



8th February 2021

Dear children of Sacred Heart School,

I hope you've all been enjoying the snow! I loved seeing your beautiful pictures of playing in the snow. Children in the pictures below were having great fun building in the snow. I loved the snowman with the facemask supporting the NHS. Great thinking!

It is Children's Mental Health week this week. Why not try to express yourself by making a piece of artwork, take a photo or create a piece of writing that expresses your thoughts and feelings? I would love to share this in next week's newsletter.

I would like to again praise you 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 these creative pictures in of your learning.

Mrs Ramsay

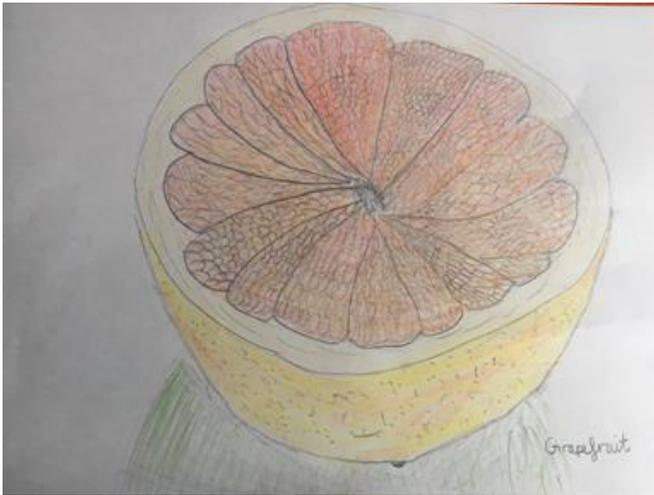
Thank you NHS

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.

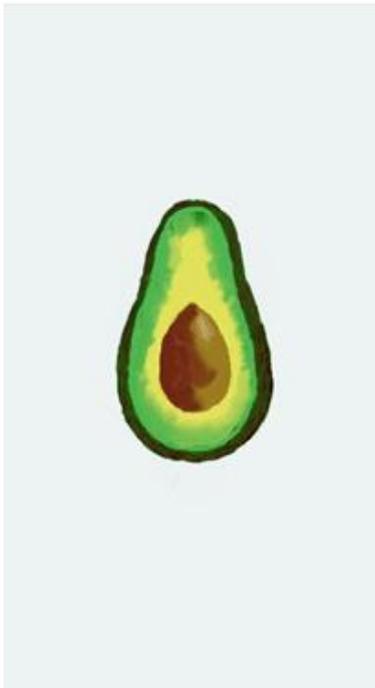
I feel very proud to see all the creative ways you can show your support for the NHS.



Creative Corner



Samudi has created a detailed drawing of a grapefruit. Excellent shading using different tones!



Ella in Year 6 has created a detailed art piece of an avocado. Fantastic detail!



Aria in Year 2 has produced a detailed colourful sketch of a horse. Well done!

Mindfulness Activities

Listen carefully with your eyes closed to any sounds you can hear. After one minute, open your eyes and write down everything you heard.

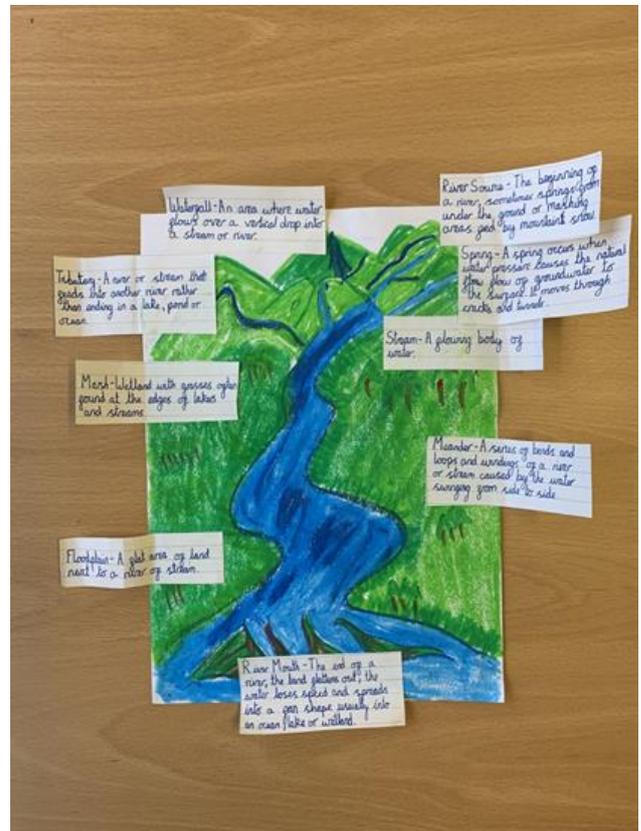


Ring a bell or make a lasting noise with another instrument or method.

Listen very carefully to the fading sound until you are sure you can no longer hear it.



Creativity



Teyah in Year 6 has produced a great detailed diagram of the Water Cycle. Brilliant effort!

HOME LEARNING



Evie and Lottie have been doing PE with Joe Wicks when it has been raining outside.



Sammy has been enjoying building different Marble



Riley, Matilda and Jude made some wonderful finger tree paintings which is a great idea while looking at nature in your garden or if you are out for a walk.

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 us your pictures and work for this newsletter.

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. Take a good night's sleep and get up in good time	2. Eat a healthy diet with plenty of fruit and veg	3. Exercise every day for 30 minutes	4. Stay hydrated and avoid alcohol, tobacco & drugs	5. Get advice from your GP or pharmacist	6. Cleanse & sanitise your hands	7. Avoid public places and large gatherings
8. Take time to relax and recharge	9. Don't be afraid to ask for help	10. Don't panic	11. Stay calm	12. Stay positive	13. Stay safe	14. Stay kind
15. Make a plan	16. Stay calm	17. Stay positive	18. Stay safe	19. Stay kind	20. Stay calm	21. Stay positive
22. Stay calm	23. Stay positive	24. Stay safe	25. Stay kind	26. Stay calm	27. Stay positive	28. Stay safe
29. Stay calm	30. Stay positive	** Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances ** - Viktor Frankl				

ACTION FOR HAPPINESS

www.actionforhappiness.org