



# St Mary's C of E Primary School & Nursery Newsletter - Issue 18 - 05/02/2021



Please note that should you wish to receive this newsletter in a different format please ask at the school office.

**This term's Christian Value is Perseverance:**

**'I can do all things through Him who strengthens me' Philippians 4:13**

## **Screen Break Day - Wednesday 10<sup>th</sup> February, 2021**

Following the activity ideas in last week's newsletter (attached again for your convenience) and feedback from parents we have decided to have a whole day this term where screens are switched off for all - a Screen Break Day.

**This will be on Wednesday 10<sup>th</sup> February.**

All children AND teachers will be encouraged to turn off their phones, close their laptops, leave their devices, turn off the TV and go and learn (and teach) in differing ways. This could include cooking a recipe, drawing a picture, painting a pebble, building a floating boat, creating an obstacle course or den, sending a letter.

Using the activity sheet attached for inspiration you may like to colour (or add to) the activities you have carried out to share with your class teacher and friends who would love to celebrate these with you!

On this day teachers will continue to work with the children in school but not set or respond to any learning/activities carried out at home.

### **A plea from Mrs Martin -our Reading Lead**

As you know, at St Mary's, we place a big focus on learning to read. This is a crucial building block for all children's learning. To support remote learning we have continued to hand out books to many children AND we are now running low. This means that we are unable to re-issue books and indeed should these not be returned it will take large amounts of the school budget to replace them.

**PLEASE RETURN ANY ST MARY'S BOOKS THAT YOU HAVE AT HOME.**

**These can be posted, returned to teachers or indeed left in the relevant box in the entrance.**

### **Meals over half term**

For the February half term the Local Authority, B&NES, will be issuing vouchers for supermarkets to those parents/carers of pupils entitled to FSM. We will be in contact with more details should we receive further information.

### **CONGRATULATIONS TO MRS TIMPERLEY ON 30 YEARS SERVICE!**





Child Mental Health Week

As you may have seen from our facebook page, this week we are thinking about how to support the mental health and well-being of all children. In school supporting children to connect with others, express themselves and feel good forms a large part both of our formal curriculum (PHSE, PE, Collective Worship) and informal curriculum i.e. through placing it at the center of our whole school ethos: HEALTH AND HAPPINES is a priority in our school vision. Please see below some activities that may help your child/children, should they need them, during lockdown.

# 5 Fun MINDFULNESS ACTIVITIES for children

by Big Life Journal

**1 "JUST ONE BREATH" BREATHING ACTIVITY**

- Find a relaxing place, sit comfortably, and set a timer for one minute.
- Breath deeply in and out while paying attention to any sensations you notice or sounds you hear.
- Take another slow deep breath, imagine the air moving down into the lungs and back up.
- Take one more deep breath and hold for a moment, then release it.

**2 CREATE A GLITTER JAR**

- Finding a jar or plastic bottle and allow your child to decorate it however they like.
- Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- Seal the lid and you are ready to go.

**3 HEARTBEAT EXERCISE**

- Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
- At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.



# 4

## GOING ON A SAFARI

- Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
- Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
- Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



# 5

## TENSE AND RELEASE MUSCLE RELAXATION

- Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
- Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
- Continue moving up the body for more relaxation.








### Community Notices:



This week we are joining with many schools to focus on children's mental health. Two St Mary's pupils are looking after their own mental health by running a mile a day EVERY day in February AND raising money for a worthwhile cause at the same time. Well done Niamh and Aeryn. Mum is super proud and we are too!



# Screen Break - 22nd January - 50 Activities

<b>Maker Hour</b> 	Build the tallest tower	Build a den in your house or garden	Make a boat to float in your bath	Create a large piece of art	Make a sock puppet	Make your own healthy lunch	Paint a pebble	Draw a picture on a cereal box and cut it to make a jigsaw	Create a board game to play with your family	Bake and decorate a cake
<b>Genius Hour</b> 	Play Kim's Game (memory game with a tray of objects)	Learn to read/spell 5 new words	Learn some words in another language	Learn some sign language	Learn a magic trick	Write a rap song	Draw your family and any pets you have	Learn to juggle	Learn to tie a tie	Practice a musical instrument
<b>Indi Reading Hour</b> 	Find a picture in a book you never noticed before	Read a recipe or instructions to complete an activity	Read a poem	How many book titles can you read in 1 minute? Can you improve?	Turn your favourite story into a comic book	Read a description from a book and create your own illustration	Read to someone else in your family for THEIR enjoyment	Time how many words you can read in 1 minute. Can you improve?	Read someone else's favourite book	Begin to read your favourite book again
<b>Fitness Hour</b> 	Have a disco with your family and dance to your favourite tunes	Go on a safe walk with a family member	Make an obstacle course inside and out	Make up a fitness workout - Joe Wicks style	Touch every wall in your home	Take 200 steps around the house	Walk up and down the stairs 10 times	Do 50 star jumps	Throw and catch a ball as many times as you can without dropping	Sit down on the floor and stand up straight again 20 times
<b>Service Hour</b> 	Draw a picture for someone	Make a phone call to a relative	Write a card or letter to someone to say "hello"	Tidy your room	Match Tupperware lids to bottoms	Fold your clothes	Write a card or letter to someone to say "thank you"	Teach someone else how to do something	Hoover a room in your house (ask a parent first)	Do the washing up