



# Sacred Heart Catholic Primary School



## Children's Newsletter

12<sup>th</sup> June 2020

Dear Children of Sacred Heart School,

It has been lovely to see some of you back in school. Thank you for continuing to send in pictures of your work from home as it is amazing to see. We miss you and this is a lovely way to keep in touch.

Please keep sending in those emails and photos 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.



## Handwash Challenge

Medicspot is calling all Sacred Heart Catholic Primary School and Nursery children to share their creative ideas to help encourage frequent hand washing.

With children at home, Medicspot has launched a new home challenge for children to learn about washing their hands in a fun and creative way.

They are asking primary school children to share their creative ideas to help encourage frequent hand washing. A few ideas include making a poster, filming a video, recording a song, doing a science experiment or writing a poem about handwashing.

The top entry will win £500 for their primary school and 10 runner-ups will receive £100 for their primary school. This could go towards new software, books, stationery, or any other supplies for school. Every child who completes the challenge will also receive a printable certificate. **Follow the link below:**

[www.medicspot.co.uk/handwash](http://www.medicspot.co.uk/handwash)

## Mindfulness Activity

### Joyful Jellyfish

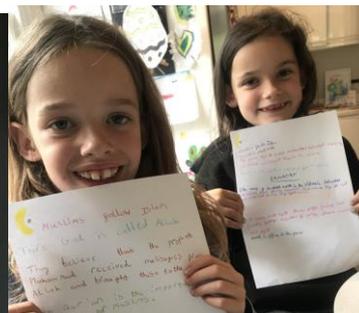
- 1 Lie down on a mat or blanket. Let your arms rest loosely by your sides.
- 2 Close your eyes and notice your tummy rising and falling with your breathing.
- 3 Feel your muscles sinking into the floor beneath you. Let your body be as still as possible.
- 4 Imagine you are a joyful jellyfish floating in the water.
- 5 Now let your worries glide off your jelly body. Feel them slip away in the water.
- 6 Float freely through the sea — nothing in your way, nothing holding you back.
- 7 When you are done, rise slowly, taking your joyful jellyfish heart with you.

## Creative Corner

What beautiful creations there have been this week involving ways that we can help the environment and looking at the beautiful nature during these times.

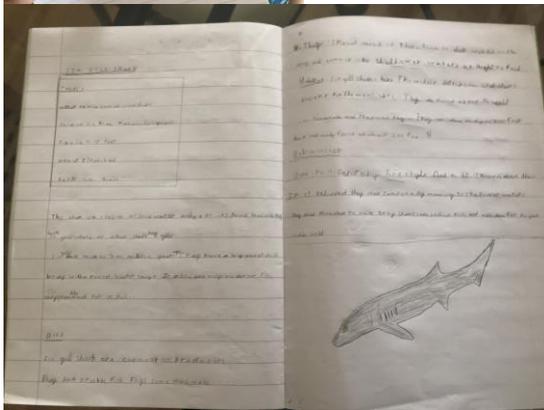
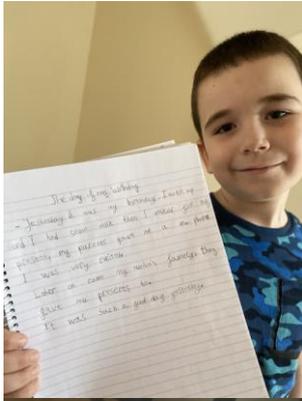


## History and RE

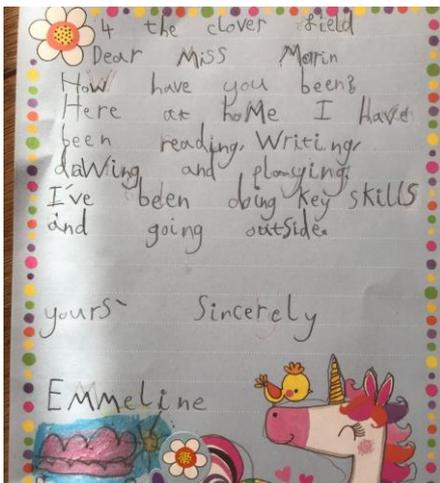


## Writing

Caleb enjoyed writing a report on a 6 gill shark and Arban was proud of himself with his recount from his birthday. (I hope you had fun!)



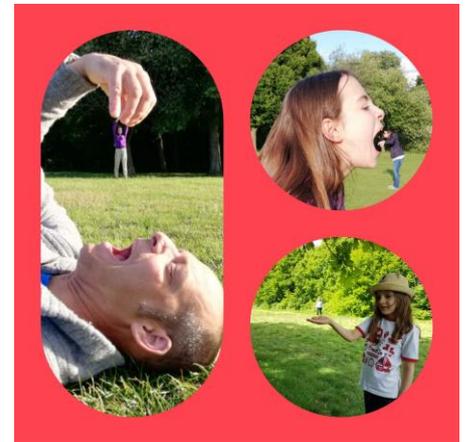
Emmeline wrote a letter addressed to Miss Morin. I bet Miss Morin will be excited to read it.



## Fund Raising Challenge



Sophia and Lexi have been taking part in a fund-raising challenge for Blood Cancer UK. "The photos below are around the colour Red, because we started all of this on Wear Red for Blood Cancer day on 28th May."



Below is the link if you wish to donate to support Blood Cancer.

<https://www.justgiving.com/fundraising/sarahs-26-mini-red-challenge>

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.u](mailto:news@sacredheart682.herts.sch.u)

## Make handwashing fun!

Sprinkle a bit of glitter on your hands and see how much is washed off with water alone and then with soap and water. This helps you see the importance of hand washing in a fun way! You can also look for soap that features your favourite cartoon or animated characters to help remind you to scrub. Just make sure the soap is ANTI BACTERIAL as that is what kills germs!

Send in any photos of this too!