



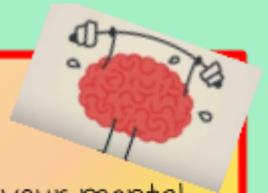
# HOME SCHOOL

# NEWSLETTER



Hello and welcome to our second newsletter. We hope that you've had a great Easter break and we are so proud to see how you continue to show all our attitudes to learning.

## SPICE up your life!



Each week, we will suggest 5 SPICE activities that you can do to help support your mental health. Remember SPICE (Spiritual, Physical, Intellectual, Creative and Emotional) stands for the different areas of well-being that helps us have positive mental health.

**Monday:** Think of 3 things you have today that you are really thankful for.

**Tuesday:** Scientists say that drinking enough water is one of the best things you can do to stay healthy. Challenge yourself to drink the recommended daily amount of water throughout the day.

5 years old - 8 years old = 5 glasses of water

9 years old - 12 years old = 7 glasses of water

**Wednesday:** Discover an interesting fact that you can share with someone.

**Thursday:** Thursday the 23rd of April is St George's Day so try and find a creative way to celebrate England's national day. You could: create some English flag bunting, make George and the dragon puppets, make paper roses, etc.

**Friday:** Think of 2 things you have done well this week. Then, think of one thing you could improve next week and make a plan for how you will meet your target.

Relax and enjoy the weekend!



## BIRTHDAYS



Happy birthday to the following people who celebrated a birthday last week

F52D: Anise

Y1P: Camille

Y2F: Alex

Y3K: Isaac, Chloe

Y3W: Horan

Y5: Sam

Y6: Alice, Noah, Daniel



### WHAT YOU'VE BEEN UP TO.



We have been thrilled to see all the photos of what you have been up to. Please keep sending them in to your teachers or our school twitter page @totleyprimary and we will include them in the celebration assembly video.

## TEACHER'S PET

Hello! My name is Mr Hobson. I live with my family, Mrs Crookes and Mr Crookes (mama and papa) and my sisters, Francesca and Florence. I am a Miniature Labradoodle, originally chocolate brown with a white flash on my chest and white paws. I'm like quite special and everything. After 8 years of living my best life, my lovely papa says my coat is less chocolate and more cement in colour and texture. He's my BFF.

I am just loving this lockdown thingy, because I get to be with my wonderful family all day long. I thought at first I might need to take myself for my walk, which I could like totally do!

At Easter, we had an egg rolling competition like what you lot do (you know, at that big building you go to where you learn to read and stuff and have your walks). My clever sisters made eggs for us all

It was soooooooooooooooooo brilliant! Eggs kept coming out of a long black tube and I could chase them. After everyone went in, I waited ages for more eggs. I reckon the stupid tube must have eaten them. I was just wondering if you did an egg rolling competition, did your tube eat your eggs afterwards? Anyway, I can't hang around here chatting, who else is going to woof at the cheeky squirrels? Bye



### Miss Castle's Mars Bar Fingers

A favourite staffroom treat which is super easy to make and tastes great!

#### **You will need:**

- 2 regular Mars bars
- 85g Butter
- 3 cups of Rice Krispies
- 85g of raisins (this can be left out if you don't like raisins)

#### **Method:**

- First, melt the Mars bars with the butter in a pan
- Once melted, take the pan off the hob.
- Then, add the Rice Krispies and raisins and stir until they are all evenly covered in chocolate.
- Next, spread the mixture into a swiss roll tin and allow to cool.
- When the mixture is cooled, cut into small rectangles and serve.

### JOKES

1. What is orange and sounds like a parrot? A carrot
2. Why did the banana go to the doctor? She wasn't peeling very well.
3. Did you hear about the two children who stole a calendar? They got 6 months each.
4. What's faster, hot or cold? Hot because you can catch a cold.
5. Why wouldn't the crab share his sweets? He was a little shellfish.

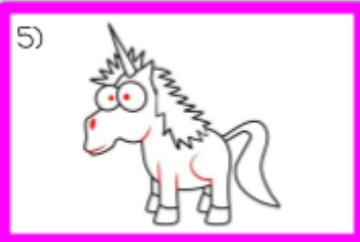
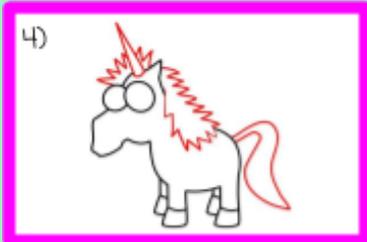
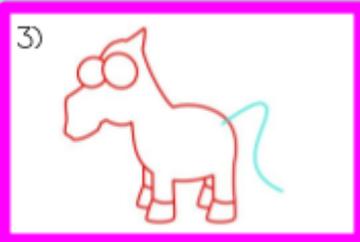
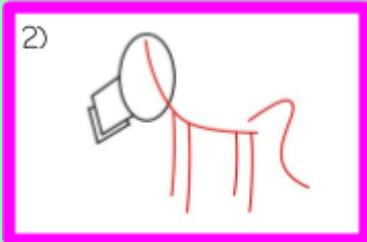
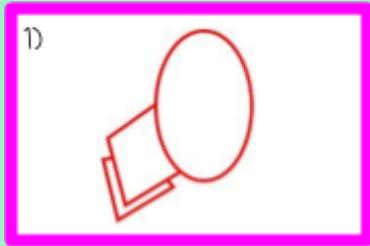


### Trivia



Merçi means thank you in which European language?

# ★ How to draw a unicorn ★



## Class Word Search

V E O S C A K K I O E X P P N  
 P D O M D A H R E T T O P A K  
 Z B W A K Y G L D X M N M V I  
 R E A I X Y H Z B Z H K L X P  
 C I H L P N K P Q E C B O D L  
 Z T U L C M A R R A R F O E I  
 C Z Q A C H O M L U X G K I N  
 B L Q W O W A B D Z M D A Y G  
 N O S D L A N O D E N Z K K N  
 O T S I V F C T P Q E T I P O  
 Q H N K S O S S D M Y R J E T  
 M G R E B L K K I V U Y F B Y  
 W E K X Y O M O R P U R G O L  
 T N E O A M K R H Z I C A E B  
 T F P O J C Z U R J V O Z D R

- AHLBERG
- BLACKMAN
- BLYTON
- DONALDSON
- FREEDMAN
- KIPLING
- MORPURGO
- MURPHY
- POTTER
- ROWLING
- WALLIAMS

### What if?

The school year has certainly been disrupted and many of you may be worried about falling behind; well, consider this.

What if instead of falling 'behind', you are the group of children who are **ADVANCED** because of this?

What if you have more empathy, enjoy more family time, are more creative and know how to entertain yourselves; love to read; love to express yourselves in writing.

What if you enjoy the simple things, like your own backyard, garden and sitting near a window in the quiet.

What if you notice the birds and the dates the different flowers emerge, and the calming of a gentle rain shower?

What if your generation are the ones to learn to cook, organise your space, do your washing, cut the grass and keep a happy home?

What if you are the ones who learn to stretch a pound and to live with less?

What if you learn to plan shopping trips and meals at home.

What if it's you who learn the value of eating together as a family and finding the good to share in the 'small delights of the everyday'?

What if you are the ones to place great value on our rubbish collectors, teachers, postal workers, public servants and the previously invisible essential support workers like delivery drivers, grocers, cashiers, and health care workers and their supporting staff, just to name a few of the millions taking care of us right now while we shelter at home.

What if among you children, a great leader emerges who has the benefit of a slower pace and a simpler life to truly learn what really matters in this life?

What if you are actually **AHEAD** and **NOT** behind?



Trivia answer: French

Dear parents and carers,

During these unprecedented times, it is more important than ever to focus on our well-being as well as look out for each other. These resources may be useful to parents/carers or people that you know personally. As the time in lockdown continues it can become more difficult to stay upbeat and positive, please remember we are all in this together and asking for help if you are finding it a struggle can make all the difference.

Here are some links that may support you:

**Anna Freud National Centre for Children and Families** - LOADS of free resources!

<https://www.annafreud.org/what-we-do/anna-freud-learning-network/coronavirus/>

**Every Mind Matters**

Every Mind Matters has now released expert advice and top tips on how to look after your mental wellbeing if you need to stay at home during the coronavirus (COVID-19) outbreak. It also includes guidance if you're feeling worried or anxious about the outbreak.

<http://www.nhs.uk/oneyou/every-mind-matters/>

**ELSA Support:**

Resources include 'Health and wellbeing during the Coronavirus outbreak', 'Someone I know has Coronavirus story', ' Home and School Coronavirus resource pack', 'Social Contact Story', 'Coronavirus Story for children' and 'Coronavirus 14 day self isolation activities' .Includes a dedicated section for Coronavirus support, providing free resources for teaching staff and parents to help children cope with the current viral outbreak

<https://www.elsa-support.co.uk/category/free-resources/coronavirus-support/>

**TES Resources:**

<https://www.tes.com/news/coronavirus-7-way-protect-your-mental-health>

<https://www.tes.com/coronavirus>

**Education Support Partnership:**

Dedicated to supporting the mental health and wellbeing of education staff. Their support services are still available during this crisis

<https://www.educationsupport.org.uk/helping-you/coronavirus-supportingeducation-staff>

24/7 helpline with trained counsellors on 08000 562 561

<https://www.educationsupport.org.uk/helping-you/telephone-support-counselling>

The Employee Assistance Programme also continues to be available by telephone, helping you to look after yourselves and each other

<https://www.educationsupport.org.uk/helping-your-staff/employee-assistanceprogramme>

**Mentally healthy schools:**

Supporting school staff during these uncertain times. Within the COVID-19 toolkit is a booklet to support schools, videos to provide practical guidance and tips to schools, parents and carers about coronavirus and mental health, activities to ease anxiety that can be done at school or at home and other helpful advice, helplines and resources for adults and children.

<https://www.mentallyhealthyschools.org.uk/resources/coronavirus-resources-formental-health-and-wellbeing/>

**Samaritans**

<https://www.samaritans.org/> or call 116 123

**MIND**

<https://www.mind.org.uk/information-support/helplines/> or call 0300 123 3393