



## Children's Newsletter

15<sup>th</sup> January 2021

Dear children of Sacred Heart School,

Happy New Year to you all!

I hope that you all had a lovely Christmas.

This term we have all been learning how to use *Google Classroom*. It is a learning curve for us all, but I do want to say a huge thank you to the whole school community. I am very proud of the hard work you are all doing as well as your families and the school staff. I have had the privilege to see such good learning this term in school and at home and it is amazing to see the amount of effort being put in.

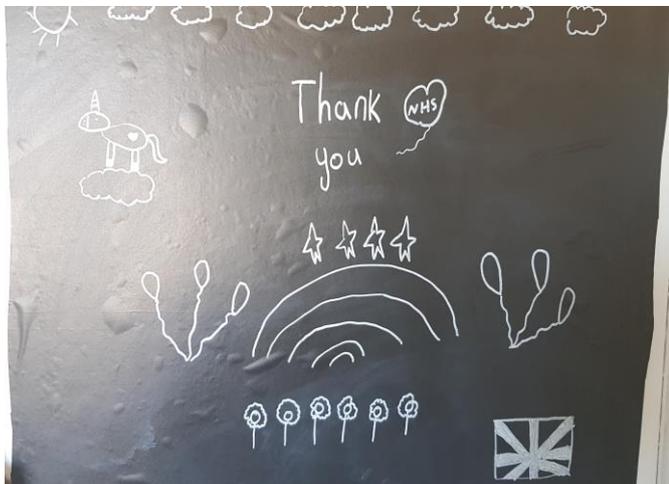
I am still getting used to *Google Classroom* and I am so impressed with how quickly you have adapted to this learning program and how responsible you all are. Please continue to send you hard work across and keep asking questions if you do not understand or want to discuss anything. We are lucky to have such a platform like this to communicate with each other while still working hard.

Please also send in emails and photos of any work you are doing at home for the newsletter because we love seeing and sharing them! Take care and stay safe ☺ Kind regards.

Mrs Ramsay

### Thank you NHS

On behalf of the whole country, I want to thank all the incredible nurses, doctors, NHS support staff & carers who are working flat out to fight coronavirus. I feel very proud to see all the creative ways you can show your support for the NHS.



## Creative Corner

I would like to share some creative ideas that were sent in last year during Lockdown where children explored the wonderful nature while out on daily walks. Please use this as inspiration. Can you try to send in some pieces while exploring nature?



## Mindfulness Activities

### Mindfulness Exercises for Children

#### The Feeling Exercise



Collect a number of interesting objects such as feathers, putty, stones, or anything else that might be interesting to hold. Give each child an object, and ask them to spend a minute just noticing what it feels like in their hand. They can feel the texture, if their object is hard or soft, and the shape. Afterwards, ask the children to describe what they felt. With bigger groups, pair children off to take turns completing the exercise together.

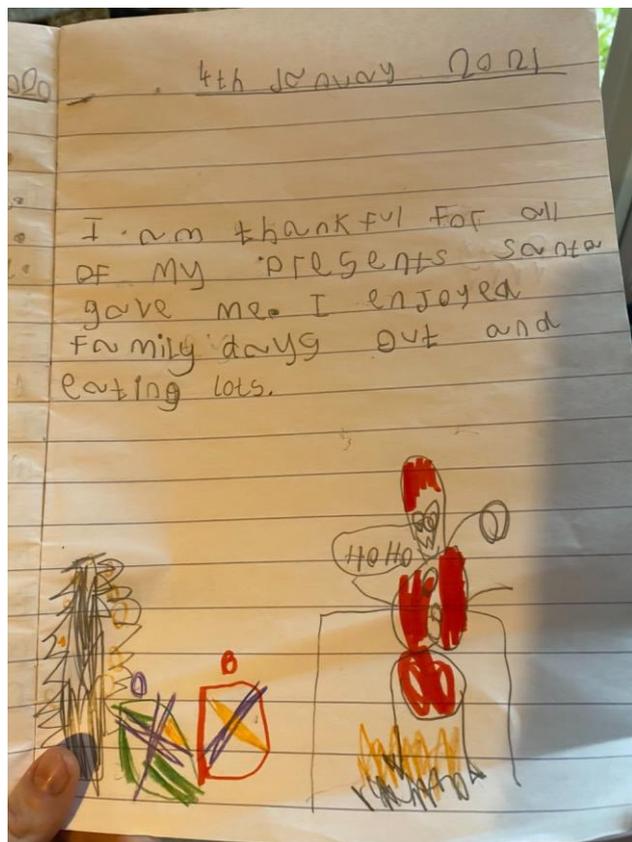
#### The Seeing Game



Ask the children to spend one minute silently looking around the room. Their goal is to find things in the room that they've never noticed. Maybe there are some big things like a poster or a picture, or just little details like cracks in the ceiling or an interesting pattern on the door. After the minute is up ask the kids to share the most interesting new things they noticed.

## Writing

Well done Jack for writing this piece over Christmas. Thank you for sharing that with us. You have made excellent use of capital letters and full stops.



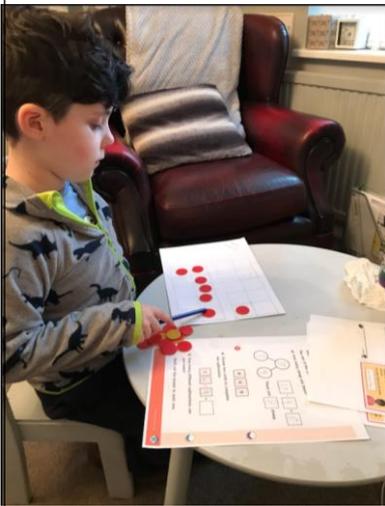
## Creativity



Anna's beautiful Pop Art piece. I think we all agree that it looks fantastic. Well done!

Please keep sending in your great work, we really enjoy sharing the work and reading it.

# HOME LEARNING



Well done Oscar for using his tens frames and counters at home to help him during our online maths lessons.

Useful links to support your child's learning at home

<https://www.bbc.co.uk/bitesize>

<https://www.topmarks.co.uk/english-games/>

<https://www.bbc.co.uk/programmes/p007g5y4>

<https://www.youtube.com/playlist?list=PLYCLOPd4VxBvPHOpzoEk5onAEbq40g2-k> Joe Wicks workouts

## Poetry

I would like to share this Lockdown Poem with you again

Oscar has made this acrostic poem to share with the school.



### LOCKDOWN LIFE

**L**onging to go back to school.

**O**utside in my garden every day.

**C**ooking lemon drizzle.

**K**nowing that are better times ahead.

**D**oing lots of homework!

**O**n my PlayStation with my friends.

**W**aiting to go on holiday.

**N**ow what has lockdown meant for you.

We love seeing all the great ideas and activities you have been doing whilst you are at home. Please continue to send your pictures and work for this newsletter.

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**COPING CALENDAR: KEEP CALM. STAY WISE. BE KIND**

30 actions to look after ourselves and each other as we face this global crisis together. Please use & share 🙌

|   |  |  |   |   |   |  |
|---|--|--|---|---|---|--|
| <b>1</b> Make a plan to help you keep calm and stay in contact          | <b>2</b> Enjoy washing your hands. Remember all they do for you!         | <b>3</b> Write down ten things you feel grateful for in life and why   | <b>4</b> Stay hydrated, eat healthy food and boost your immune system   | <b>5</b> Get active. Even if you're stuck indoors, move & stretch | <b>6</b> Contact a neighbour or friend and offer to help them     | <b>7</b> Share what you are feeling and be willing to ask for help   |
| <b>8</b> Take five minutes to sit still and breathe. Repeat regularly   | <b>9</b> Call a loved one to catch up and really listen to them          | <b>10</b> Get good sleep. No screens before bed or when waking up  | <b>11</b> Notice five things that are beautiful in the world around you | <b>12</b> Immerse yourself in a new book, TV show or podcast      | <b>13</b> Respond positively to everyone you interact with        | <b>14</b> Play a game that you enjoyed when you were younger         |
| <b>15</b> Make some progress on a project that matters to you           | <b>16</b> Rediscover your favourite music that really lifts your spirits | <b>17</b> Learn something new or do something creative   | <b>18</b> Find a fun way to do an extra 15 minutes of physical activity | <b>19</b> Do three acts of kindness to help others, however small | <b>20</b> Make time for self-care. Do something kind for yourself | <b>21</b> Send a letter or message to someone you can't be with      |
| <b>22</b> Find positive stories in the news and share these with others | <b>23</b> Have a tech-free day. Stop scrolling and turn off the news     | <b>24</b> Put your worries into perspective and try to let them go   | <b>25</b> Look for the good in others and notice their strengths        | <b>26</b> Take a small step towards an important goal             | <b>27</b> Thank three people you're grateful to and tell them why | <b>28</b> Make a plan to meet up with others again later in the year |
| <b>29</b> Connect with nature. Breathe and notice life continuing       | <b>30</b> Remember that all feelings and situations pass in time         | <p>“ Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ” ~ Viktor Frankl</p> |   |   |   |  |

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)