



NEWSLETTER

“A Christ-centred school with a child-centred curriculum through wisdom and love”



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25th March 2020

Wow ... this isn't my normal newsletter, but I felt that I needed to check in with all of you at this challenging time. As we head towards the end of the first week at home for the majority, it has been difficult but there is recognition that this is the best for us at this time. We have to be grateful for the weather and that we are still allowed to go out for a daily walk or some exercise. There is lots of learning that can go on whilst being out and about as long as you are social distancing and following Government guidance.

Be kind to yourself – no one knows how long we are going to be in this situation. Try and create some sort of routine if possible. The school website has a link on the front page to a timetable – it is flexible and it must work for you and your family. There is no pressure for you and your children to complete everything every day. We are just trying to provide activities to help the day run smoothly. No one is checking up or looking for how much you have done. Each day is for you to design and make it your own. Keeping your child safe and making it work for you as a family is more important.

Exercise and mental health – It is really important that the children have opportunities for physical exercise. **Joe Wicks is on YouTube at 9am** and you can also get **Jumpstart Johnny** which all the children are familiar with. You could make an exercise course in the lounge or the garden and you could design your own workout.

Learning – If you are having issues with log-ons or the learning, please email the teachers at their **class email addresses**. When you send an email please put something into the subject box as many emails are going into our spam box. If you are not getting a reply then email me at head@stmarysprimarypulborough.co.uk

COVID-19 DAILY SCHEDULE

Start Time	Activity	Notes
8:00-8:30	Wake up	Get dressed, make your bed, get yourself ready for the day
8:30-9:00	Morning walk	Wash your hands, get fresh air, walk to school
9:00-11:00	Academic time	Maths, English, Science, History, Geography, Art, Music, PE, PSHE, Computing
11:00-11:30	Creative time	Reading, writing, drawing, painting, clay work, craft, etc.
11:30	Lunch	Get dressed, make your bed, get yourself ready for the day
12:00-12:30	Chore time	Wash your hands, get fresh air, walk to school
12:30-1:00	Quiet time	Reading, writing, etc.
1:00-2:00	Academic time	Maths, English, Science, History, Geography, Art, Music, PE, PSHE, Computing
2:00-2:30	Afternoon fresh air	Wash your hands, get fresh air, walk to school
2:30-3:00	Dinner	Wash your hands, get fresh air, walk to school
3:00-4:00	Free TV time	Wash your hands, get fresh air, walk to school
4:00	Bedtime	Wash your hands, get fresh air, walk to school
8:00PM	Bedtime	Wash your hands, get fresh air, walk to school

CofE school – As a church school, some of you will want to look for an assembly or an act of worship and on YouTube there are resources under worship for children.

Easter – As Easter approaches, we have traditions at St Mary's and one of those is the chicks. We made the decision to leave the eggs in the incubator and continue with this and our first chick was born yesterday. We have named the chick 'Hope' which seemed apt at this time. We will attach some photos at the end of the newsletter to show your children and have put some on the PTA facebook account as well.

Learning on a walk –

1 – TURN WALKING INTO AN ADVENTURE

Rather than just suggesting that you go for a walk, turn your little outing into an adventure that just happens to involve walking. For example, you might suggest that you and your child explore the park and see what you can find there: a play area, river or lake perhaps. Anything that gives walking purpose is perfect.

2 – MAKE THE ACTIVITY INTERESTING

Walking is fun! You could organise a treasure hunt to find items like leaves or certain trees, or come up with a mini obstacle course where your child has to scabble over tree trunks, jump over puddles, or climb a small hill or a sand dune if you live near a beach.

It isn't walking that's boring; it's dull, flat paths!

3 – BRING A MAP WITH YOU

You'll be able to show your child where you are. It's also a chance to give them a bit of responsibility. With map in hand, your child can take the initiative and even switch up your route. It's a way to make walking exciting by stimulating their curiosity.

4 – PLAY "I SPY"

This fun game is an absolute classic! Just come up with the first letter or the colour of an object you can see (a tree, for example) and have your child guess what you're thinking of. Then it's your turn to guess!

5 – GIVE YOUR CHILD A CAMERA

They can create a scrapbook of discoveries from each of your different walks. And they'll be able to look back on these treasured memories when they're older.

6 – BRING SOMETHING TO DO

Paper and a pencil or pens means that your child can write a list, make a map, draw a picture.

7 – GIVE THEM A PEDOMETER

It's recommended that your child spends at least 60 minutes a day doing a moderate activity like walking in order to boost their health. That means somewhere between 12 000 and 15 000 steps every day.

8 – SPRING WALK

Take the children for a walk at the end of winter to look for signs of spring. Have the children look for melting snow, birds making nests, leaf buds on trees, and plants poking up through the ground. What other changes do the children see? Listen for birds singing. You may get lucky and hear some geese honking as they return to their homes in the north. Can the children feel the air is getting warmer from the sun?

If the children really enjoyed looking for signs of spring, they may like to do more activities for spring when they get back to your home.

- Have the children draw pictures of things they saw on their walk. In a few days, you may like to go on the same walk to see if anything has changed.
- Go on a walk again and take along a ruler, pencil, and paper. Measure the size of some of the little plants you see coming up out of the ground. Write down where you found them and how tall the plants are. Go back in a week to measure the plants again to see if they are taller.
- Read books about spring and changes in nature.
- Have the children plant some seeds in pots so they can watch them grow.

Talking to your children – These are scary times for the children. These resources may help you.

How parents can talk to children about coronavirus: <https://www.unicef.org/coronavirus/how-talk-your-child-about-coronavirus-covid-19>

How teachers can talk to children about coronavirus: <https://www.unicef.org/coronavirus/how-teachers-can-talk-children-about-coronavirus-disease-covid-19>

Reading – Link to Book Trust <https://www.booktrust.org.uk/>. Passwords to 'Myon' are providing tricky but teachers do have answers so do contact them. In addition to this, share any books that you have at home.

Other people who are delivering learning –

Free Daily Resources For Children

 **PE with Joe Wicks On YouTube**
Week days at 9am but you can visit any time on youtube to view the workout.

 **Wildlife With with Steve Backshall On Facebook**
Every day at 9:30am for answering all your wildlife, biology, conservation, geography and exploration questions.

 **Science with Maddie Moate on YouTube**
Weekdays 11am, Maddie & Greg chat about science and nature!

 **Dance with Oti Mabuse On Facebook**
Every day at 11.30am but children can view the class at any time.

 **Maths With Carol Vorderman**
Free access to the her maths website: www.themathsfactor.com

 **Music with Myleene Klass on YouTube**
Twice a week. Next one Friday 27 March 10am, but can view any time.

 **Storytime With David Walliams**
Free story everyday at 11am on his website: www.worldofdavidwalliams.com

For More Ideas Join Our Facebook Group
Extreme Couponing and Bargains UK Group

Last updated 26th March 2020

At this difficult time, please follow Government advice and stay safe. We are thinking of you all and we are looking forward to being back together in the future. If there is anything that you would like me to discuss in the newsletters over the next few weeks, please email me at head@stmarysprimarypulborough.co.uk

Mrs S Copus
Headteache

