



Children's Newsletter

26th January 2021

Dear children of Sacred Heart School,

I see that you are all adjusting to the new way of working. Sacred Heart School community is pulling together to support each other to ensure that we enable you all to continue with your learning and feel that you are being supported.

I had the privilege of teaching some of you last week alongside Mrs Saunders and I was so impressed at how independent you are becoming as learners. Keep up the hard work!

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

Well done to Kiara in Year 1.  
These creative patterns were produced using a paint brush and sponge. I bet this was super fun to create!



### Mindfulness Activities

## Just One Breath

### BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.



### Writing

Riddle Poem by Diyana (Year3/4 writing)

*I shine like a shooting  
star.*

*I am special the way you  
look.*

*I come in different  
designs and shapes.*

*I'm something you wear.*

*Can you guess who I am?*

### Creativity

Tiyana in Nursery showed creativity while counting 1-10.



# HOME LEARNING



Amelie in Year 1 built 3 different towers and ordered them from the longest to the shortest. She compared the height and length of objects using key vocabulary.

Daniel in Year 3 was being a builder and measuring heights of different objects around his home using tools such as tape measures and metre sticks.

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/p007q5y4>

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40q2-k> Joe Wicks workouts



Sadie had fun playing darts whilst also learning maths at the same time. 😊!!!

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

**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. Write a postcard to help you sleep better and give it to a friend	2. Enjoy reading. Remember all things are for you!	3. Write down how you are feeling and what you are doing to help yourself feel better.	4. Stay hydrated and healthy. Food and drink are important!	5. Don't panic. Stay calm. Breathe. Think & act wisely.	6. Continue a meditation or prayer and offer to help others.	7. Show your support and be willing to ask for help.	
8. Take five minutes to sit and breathe. Breathe regularly.	9. Get a letter, note or card up and ready for all those who need it.	10. Get good sleep. Try to get up and ready before 7am.	11. Write a list of things you are grateful for in the world around you.	12. Remember yourself in a hard time. You are not alone.	13. Remember yourself in a hard time. You are not alone.	14. Play a game that gives you a sense of achievement.	
15. Make some progress on a project that matters to you.	16. Remember your favourite music that makes you feel good.	17. Learn something new or do something creative.	18. Find a fun way to do an activity. 15 minutes of physical activity.	19. Do some acts of kindness to help others, however small.	20. Help someone who needs help. Do something kind for yourself.	21. Send a letter or message to someone you care for.	
22. Find positive stories in the news and share them with others.	23. Have a bath with the kids listening and turn off the news.	24. Play your favourite music and try to let them do it.	25. Look for the good in others and notice their strengths.	26. Take a small step towards an important goal.	27. Show those around you how grateful you are for them.	28. Write a letter to thank someone for their help.	
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