

Newsletter

3rd April 2020

St. Mary's Catholic Primary School, Woodbridge Road, Ipswich, IP4 4EU

<http://www.stmaryscatholicprimaryipswich.com>



Welcome to this week's newsletter.

Useful websites

https://www.youtube.com/watch?v=ZnANLAcP_RZ4&feature=youtu.be - A short clip for parents on how to support children who may be feeling anxious.

<https://www.scouts.org.uk/the-great-indoors/> - lots of great activities to try at home.

<https://www.youtube.com/user/CosmicKidsYoga> - yoga for children

Tweet of the Week



There are some who are already thinking about after the epidemic, and all the problems that will arise regarding poverty, work, hunger. Let us [#PrayTogether](#) for all the people who are helping today, but who are also thinking about how to help all of us tomorrow.

School closed Bank Holiday Weekend: 10th and 13th April

You may like to try...

Joe Wickes Daily PE lessons - M-Fri 9.00 - 9.30
Geography with Steve Backshall
Science and Maths with Konnie Huq and Carol Vorderman
Literacy with David Walliams and JK Rowling
Gardening and Nature with Maddie and Greg
Dance with Oti Mabuse
Music with Nick Cope and Myleen Klasse
Keep Cooking and Carry On - Jamie Oliver
History Hit Live with Dan Snow
Science with Professor Brian Cox, Robin Ince and Guests

<https://www.radiotimes.com/news/tv/2020-03-26/kids-entertainment-tv/>

Dear Parents and Carers

I hope you are all continuing to keep well and remembering to be kind to each other in this difficult time. There are lots of ideas attached to this newsletter, remember these are options that you might like to try and not compulsory. My aim is to highlight useful resources, not to add to your stress levels!

As the Easter Holidays begin on Monday your teachers will not be setting you work over the two-week break. If you would like ideas of what to do, try some of the suggestions on this newsletter or look at the subject pages on the website. Click on key information – curriculum and then scroll down and click on the subject icons. Subject leaders are adding useful links to these pages. Click on the PE page to see Mr Hurd training his dog Dave to play football!

Although the school is closed to most people, we are still here to support you. If you have any concerns or need help please get in touch via admin@st-marys-ipswich.suffolk.sch.uk. The school email is checked daily and we will endeavour to respond to you as soon as we can.

All the staff at St Mary's school are thinking about you and missing you very much, we are looking forward to being back at school together.

God bless and take care of each other.

Mrs Berry

How to Grow a Rainbow

You will need:

- Kitchen roll/paper towel
- Felt tip pens
- Two small bowls of water
- Paper clip
- Thread



1. Cut your kitchen roll into the shape of a rainbow.
2. Colour a rainbow with felt tips about 2 cm up on both sides.
3. Attach your paper clip to the top and tie a piece of thread to it. This will give you something to hold your rainbow with.
4. Fill each small container with water.
5. Hold your rainbow with the ends slightly submerged in the water then watch your rainbow grow!



THE SCIENCE

A brief introduction to 'capillary action'! Water molecules like to stick to things - including themselves. Sticking to things is called *adhesion* and sticking to itself is called *cohesion*. The fibres in kitchen roll make lots of little holes. Water is 'sucked' through the holes because of adhesion (liking to stick to other things) and cohesion (liking to stick to itself) means the rest of the water follows. The water pressure will eventually slow down and the pressure of gravity will mean it stops moving.

@MrsBpriSTEM

Rainbows are popping up in windows to spread positivity and for people to spot as they walk by. Grow your own rainbow to hang in your window or add to your collection!

100 Things to do indoors

www.spreadthehappiness.co.uk



1. Make non-cook playdough, then have a Dough Disco
2. Paint 'our families' portrait
3. Write and make a book
4. Draw flowers or the fruit bowl
5. Learn some laughter yoga www.robertrivest.com
6. Finger paint
7. Make a band from kitchen pots and pans
8. Footprint paint
9. Have a dance alarm every 30 minutes
10. Have a karaoke
11. Send a video message to family and friends to get them busy
12. Have a birthday party for a pet or cuddly toy
13. Have an indoor picnic
14. Discover your favourite story and share it together
15. Order books alphabetically
16. Have an indoor treasure hunt
17. Dress up in adult shoes
18. Find a fairy door in your house or garden
19. Do the Hokey Cokey
20. Take a selfie through a toilet roll tube and pretend you are on the moon



21. Make cards for everyone at home
22. Get some sheets to flap and pretend they are the waves and jump in
23. Make cakes
24. Get material or cardboard and make mermaid or merman's tails
25. Get all the chairs together and make a bus, play conductors and drivers
26. Make a camp in your bed
27. Make a dark den and use a torch
28. Write a letter to a neighbour or friend
29. Colour in a colouring book or draw a picture
30. Make wool or string hair over a chair
31. Have a pamper day
32. Have a crunched up paper fight (from recycling)
33. Make ice lollies with cordial and water
34. Make sandwiches in strange shapes
35. Make a pretend car from boxes/furniture
36. Learn a rhyme or poem
37. Make paper aeroplanes
38. Have a pirate adventure, make boats from boxes or furniture
39. Blow bubbles and catch them
40. Make a number frieze for the wall, decorate



41. Read Pirate George series available on Kindle
42. Make a papier mache sculpture over a balloon
43. Keep a balloon up in the air game
44. Play a board game
45. Play hide and seek
46. Play dominoes
47. Learn a card game
48. Make smoothies
49. Perform a puppet show
50. Make shadow puppets
51. Make finger/sock puppets
52. Choreograph a dance or learn a dance routine
53. Have an upside down meals day, lunch for breakfast etc.
54. Learn a sing-along for Spread the Happiness TV
55. Learn to cook something new
56. Learn Brilliant Beast Song on Spread the Happiness TV YouTube Channel
57. Leave happy notes all around the house
58. Make a fitness routine and put your family through their paces
59. Using vegetables, make characters
60. Dance and sing to Knees up Mother Brown



61. Play I spy
62. Open your windows and sing out a song
63. Learn Days of the Week Song
64. Play musical statues
65. Learn a Beatles song
66. Learn a Queen song
67. Make an indoor restaurant and serve your family
68. Have a toy's tea party
69. Roll balls down the stairs
70. Be superheroes with capes
71. Eat cereal with a gigantic spoon
72. Have an ice cream party
73. Enter an online competition to win a prize
74. Vacuum your home
75. Polish your home
76. Fold up sheets
77. Use a sheet as a parachute to fluff up and hide under and play parachute games
78. Make binoculars with toilet rolls and look out the window at the birds
79. Make yoghurt pot telephones
80. Make a junk model rocket as large as you can



81. Create a comedy show
82. Pretend to conduct an orchestra to music
83. Hike up your stairs like it is a mountain, so so high
84. Roll around a large space in your home
85. Hop around like a bunny
86. Learn to play sleeping bunnies
87. Learn and act out 5 Little Monkeys
88. Find as many collections of 10 things in your home as you can
89. Dance in the shower
90. Sing in the shower
91. Squirt shaving foam in your hands
92. Make a scrap book of your favourite things, people
93. Play Jack in the Box in a large cardboard box
94. Have a themed party
95. Stay up late to look at the stars with a night time picnic
96. Play apple bobbing
97. Jump on the bed
98. Bash a pinata
99. Do coin rubbing with paper and crayons
100. Play pass the parcel



www.spreadthehappiness.co.uk



Top tips on looking after your wellbeing while at home

Try to stick to a routine

Make yourself a day or week planner. Get up at the same time every day and try to not have too many late nights. Schedule in time to work but also times to do some online stuff with friends.

Stay in touch with family and friends

Send letters, have a group chat or give people a call. There are also some great support groups to help with specific needs and worries.

<https://youngminds.org.uk/blog/>

Try to eat regularly and healthily

This is always important but especially at the moment. Set yourself a five fruit and veg a day challenge. Use your schedule to set some physical activity every day.

<https://www.nhs.uk/change4life>

Learn to cook new things

Now is a great time to develop your living skills. Even if it is just making everyone a cup of tea. There are some great online videos and websites to help.

<https://www.jamieoliver.com/>

Limit your use of social media

It's important to keep in touch with family, friends and the world but remember there is a lot of "Fake" stuff out there which can be scary and upsetting. If you are looking for news keep to a trusted source.

<https://www.bbc.co.uk/newsround>

Find ways to help others

Now is the time for us to show that we care. Even if you can only do stuff with the people in your home it still makes a difference.

<https://mentalhealth.org.uk/coronavirus/random-acts-kindness>

Learn something new and useful

Now is a great time to try something new, learn a new skill or just get better at something you have already tried. Even better if it is something useful like baking!

<https://thegreatbritishbakeoff.co.uk/>

Talk to people and let them know how you are feeling

This one is really important. Let people know if you are worried or you don't understand something. Talk to people at home, talk to trusted friends or other people who care for you. There are lots of people ready to help:

Childline 0800 1111

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

<https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub/>