



EDITION 5

5TH JUNE 2020

STAY SAFE , STAY HAPPY , STAY TOGETHER

As we enter June, a new school half-term and a very unusual start to the final term of the academic year. We know that some children are going to be coming in to experience school in a 'bubble' but we are aware the majority are remaining safely within their family unit. Either way all of our children matter and this is why we are continuing to offer as much support to keep our whole school 'team' as connected as possible through these ever challenging and unsettling times. It is becoming apparent that we all need to continue to draw on our resilience skills. As resilience is one of our characteristics of learning at school, why not spend some time exploring what resilience means to your children and indeed to your family at this time.

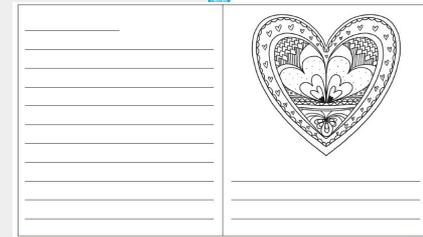
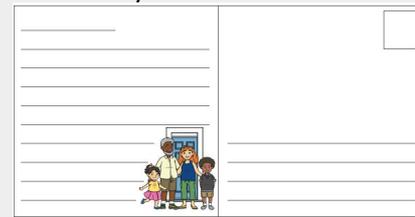
Please also find time to be kind to yourselves and others - as promoted in the recent Mental Health Awareness Week and celebrate the things that we can be thankful for. Huge thanks to parents and carers for the continued support for your children's ongoing learning.



## CREATIVE CHALLENGE

### Kindness postcards or Postcards to those Self-Isolating

Write a postcard to a friend neighbour or someone at your local care home to brighten their day and make them feel connected to the community. On the back of the postcard, draw a picture of something that could make them smile. Use the ideas below as a template, or make your own.



### Ingredients

- 1 tin tuna chunks in oil
- 1 onion - chopped
- 55g bacon - chopped
- 110g mushrooms - sliced
- 225g long grain rice
- 2 tbsp tomato puree
- 400g tin chopped tomatoes
- 280ml vegetable stock
- 1 tbsp lemon juice
- 55g frozen peas
- Couple of handfuls of rocket / spinach to garnish (optional)



## TUNA RISOTTO



### Method

- Drain oil from tuna into a large saucepan or wok. Fry onion, bacon and mushrooms until just tender.
- Add rice, puree, tomatoes, stock, lemon juice and seasoning.
- Bring to the boil, cover pan loosely and simmer until rice is almost tender.
- Add tuna and peas and continue cooking until rice is cooked and most of the liquid has been absorbed.
- Add garnish to serve (if required).

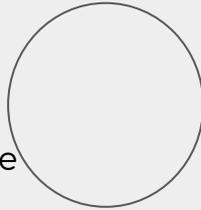
# MAKING THE MOST OF TIME TOGETHER

## I am thankful for...

Use some family time to think about what we can be thankful for at the moment.

This can really help children to appreciate the small things in life and make the best of every situation they find themselves in.

Draw a circle on a piece of A4 paper. Ask children what they feel lucky to have or be able to do right now. Write a list of all the things they come up with in the circle or ask them to draw a picture showing what they are thankful for.



If you have a large piece of paper you can make a family one.



# MINDFUL MOMENT

## TUMMY BREATHING



Lie on the floor and place a small stuffed animal on your stomach. Breathe in deeply through your nose and feel the stuffed animal rise, and then feel it lower as you slowly exhale through your mouth. Rock the stuffed animal to sleep using the rise and fall of your stomach.

If you like this breathing exercise, you might like to try other mindful techniques:

Read more about the benefits of mindfulness try the some of the ideas from the site below:

<https://www.helpguide.org/harvard/benefits-of-mindfulness.htm>

## Action for happiness

Check out the calendar for June at

<https://www.actionforhappiness.org/joyful-june>



# KEEPING ACTIVE

For those of you who tried Cosmic Yoga last month, here are some poses you might like to practise:

**Warrior II Pose - Virabhadrasana II**  
Benefits: Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

- Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
- Inhale, and lift your arms parallel to floor.
- Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
- Keep your torso tall, turn your head, and look out over your fingertips.
- Inhale, straighten your legs and lower your arms. Repeat on opposite side.

**Chair Pose - Utkatasana**  
Benefits: Strengthens legs, stretches shoulders and chest.

- Start in mountain pose.
- Exhale, and bend your knees as if you were sitting in a chair.
- Reach your arms towards the ceiling, with your palms facing each other.
- Hold this pose and breathe.

**Mountain Pose - Tadasana**  
Benefits: Improves posture, strengthens core, muscles and legs.

- Stand tall with your weight balanced evenly on your feet.
- Firm your thigh muscles and pull in your tummy.
- Press your shoulders back and hold your arms out straight, a little way from your body.
- Breathe deeply and hold as long as needed (at least two long breaths).

**Tree Pose - Vrikasana**  
Benefits: Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

- Begin in mountain pose.
- Lift your right foot, turning your knee out, place your foot below your left knee.
- Press your hands together.
- Raise arms overhead, and look up to your hands if possible.
- Return hands to your chest, and lower your right leg.
- Repeat with left leg.

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

Alternatively you may wish to continue with your running, walking or cycling that you started in May for our charity challenge.

Remember all forms of exercise are great for physical and mental health.



# BRAIN WORKOUT

Try some of these childhood favourites to keep your mind active, whilst providing a brain break from schoolwork:

Memory games – put some items on a tray, cover with a tea towel and see how many you can remember. Take turns with adults or children choosing the items.

Giant jigsaw - keep out on a tray or board if you've space, see who can get most pieces placed in - great for rainy days

Hide objects and child looks for them, say they are getting cold when they are going further away and they are getting hot as they get nearer

See the link for more memory games

<https://childhood101.com/short-term-memory-games/>