



15TH MAY 2020

STAY SAFE , STAY HAPPY , STAY TOGETHER

HELLO AGAIN,

It's been a while now since everyone in our country and indeed the world, has had to live a little differently. Some of us are getting more used to it but at the same time yearning for past freedoms. We do have to look at the positives though - less pollution, more time with together and having a simpler life. As time moves on we are all beginning to realise that we are learning to work in different ways, both for children's school work and for adults working from home. Hopefully we will all be helping each other along the way.

Huge thanks to parents and carers for the continued support for your children's ongoing learning.

TOGETHERNESS MATTERS.



## CREATIVE CHALLENGE

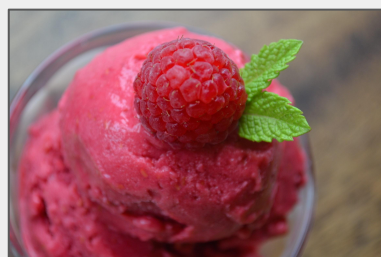
### Make a hug

Some of you are really missing some very special people in your lives - it might be nice to send a hug to them and these can even be posted. Paint your hands, print onto paper and allow to dry. Cut out, staple onto a length of ribbon and you can send your hugs to whoever you want to. You can even make a lovely card to send along with it in the post!



### Ingredients

- 50g icing sugar - sifted
- 300g frozen raspberries
- 3 tablespoons runny honey
- 500g fat free greek yoghurt



## RASPBERRY YOGHURT ICE CREAM



### Method

- Place all the ingredients into a blender or food processor and blend until really smooth.
- Pour into a freeze proof container and freeze for at least 5 hours, or overnight.
- Remove from the freezer 10 minutes before serving and serve in a bowl with fresh fruit.
- This is also great to use in ice lolly moulds and can be eaten in the sunshine!

## MAKING THE MOST OF TIME TOGETHER

Family time has suddenly become so very different but when the jobs, work and learning is done we have time to enjoy each other's company and spend time together.

Making a Lockdown Scrapbook may be fun and something that you can keep afterwards? After all, we are living through a period of history and we can become our own family historians.

Who knows, perhaps the children can keep it to show their own children? You could include photos, drawings and diary entries.



## MINDFUL MOMENT

54321 Game.

This is a really useful technique when our brains are feeling a little overwhelmed. It's great for both adults and kids, requires no equipment and can be done anywhere at all. Look around you and concentrate on:

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

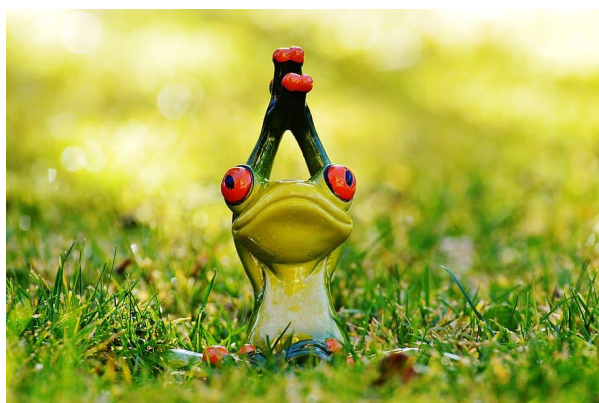
1 good thing you can say about yourself.



## KEEPING ACTIVE

Yoga is a very ancient practice (5000 years old!) and if it has been around for that long, there's got to be something in it.

It's very different to the energetic works out like Joe Wickes does, but it might be lovely to give this a try as alternative or even as well as?



You could also try t'ai chi or pilates. All of these more gentle forms of exercise are reputed to have additional and wide ranging health benefits.

Search YouTube for 'Cosmic Yoga' or try:

<https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=pilates-and-yoga>

<https://yogawithadriene.com/yoga-for-kids/>

Remember to get at least 10-15 minutes of natural daylight every day to ensure your body is getting enough Vitamin D. Vitamin D helps to keep your bones, muscles and teeth healthy and is sometimes known as the sunshine vitamin. Don't forget to use sunscreen if you're out for long periods in the sun though!!



## SLEEP SUCCESS

Quality sleep is so important and sometimes we have trouble getting enough of it. It is as important as good nutrition and exercise for our wellbeing and is linked to learning, attention, behaviour, memory and overall mental and physical health. Having a good bedtime routine helps and so does getting lots of natural light first thing in the morning. For some great sleep success tips try the following website and just think about it ... missing out on one hours sleep every night adds up to nearly a whole nights sleep over a week!

<https://www.mentalhealth.org.uk/publications/how-sleep-better>