



# Sacred Heart Catholic Primary School



## Children's Newsletter

22<sup>nd</sup> May 2020

Dear children of Sacred Heart School,

As ever, I hope you are all safe and well. I would like to echo all staff messages from previous weeks in thanking you for the effort you are putting into your home learning. I have seen so many invaluable practical life skills being developed over this period; baking, construction, recipes, measuring ingredients, having discussions, using a computer and many more.

We are all thinking of you and are so privileged to work with such a wonderful school community. Your parents, carers and you are an often forgotten group of heroes in these times but we notice and celebrate you all.

Fill your windows with rainbows and hold on to the fact that storms do not last forever.

We send our love and blessings to all our families.

Take care and stay safe

Mrs Ramsay

### Thank you NHS

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 have shown your support for the NHS.



### Lego Challenge (The final challenge)



## Creative Corner

What beautiful creations there have been this week. Seeing all the bright, colourful pictures has certainly brightened my day! Well done to everyone for having a go and getting creative while you are at home.



## Mindfulness Activity

To encourage children to have positive Mental Health.

This week's activity is: Reflection Pond.....

1. Sit mindfully with your spine straight and body relaxed. Close your eyes and take three soft, slow, mindful breaths. 2. Imagine you are in a forest with tall trees. You hear the birds chirping in the trees, and squirrels running across fallen leaves on the ground. 3. You are sitting in front of a small pond. The water is still. Look into the pond. See the reflection of the trees in the clear water. What else do you see? Do you see yourself reflected in the water too? 4. Imagine dropping a pebble into the pond. See the ripples in the water. 5. Keep watching, and when the water becomes still again, open your eyes. 6. Look for still water in the pond.

From Mindful Minds by Whitney Stewart and Mina Braun

## Cooking

More baking - Chief Ciara has cooked up a pasta feast and Chief Aiobhinn has baked some chocolate Rice Krispy cakes.



I made a sensory painting mat for my son Josh and it did feel really cool. The end result looked very funky. Why don't you create a sensory mat and produce an awesome painting from it!



1) Squirt some paint blobs on to paper  
2) cover the paper with cling film

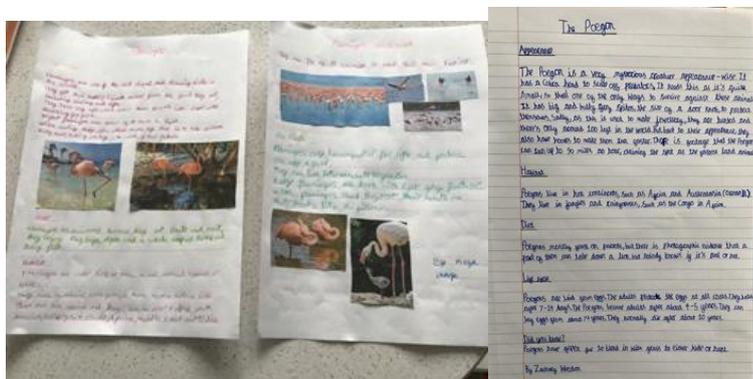
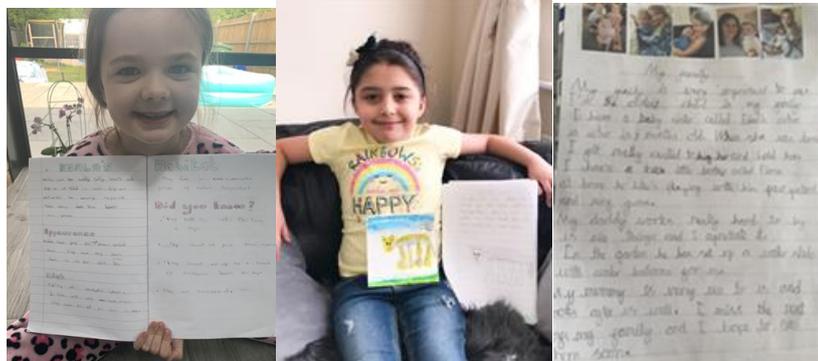
3) press down on the paint through the cling film until the paper is covered

4) Take the cling film off and when the paint is wet you can use tools to scratch messages or draw patterns.

Let's see what you can create for your masterpiece (use the NHS as your inspiration)

## Writing Corner

We have received some fantastic examples of your writing over the last couple of weeks. You have been researching new topics and writing fantastic reports on various animals. Here are a few of them. The presentation and handwriting from each one of you is very impressive. I particularly like the pictures and presentation layouts of the reports. They are very detailed and colourful, well done.



## Science



Dominic's grown tomatoes, lettuce, carrots, pepper, basil and parsley all from seed!



Frankie and Tommie went on a bug hunt in the woods and found lots of creatures and wildlife.

We love seeing all the great ideas and activities you have been doing whilst you are at home. Please continue to send us your pictures and work for this newsletter. [news@sacredheart682.herts.sch.uk](mailto:news@sacredheart682.herts.sch.uk)

## Art Competition

Over Half Term would you like to compete in an Abstract Art competition? The aim is to make positive words of support for the school community using items from around your homes.

Examples of items you can use are buttons, fabric, Lego, crayons, feathers or ribbons.



Please send pictures of your creations to [news@sacredheart682.herts.sch.uk](mailto:news@sacredheart682.herts.sch.uk). The winning entries will receive a prize. Good luck!