

Monday 30th March 2020

Dear Jonjo Class (4/5 RK),

Well, most of you are about to begin your second week of virtual schooling! This is a good time for you and your grown-ups at home to reflect on the first week:

What have you learnt...

- in Maths...
- in English...
- in topic...
- about how you learn best...
- about other people at home, and how they learn best?

What have you enjoyed most?

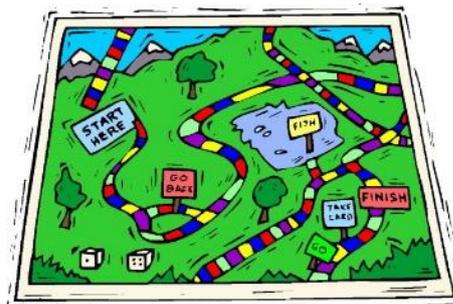
What has been challenging?

What are you looking forward to doing in the Easter Holidays?

This week you only have three days of work as the Easter Holiday begins on Thursday 🍌. Although it may seem like there is not much to do right now, it is more important than ever to use your imaginations and creativity to help yourself and families to have fun and be productive! 😊 The school website and Twitter page includes many ideas. Your parents may have also found other ideas online or from friends. However, here are a few of my suggestions (just in case!).



Find an unopened craft set/game bought at Christmas and give it a go!



💡 Tidy-up your bedroom or ask a grown-up to give you some chores. It will give you a sense of achievement to know you have done something helpful! 👍

💡 Make a den- inside or outside. Ask a grown-up for permission to use the dining table, sofa, cushions, old bed sheets etc.



💡 Read a good book! Ask a grown-up to post a photo of you reading it on Twitter or stick a photo in your workbook.

💡 Go on a mini-beast hunt in your garden. 🐝🐌

💡 Look for 'signs of spring' or wildlife, this could be done looking out of a window. Write a list of what you see e.g.

blossom, black birds, pigeons, foxes, dandelions etc.



💡 Complete the well-being checklist at the end of this letter and discuss it with someone else at home.

💡 Help to prepare a simple meal for your family.

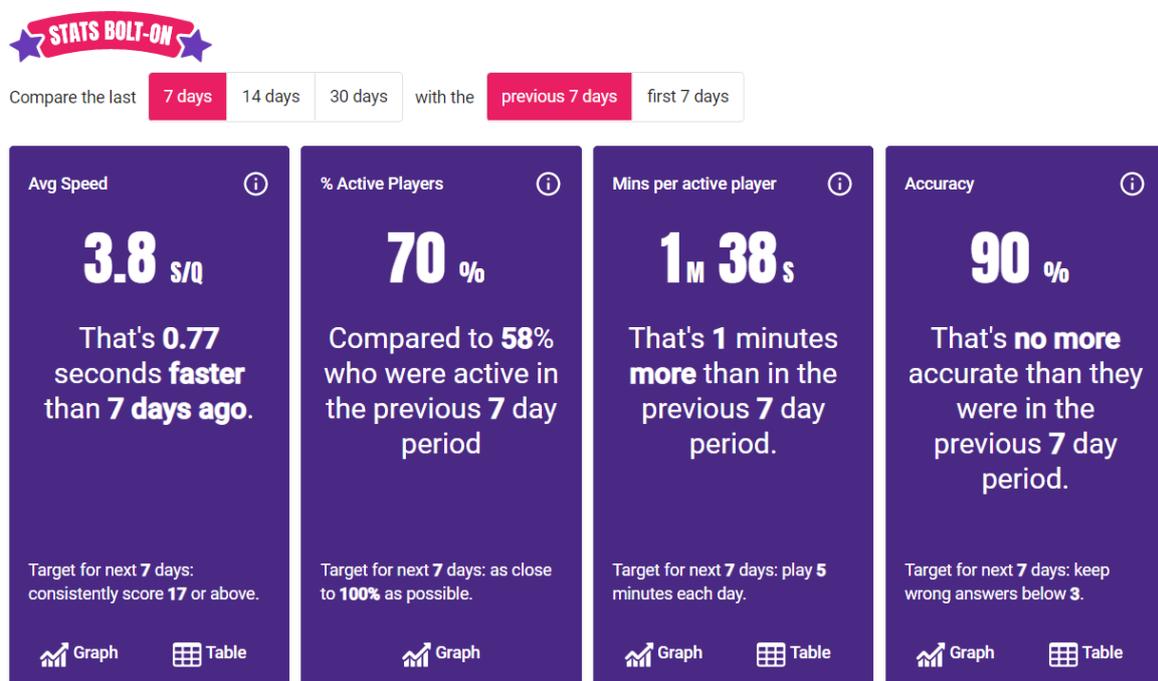


💡 Do something that helps you RELAX!

I will definitely be doing some of the above and look forward to sharing the results with you either on the school Twitter account or when we see each other back at school.

For some of you, your parents may still be at work. Perhaps you are going to an 'Out of School Club' or another childcare facility. You could keep a diary of the things you get up to there. It does not have to be a written diary, you could illustrate the activities instead! I hope you have great fun, learn some new skills and make friends. Feel free to complete your diary in your school workbook or a notebook of your own.

It has been fantastic to see so many of you on TTRS. I thought you would like to see our class statistics:



This shows that as a class our average speed has improved, we have more active players and time spent on TTRS has increased this week! Brilliant new! Keep it up and let us see if we can also improve our accuracy.

It has been strange over the last week, not being able to see you all everyday but please feel reassured that I am thinking of you all and working hard to make sure that the work being uploaded is suitable for you (and hopefully enjoyable too!). You will notice this week that your topic work is different to usual. This is to ensure that you have as much choice as possible.

Please remind your grown-ups that they can contact the school via the support email given (link is on the website) if they have any concerns.

Enjoy the Easter break!



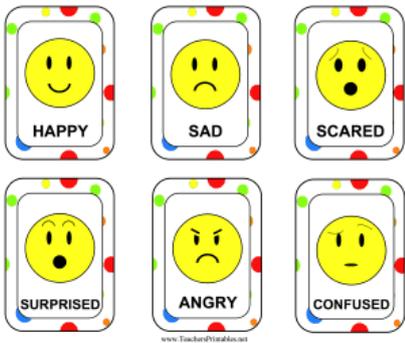
Best Wishes,

Ms Kerridge

WELL - BEING CHECKLIST

R. Kerridge 2020

How am I feeling?



Do I need to do something to change how I feel?

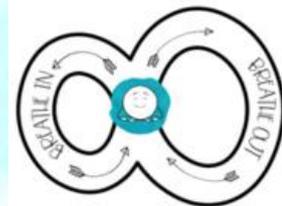
- Take time-out
- Ask for help
- Have a drink of water
- Make a good choice
- Do some exercise

To keep feeling my best I will:

- ✓ Go to bed at a sensible time
- ✓ Eat healthily
- ✓ Drink plenty of water
- ✓ Get some exercise
- ✓ Talk about my worries with a grown-up I trust
- ✓ Think before I act
- ✓ Be kind to myself
- ✓ Be kind to others
- ✓ Try my best in all I do

When I feel stressed or anxious I can try, **'Lazy 8 Breathing.'**

Draw a number '8' on a piece of paper. Put a dot in the middle. Place your finger on the dot, trace the 8 slowly and take a deep breath, then let it out. Repeat 5 times (or as many as you feel you need.)



Get Moving! 5, 4, 3, 2, 1 Challenge!

- 5** knee bounces
- 4** springs (hop from one foot to the other)
- 3** curl into a ball then stretch into a star
- 2** pencil jumps
- 1** statue

