

# Woolenwick Junior School

Easter Holiday Newsletter 2020



## MESSAGE FOR PARENTS / CARERS

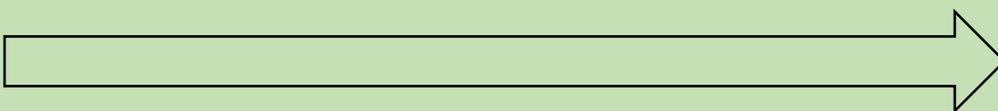
We would like to thank you all for your tremendous support towards the school and staff at this very uncertain time. We have several keyworker/vulnerable children in the school with us every day and will continue to offer them access to the school over the Easter holiday period. We also wish to be able to support each and every one of you for as long as is needed. To this end, we thought it would be lovely for the children to tap into all the exciting opportunities that are popping-up online, including many that have been about for a while that you may not have known about. To this end, the rest of this newsletter is for your child/ren to read and we really hope that many of them will be able to look at and access a whole host of new and exciting opportunities from 'virtual tours of museums' to 'postcards of kindness'.

If you or your child have found a fun activity to take part in or you have found a brilliant website for kids that they've enjoyed using, please send the link to the School Office and we may be able to share it with the whole school!

## KIDS ZONE -MESSAGE FOR ALL THE CHILDREN

Dear Children

This special Easter newsletter really is just for you!! Now the holidays are here please try and relax and not worry too much. Some of you will have sisters and brothers to play with during the next few weeks, but whether you have or you haven't there are lots and lots of activities you can do while you're off; new skills you can learn, fun exercise classes you can follow and games you can play. The staff at Woolenwick Juniors have made a list of some of these for you. Many of these will be things you can also get your family joining in with and others are some you can do by yourselves.



**THIS WAY FOR  
FUN STUFF!**

## EARNING A BLUE PETER BADGE

There are so many different Blue Peter badges that you can collect and it is easier to get your hands on one than you may think! There are eight badges you can earn.



Click here to look at all the Blue Peter badges you can apply for:

<https://www.bbc.co.uk/cbbc/joinin/about-blue-peter-badges>

The application process for each badge is different, so click on the link under each badge to get instructions on how to earn that badge.

Once you have a Blue Peter Badge you'll be able to visit hundreds of UK attractions for free! Have a look at which ones here:

<https://www.bbc.co.uk/cbbc/attractions>

## POSTCARDS AND LETTERS OF KINDNESS



Many of you we are sure have spent some time texting or perhaps emailing your friends and family, but have you ever stopped to think about how lovely it is to receive a letter by post? It may take more effort to sit and write a few sentences or draw a beautiful picture but this kind of post is always received so positively and if you write to someone you might get a letter back!

Perhaps you could write to your friends, aunts, uncles, cousins, grandparents in this country or overseas. It is also a particularly challenging time for the residents of many nursing and care homes, as family and friends are not allowed to visit. You could send these people a little note or a picture and share a little bit of positivity today ☺ or write to a neighbour who may be on their own.

If you would like to send letters, poems or drawings to the people living in local care homes then they would love to see them! Here are just a couple of suggestions but may be you know of others near you:

- ~ Jubilee Court, Hayward Close, Stevenage SG1 5BS
- ~ Halcyon Days, The Old Rectory, Church Lane, Graveley SG4 7LU

Remember: If you do wish to do this for someone you don't know then just put your first name only and check with your parent/carer that they are happy for you to do this.

## HAPPY BIRTHDAYS!!!

Hoping that the following children had a lovely birthday despite lockdown!

Alanya and Alexia in Coral, Daniel in Jet, Neave in Jade, Bobby in Amber and Isaac in Zircon

And wishing these children a sunny day when they celebrate their birthday this month!

- ~ Freya in Ruby
- ~ Aneesa, Ben, Chloe in Topaz
- ~ Kimberly, Lily-Mai, Nigel in Coral
- ~ Evelyn in Jet
- ~ Ada, Jake, Justin in Quartz
- ~ Grace and Jacob in Amber
- ~ Benjamin, Daniel, Ethan and Evie in Zircon

## READING (OR LISTENING) TO STORIES



You may already be an avid reader or perhaps you just like to dip in-and-out of fact books and magazines, but either way there are lots of ways that you can enjoy and improve your reading, even if it's by listening to a story.

### Hay Festival Programme for Schools

Watch authors from Hay Festival Programme for Schools filmed over the last 3 years. There are 55 fun filled and inspiring events to choose from including a talk by Cressida Cowell author of 'How to Train Your Dragon' series [click here](#) or go to [www.hayfestival.com](http://www.hayfestival.com)

**Hertfordshire Library Members** - although you cannot visit libraries at the moment, if you already were a library member you can borrow e-books and e-audiobooks via Borrow Box. You will need your Library card number. [Click here](#) for Borrow Box or search for Borrow Box online.

**Magazines** – there are lots of kids' magazines that your parent/carer could buy, however, there are some online websites that are excellent sources of facts and fun information including:

**First News** – we receive this actual newspaper each week but we can also send it to you all electronically, so ask your parent/carer to look out for this on their email. Alternatively [click here](#) for First News website.

**National Geographic for Kids** – an excellent source of fascinating information  
<https://www.natgeokids.com/uk/>

**The Week Junior** – a brilliant magazine available free for 6-months. Ask your parent/carer to look online or [click here](#) or go to [www.theweekjunior.co.uk/](http://www.theweekjunior.co.uk/)

### Listen to David Walliams – Elevenses

The actual real-life David Walliams (!) reading his own stories to you! You can access these online:  
[www.worldofdavidwalliams.com/elevenses](http://www.worldofdavidwalliams.com/elevenses)

**Audible** – another website where you can download books to listen to. This is available on a 30-day free trial, so please ask your responsible adult about this before clicking on anything! Or click here:  
<https://stories.audible.com/start-listen>

### Investigate:

You may want to look at what your favourite authors are up to at this time. Remember they are on lockdown too! Perhaps it'll inspire you to write your own short story or even begin a longer novel!

Authors who you might want to google: Tom Fletcher (Christmasaurus), Jacqueline Wilson (Hetty Feather), Anthony Horowitz (Alex Rider series, The Diamond Brothers and Gruesome Grange) Lemony Snicket (A Series of Unfortunate Events and All the Wrong Questions)  
Recommended Reading Lists - you can look at recommended reading for your age-group via this link  
<https://literacytrust.org.uk/programmes/young-readers-programme/young-readers-programme-book-lists/> Perhaps you'll discover an author you love and had never heard of!

**Send it in** - If you do write a story or poem perhaps you'd like to send it into our school email and we could do a display of these to look at when you are back in school 😊

[Year3@woolenwickjm.herts.sch.uk](mailto:Year3@woolenwickjm.herts.sch.uk)

[Year4@woolenwickjm.herts.sch.uk](mailto:Year4@woolenwickjm.herts.sch.uk)

[Year5@woolenwickjm.herts.sch.uk](mailto:Year5@woolenwickjm.herts.sch.uk)

[Year6@woolenwickjm.herts.sch.uk](mailto:Year6@woolenwickjm.herts.sch.uk)

## MINDFULNESS

Mindfulness – you may or may not have heard of this – but it is a very helpful way of thinking to get children and adults through their day/week/month/year by taking the time to ‘know directly what is going on inside and outside ourselves, moment by moment’. We all spend much of day when at school and work rushing around and not stopping often enough to consider how we are feeling and what we can do to feel better mentally and physically. Here are some suggestions that you may want to do while you are home:

**Mindfulness colouring** - great for children and adults. Never underestimate the power of a felt tip pen!! You can google mindfulness colouring pages and print them off, or maybe you already have a book at home.

**Keep a happiness journal** – this is something you could do every day just for 5-10 minutes. It will encourage you to express gratitude, reflect on your emotions and think about your actions.

Some of things you could include:

~ ‘Top Three Things’

A note of things that have brought you happiness or that you are grateful for. For example, ‘I was able to help my friend smile when she felt sad’, ‘my mum/dad made me a yummy dinner’, ‘I enjoyed learning how to write a poem at school’

~ Draw Emoji of the Day:

Check in with how you are feeling – draw a smiley face or similar

~ Growth Mindset

Write one or two things that help you remember the little moments. Maybe something like: I helped with the chores, I played with my sister/brother, I was a good friend

**Practice mindfulness or yoga** – there are lots of online videos that your parent/carer could find for you. Find some time in your day just to BE. Spend time in a quiet space and give your mind time to relax.

## LEARNING TO COOK AND BAKE



We are sure lots of you will have been baking with your parents/carers already, but if you'd like to give it a go on your own for the first time or are looking for some new things to cook or bake, why not try one of these websites for ideas. Your parent/carer may even agree to booking you on a course online when you'll be able to see the other children joining in the class!

**Daisy Bakes** – Daisy has a brilliant local business which now offers you the opportunity to cook along with her [www.daisybake.com/WhatsOn](http://www.daisybake.com/WhatsOn) or you can catch her baking on YouTube.

**Tilly Ramsey** – you may have seen ‘Matilda and the Ramsey Bunch’ on TV when Tilly cooks up some delicious food. Why not give one of her recipes a go?

<https://www.bbc.co.uk/cbbc/curations/tilly-ramsay-recipes>

**Jamie Oliver** – famous chef – offers lots of new recipe ideas

<https://www.jamieoliver.com/features/category/get-kids-cooking/>

## ARC OF HOPE – PHOTOGRAPHIC PROJECT



During this time where things are very different from normal it is always good to find different ways to spread positive messages. We have heard about a wonderful project that is being co-ordinated by Woolenwick Infant School, where they are collecting photos of children and their families dressed in all the colours of the rainbow. They will then be using all the photos to create a digital rainbow, an 'Arc of Hope', to submit to the Royal Academy of Arts to be part of this year's Young Artists' Summer Show.

If you would like to be a part of this then please ask your parent/carer to email your photos to the correct email address as shown below: ***It is worth noting that by emailing photos your parent/carer is giving permission for your photos to be used in a public installation, and as such you should ensure that they are suitable images as requested in the poster.***

red@woolenwickinfants.herts.sch.uk  
orange@woolenwickinfants.herts.sch.uk  
yellow@woolenwickinfants.herts.sch.uk  
green@woolenwickinfants.herts.sch.uk  
blue@woolenwickinfants.herts.sch.uk  
purple@woolenwickinfants.herts.sch.uk

If you have any questions then please email [admin@woolenwickjm.herts.sch.uk](mailto:admin@woolenwickjm.herts.sch.uk)

## SCIENCE FUND

**Do you like experiments?** Would you like to try some at home? Of course, check with your parent/carer first that they are happy for you to do this, and that you have any ingredients and equipment.

Dunking Biscuits Experiment - [click here](#)  
Magical Waterlilies Experiment – [click here](#)

### **The Great Bug Hunt**

Our challenge is pretty simple – and is for children and adults! Go into the garden or any outside space and see what bugs you can find! Look in the nearest hedges, flower beds, trees, long grass, logs, stones, rocks (well, you get the picture)... explore and then report back to us on what you have found.

**Please be sure, however, to follow government advice and do not leave your property. To do this, stay 2 metres away from people not in your household and do not put yourself or others at risk.**

Make it into a project – if you find a spider or woodlouse, find out all about it. Draw it, examine it (carefully!), what does it eat, where does it live – maybe even write a story or poem about it, design a poster, shoot a video and then email it to the organisers, School Science by 12<sup>th</sup> June to [rebecca@ase.org.uk](mailto:rebecca@ase.org.uk)

Maybe you'll find a spider under the bed, maybe you'll have a bug hunt indoors, maybe as explorers you could learn about a habitat or insect online, the options are endless – with a little bit of imagination...

For more information go to <http://www.schoolscience.co.uk/bughunt>

## ARTS AND CRAFTS

### Online Art Lessons

Art with Mrs G

<https://www.facebook.com/groups/2800504326726539/?ref=share>

Olive Tree Art

<https://www.facebook.com/OliveTreeArtUK/>

This lovely lady makes bespoke cards and frames and at the moment she is also writing the cards for people and sending them directly to your friends/family if you ask her to.

**Pinterest** - a great idea for crafts etc. If you search 'Forest School' then there are lots of ideas for outdoor activities that could be done in your garden if you have one

**The Arty Crafty Place** – this online company are still delivering and offer block printing and decopatch goods and ideas: <https://theartycraftyplace.co.uk/>

**Happy Fabric** – this is an activity your parent/carer would have to pay for but some of you might want to give it a go. So many designs to be had and they have ideas on their page and on their facebook page - as far as we know they are still delivering. <https://www.happyfabric.co.uk/>

**Hobbycraft** are still delivering too and have ideas for crafts on their site. <https://www.hobbycraft.co.uk/>

**Mister Maker** - has a YouTube channel that might be helpful for younger children

<https://www.youtube.com/user/mistermaker>

### **Why not try and new skill?**

You could try looking for videos on how to learn one of the following crafts:

- ~ Draw (animals, buildings, cars)
- ~ Calligraphy or even bubble writing
- ~ Knitting
- ~ Crochet
- ~ Sewing
- ~ Origami

If you do learn something new why don't you ask your parent/carer to take a picture of what you have learnt, and the progress you make. They could then send those pictures to your teacher.

## GIRLGUIDING AND SCOUTING

The Girlguiding and Scouting websites are great places to explore activities that you could do away from a screen. You don't have to be a member of these organisations but they have so much to offer.

<https://www.girlguiding.org.uk/>

<https://www.girlguiding.org.uk/what-we-do/adventures-at-home/adventures-and-activities/>

<https://www.scouts.org.uk/the-great-indoors/>

The CBBC website has brilliant links not only to the all the fab programmes you may watch on the TV but also quizzes, links to Newsround and a puzzles page.

[www.bbc.co.uk/cbbc](http://www.bbc.co.uk/cbbc)

[www.bbc.co.uk/newsround](http://www.bbc.co.uk/newsround)



FINAL THOUGHTS.....



If the mountain seems too big today  
then climb a hill instead  
if the morning brings you sadness  
it's ok to stay in bed  
if the day ahead weighs heavy  
and your plans feel like a curse  
there's no shame in rearranging  
don't make yourself feel worse  
if a shower stings like needles  
and a bath feels like you'll drown  
if you haven't washed your hair for days  
don't throw away your crown  
a day is not a lifetime  
a rest is not defeat  
don't think of it as failure  
just a quiet, kind retreat  
it's ok to take a moment  
from an anxious, fractured mind  
the world will not stop turning  
while you get realigned  
the mountain will still be there  
when you want to try again  
you can climb it in your own time  
just love yourself til then

© Laura Ding-Edwards

~ By Laura Ding-Edwards ~

@rainbirdroots



To view more beautiful poetry by Laura Ding-Edwards click here [www.rainbirdroots.com](http://www.rainbirdroots.com)