



26th February 2021

Dear children of Sacred Heart School,

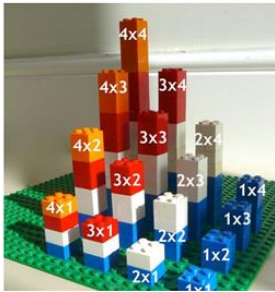
I hope that you all had a good half term and enjoyed your well-deserved break.

Today, you can wear red, white and green clothes for St David's Day (which is on Monday 1st March). Click on the link for some craft activity ideas to try at home.

<https://www.activityvillage.co.uk/st-dauids-day-crafts>

Next Wednesday is World Maths Day and below are some ideas of activities you can try out at home.

Lego Multiplication Tower



5. Learning Clock



3. Sunshine Addition Fact Families



Fraction Flowers



Thursday is World Book Day and I have attached a sheet to this newsletter for you to design your own book cover for your favourite book.

I would like to praise you again for all the hard work you are doing in school and at home. I am so proud of how hard you are working. Keep up the fantastic work and remember to keep sending all the creative pictures in of your learning.

Mrs Ramsay

Creative Corner

Hermione sent in a picture of her celebrating Chinese New Year. I like the cards that you created.



Mindfulness Activities

Lie on your back outside and close your eyes so you can use all of your senses except for sight.

Notice the feel of the air, the feel of the ground, the sounds that surround you and any smells that are present.



Close your eyes and ask a partner to pass you an object that you can hold in your hands.

Touch and turn the object, describing each aspect in detail to your partner and then swap places.



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 🙌

1. Make a plan to help you keep calm and stay in contact	2. Enjoy washing your hands. Remember all they do for you!	3. Write down how things you feel grateful for in life and why.	4. Stay hydrated, eat healthy food and boost your immune system.	5. Get active. Even if you're stuck indoors, move & stretch!	6. Contact a neighbour in trouble and offer to help them.	7. Share what you are feeling and be willing to ask for help.	
8. Take the time to do self-care regularly.	9. Call a friend and be supportive and really listen to them.	10. Get good sleep. Use screens before bed or when waking up.	11. Practice slow breathing and relaxation to calm yourself down.	12. Imagine yourself in a safe place. Fill your mind with positivity.	13. Volunteer your time to help others in need.	14. Play a game that you enjoyed when you were younger.	
15. Make some progress on a project that matters to you.	16. Remember that everyone needs that extra little bit of help.	17. Learn something new or do something creative.	18. Find a fun way to do an exercise in 15 minutes of physical activity.	19. Do some acts of kindness to help others in need.	20. Make time for yourself. Do something that you love!	21. Send a letter or message to someone you care about.	
22. Find positive stories in the news and share them with others.	23. Have a bath with the lights on and listen to music.	24. Put your mobile on silent and try to be thoughtful.	25. Look for the good in others and notice their strengths.	26. Take a small step towards an important goal.	27. Share your feelings with someone you trust.	28. Write a letter to thank someone who has helped you.	
29. Connect with nature, breathe and enjoy the sunshine.	30. 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

HAPPY
PANCAKE DAY



Samudi and Senudi 2021



Samudi, Senudi, Grace and Joseph were enjoying their pancakes during Half Term. Thank you for sharing these pictures. I hope you caught those pancakes Grace!

Creativity



Well done Saif for making this creative hat during half term.

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

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

Book Cover Design

Design a new cover for your favourite book.

