

Hello again my little darlings,

I know every day feels the same at the minute but it would actually be half term this week! Can you believe that?! The weeks are flying by and I miss you all now more than ever.

I hope you managed to engage with Mental Health Awareness Week last week. Just remember that it's point is to raise awareness and we should be kind all year round.

I am going to suggest some activities this week because I know some of you like to keep in a routine. Don't worry, it's nothing too much because you would have been off school anyway. Please remember to take time to relax and to take time to do things for yourself. These are very difficult times and we must look after ourselves. It's ok to spend all day in your PJs (just not everyday!), it's ok to sit in the garden and read a whole book, it's ok to binge watch a Netflix series, it's ok to not pick up a pencil all day. Learning happens in many different ways and it's not always sat at a table doing worksheets.

Here are some ideas to keep your mind, body and brain busy this coming week:

- Design your dream school - Would it have a swimming pool? A cinema room? A bigger playground? Draw out the plans for your dream school, include room measurements and work out the perimeter of each room. If you haven't done perimeter yet, look back over last weeks work first.
- Do some stick art using nature as your resource - Go out collecting sticks and then be creative with them (see below for ideas).
- Remember to keep your body busy too - Keep going with Joe Wicks if you're enjoying it. If not, you could try GoNoodle or Cosmic Kids on YouTube. Or why not just get outside and do some exercise in the fresh air? You could commit to doing the daily mile, ride your bike, go on your trampoline or do some skipping.
- Have a home spa day - You could make your own face masks (this website have great ideas, I like the honey one <https://www.thehealthy.com/beauty/face-body-care/homemade-facial-masks-recipes/>), have a bubble bath, paint your nails and sip on cocktails (<https://www.bbcgoodfood.com/recipes/collection/kids-party-drink> have some great recipes). It's great to pamper yourself (I know it makes me feel better) but try to pamper someone else too.
- Predatory birds - Have a look at the different images (below) of predatory birds in flight. Paying great attention to each birds form, try carefully sketching them. You could add colour at the end if you wanted to.
- Don't forget the singing challenge coming up 2nd June - get practising!

I have been loving hearing from so many of you on our class email alovera@st-james.derbyshire.sch.uk keep them coming!

Look after yourselves and your families and have a great half term,

Miss Graham x