



Children's Newsletter

5th June 2020

Dear children of Sacred Heart School,

I hope you had a lovely half term.

I want to offer a huge thanks to you all for working so hard with your home learning over the last term. Thank you to those who have emailed in lots of creative and hard work which I have enjoyed looking at.

This Friday it is World Environmental Day - it would be fantastic if you could send in some photos of how you are helping our world. There are certainly some countries with cleaner environments due to less traffic in the skies or on the roads.

Please keep sending in your emails and photos; we love seeing and sharing them!

Take care and stay safe.

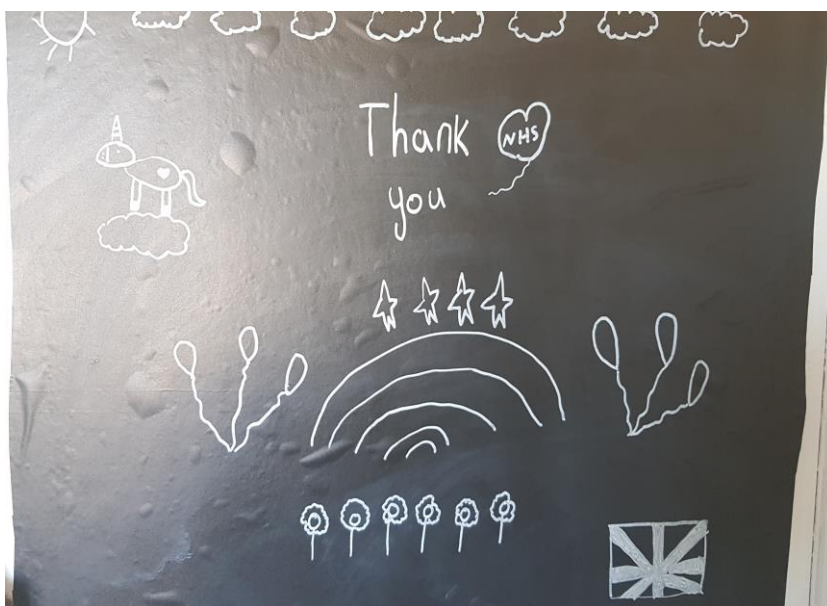
Kind regards.

Mrs Ramsay

Thank you NHS

The whole country has been showing their support for the key workers. 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.



## 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

**Rooted Like a Tree**

- 1 Stand with your feet together and your arms by your sides. Keep your eyes open.
- 2 Imagine tree roots growing from the bottoms of your feet down into the earth. Feel connected to the ground.
- 3 Slowly lift one foot and press the bottom of it against the ankle of your other leg, if you can.
- 4 Clasp your hands together in front of you, with just your pointer fingers extended. Lift your clasped hands over your head.
- 5 Balance, relax into the position and smile. You are rooted like a tree.
- 6 Lower your arms and try balancing on your other foot. Do you feel any difference?

If you wobble, that's okay. Trees sway in the wind, but roots keep them balanced and steady all day.

**Challenge:** Try lifting your foot higher and pressing it against the inner thigh of your other leg.

## Cooking

More baking - Chef Grace has baked a cake and Chef Loulou has made a clay ice cream to counteract the hot weather (I thought it was a real ice cream!)



## Art Competition-

Very well done for those who participated in the Abstract Art competition during half term. The aim was to make positive words of support for the school community using items from around your homes.



Congratulations to our KS1 winner Kiara David and KS2 winner Sadie Daniels. An Amazon gift card will be on its way!



## Poetry

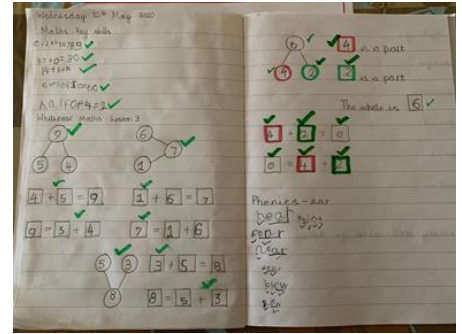
Oscar has made this acrostic poem to share with the school.



### LOCKDOWN LIFE

- Longing to go back to school.
- Outside in my garden every day.
- Cooking lemon drizzle.
- Knowing that are better times ahead.
- Doing lots of homework!
- On my PlayStation with my friends.
- Waiting to go on holiday.
- Now what has lockdown meant for you.

## Mathematics



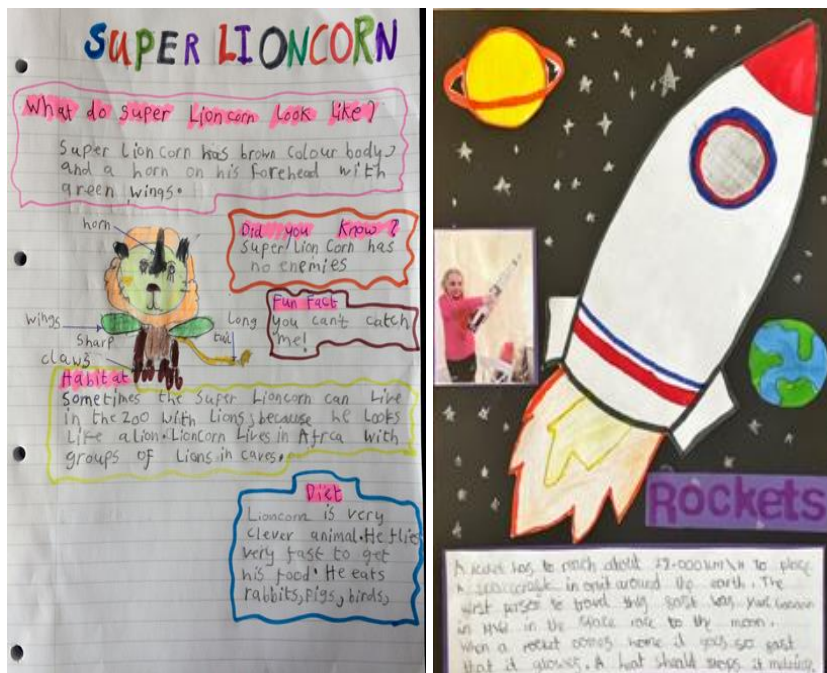
Christopher enjoyed doing the White Rose online maths lessons and worksheets.

## Exploring Nature



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)



An excellent piece of writing about a Super Lioncorn and a superb rocket project.

## World Environmental Day

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