Dear P16 students, Parents and Carers

I hope you are all keeping well and healthy during this difficult time.

We have attached a few websites for our Post 16 students which we hope will help them with their learning and skills during this time at home.

To practise and revise their Maths skills, they can sign up for free at this website, working through the skills step by step.  
  
<https://www.mathletics.com/uk/>

This next free website is ideal if they would like to listen to a book of their choice on a regular basis. They can choose the age range and a book that interests them. This will help them to continue improving their listening and comprehension skills.  
  
<https://stories.audible.com/discovery>

The website below for is for students to enjoy completing free mini online courses in things such as employability, social media, coding, e-safety etc

[https://idea.org.uk](https://idea.org.uk/)

Our Post 16 students love keeping fit and it’s important to try to continue exercising and staying healthy during this time at home. Joe Wicks is doing a daily fitness class on YouTube, you can find this on his channel or this link should take you there

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Or if you prefer yoga this 30 day ease into yoga might be a good place to start

<https://youtu.be/oBu-pQG6sTY>

Alternatively Mojo moves is doing online classes and she will give us a free link to her classes ASAP

Other great websites for lots of resources and ideas are below;

<https://chatterpack.net/blogs/blog/resources-list-for-home-learning>

<https://chatterpack.net/blogs/blog/list-of-free-speech-language-communication-and-send-resources-for-schools-and-parent-carers>

[www.twinkl.co.uk](http://www.twinkl.co.uk/)

Hope these websites give you and your young people a good starting point for home learning and we’ll be in touch again soon.

Stay well and we hope to see you all soon.

All the best from

Kate Foley and P16 Team