



10th July 2020

Dear children of Sacred Heart School,

I hope you all are continuing to stay well and to keep safe. It is always a pleasure to see all the wonderful work you have been doing in school or at home.

It is always so nice to see what great things you have been getting up to while 'remote learning'. Remember to keep sharing your experiences at news@sacredheart682.herts.sch.uk.

Take care and stay safe.

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.



Every week we recommend a 'Mindfulness Activity' to encourage children to have positive Mental Health. This week's activity is: "Name That Feeling"..... Explore feelings in a fun way. This is an activity for two or more people. People have feelings every day. You might feel happy, sad, angry, surprised, excited or scared, to name a few examples. When you feel a certain way, your face and body might show it. You might smile or cry. You might open your mouth and eyes wide, or hunch over and look down. 1. One person picks a feeling and acts it out without talking. 2. The others guess the feeling and acts it out without talking. 3. Each person takes a turn acting out a feeling.

Answers

In last weeks newsletter, Amelie and Freya asked the teachers a couple of questions. Please see the answers below from Mr Aston;

What is your favourite thing to do in Lockdown?

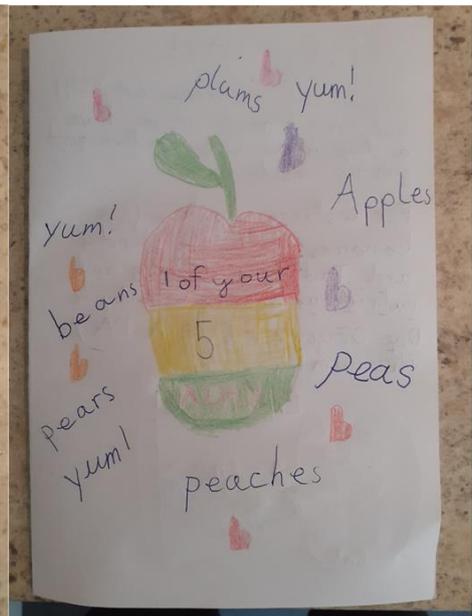
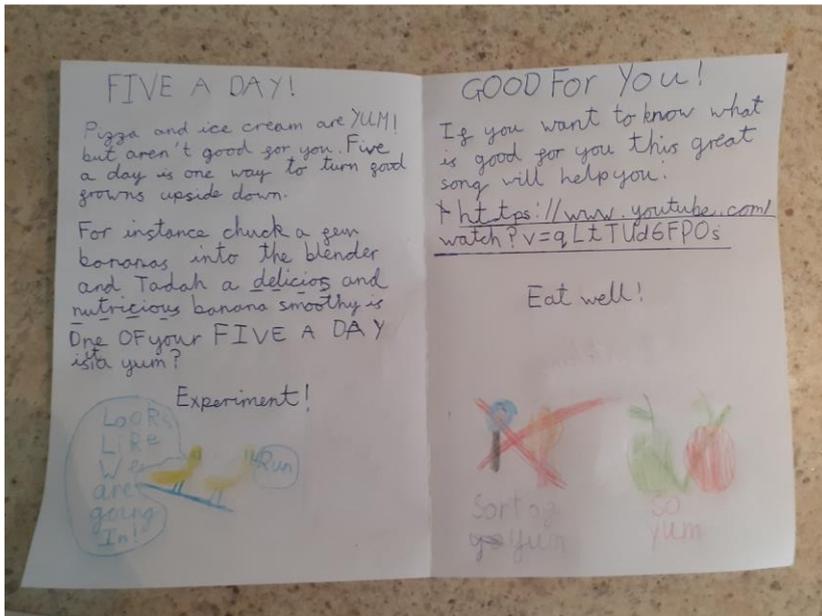
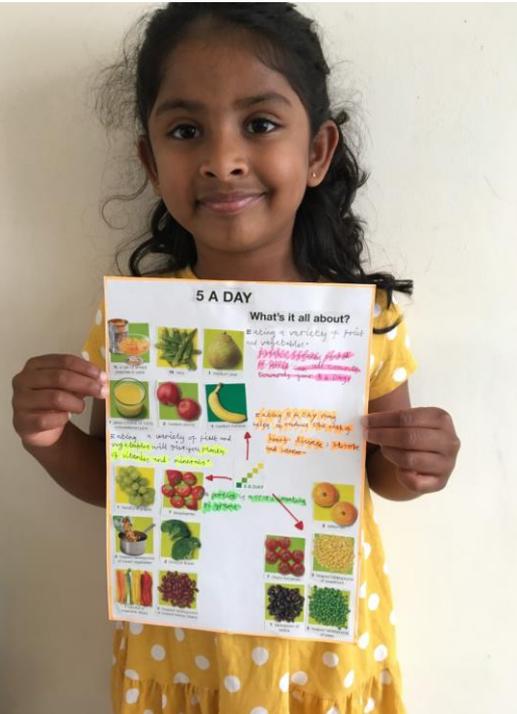
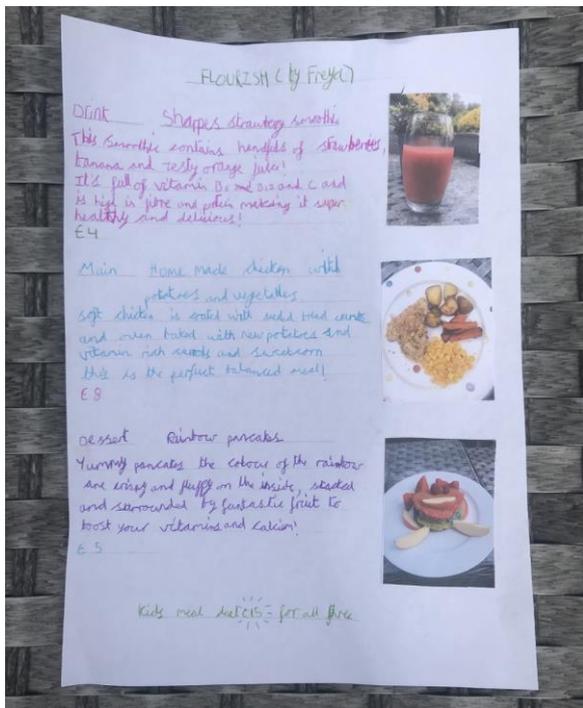
My favourite thing to do in Lockdown was to make use of my hour's exercise and either go for a run or play football with my brother. However, I also enjoyed the lie-ins sometimes as well.

Have you done anything exciting in Lockdown?

If doing a temporary job at the local supermarket counts as exciting, then yes. Apart from that, the highlight of my days was my exercise.

Healthy Eating Week!

Diyana, Eleanor and Freya got creative during Healthy Eating Week by writing detailed, healthy descriptions on their own designs of a poster, a leaflet, and a recipe to encourage us all to eat more healthily, well done!



Eleanor made fruit smoothies, picked and prepared a courgette salad completely from ingredients in her garden. Can you make me a salad and a smoothie? They both look tasty and they are healthy.



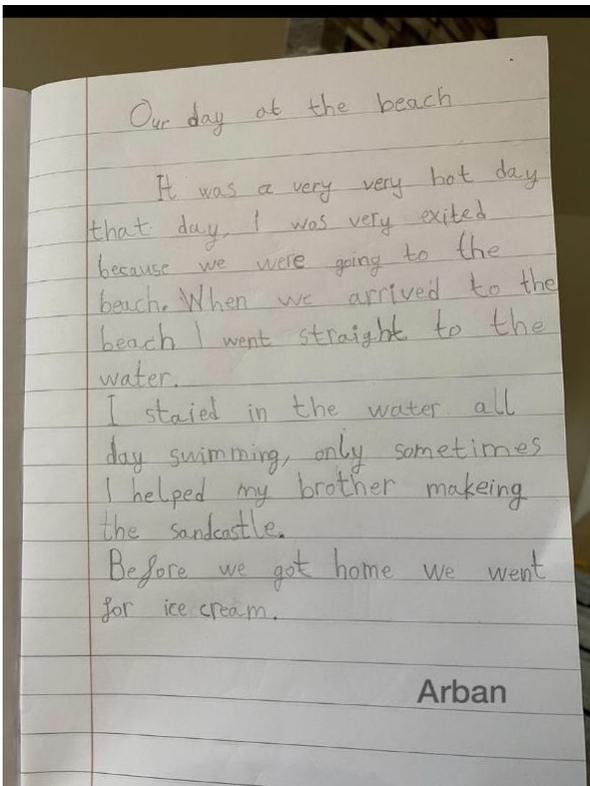
Creativity

Emma Rose made this stunning painting. I love the colours and mark making, well done!



Writing

Well done to Arban who wrote a detailed recount from his visit to the beach. It sounds like you had an exciting trip.



OUR OCEANS OUR FUTURE CREATIVE CHALLENGE

For this challenge we invite you make a sea creature. You can choose which media you wish to work with e.g. paper, card, crayons, modelling clay, recyclables, paint



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.

news@sacredheart682.herts.sch.uk