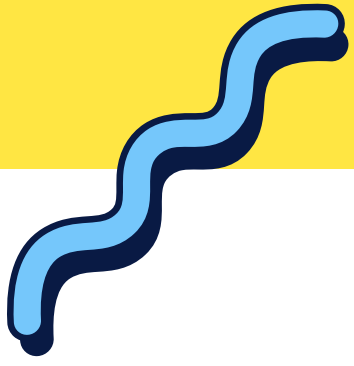
Visiting Time: 2-4 hr

Waterstones Piccadilly is Europe's largest bookshop offering a peerless selection of titles across every genre. Over eight miles of bookshelves...





Activities for All Families



Bedtime Stories
10- 20 mins

Help your child sleep, combat nightmares and monsters under the bed, and bring sweet dreams to them



Weekend Hiking
3 - 6 hr

Use a scavenger hunt template online to introduce species to children. Offer a prize for finding or identifying every item on the list



Plan a Family Trip
1 - 3 days

If you are planning a family vacation, bring your child into the planning process. They will practice budgeting, research and reading skills, and being involved with the planning process will make them feel like they are making big decisions



Online Resources Suggested by Gospel Oak Primary & Nursery School
10 min - 1 hr





Detailed Online Resources



Maths

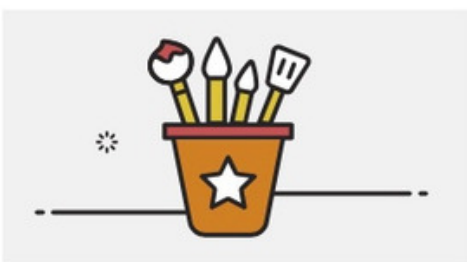
- **Learn Your Tables** - Website to help children learn their times tables
- **Nrich** - Full of maths problems and puzzles for children to solve
- **Interactive Resources** - Lots of mathematical games and activities

Spelling

- **Spelling Bee** - Practise spellings at home

Other Materials

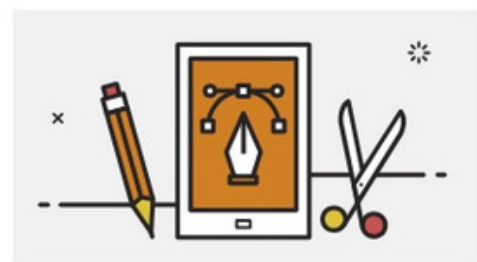
- **Purple Mash** - “An award winning creative online space, designed to support and enhance every child's daily learning experience”
- **Education City** - Educational website used in schooltime and available for Year 6 students as a homework module
- **Bitesize** - A huge site with lots to explore



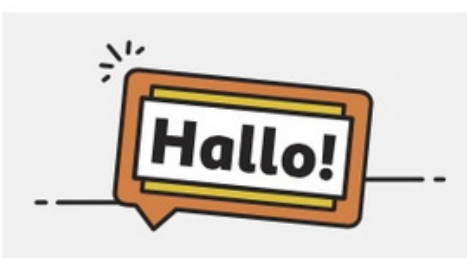
Art and Design



Computing



Design and Technology



German



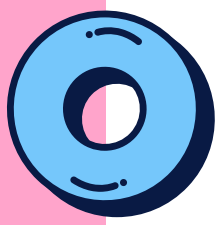
History



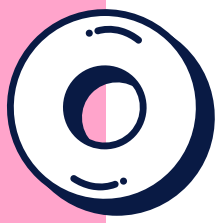
Mandarin



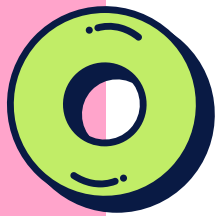
How to Help Your Child Complete Their Homework Efficiently



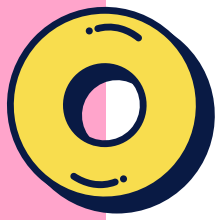
#1 Start homework within 30 minutes of arriving home



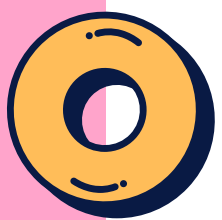
#2 Give your child a healthy snack before they start



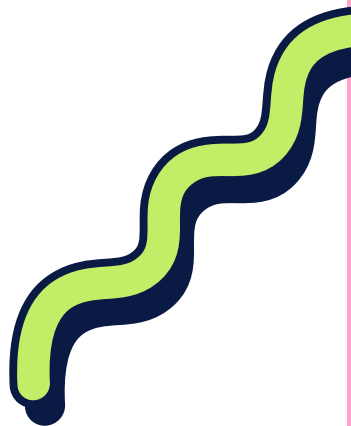
#3 Set a timer for 45 minutes and start with the toughest subject first



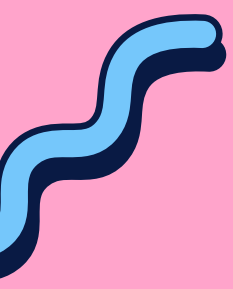
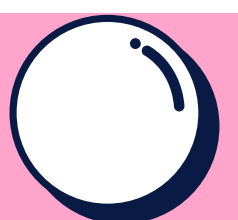
#4 Make sure all supplies your child needs are within arm's reach



#5 Limit the distractions



Full video is available [here](#)





How to Read with Your Child

1. Show the cover

- Before reading, ask them questions about the cover

2. Make it engaging

- Use separate voices and ask questions about different pictures
- Use actions

3. Test progress

- Ask questions, such as how the characters are feeling and what they think will happen next
- Encourage them to sum up what they've learned after finishing a chapter

4. Check newly acquired skills

- Whenever new words pop up, make them guess the meaning by using picture clues or words around it. Use a dictionary
- Break down sentences they do not understand and ask simple questions

5. Get feedback

- Ask your child what they like or dislike about the story
- Why?

Full video is available [here](#)



Contact Us



Gospel Oak Primary &
Nursery School
Mansfield Road
London NW3 2JB

Phone: 020 7485 7435

