

LEARNING LOCKDOWN

Wow...what a week! Mr Stamper & Mr Ainscough want to say a huge thank you to all of the children and parents who have been engaging with Learning Lockdown. We have been blown away by how many brilliant examples of work, photos of reading or videos of challenges we have received. It encourages us to keep going with the planning and preparation when we know our children are sat at home following along. Please keep sending work in to us, and if you know of any other parents who would benefit from this, please pass it on. We want to help as many people as we can through this. Just search 'Learning Lockdown' on YouTube to find us!



I hope you are keeping active at home?! Please remember to email photos of what you have been doing at home to stay active. I've had some great photos in already including a photo of Katy W practising her netball shooting! Please send them to ebygroves@liverpoolcollege.org.uk

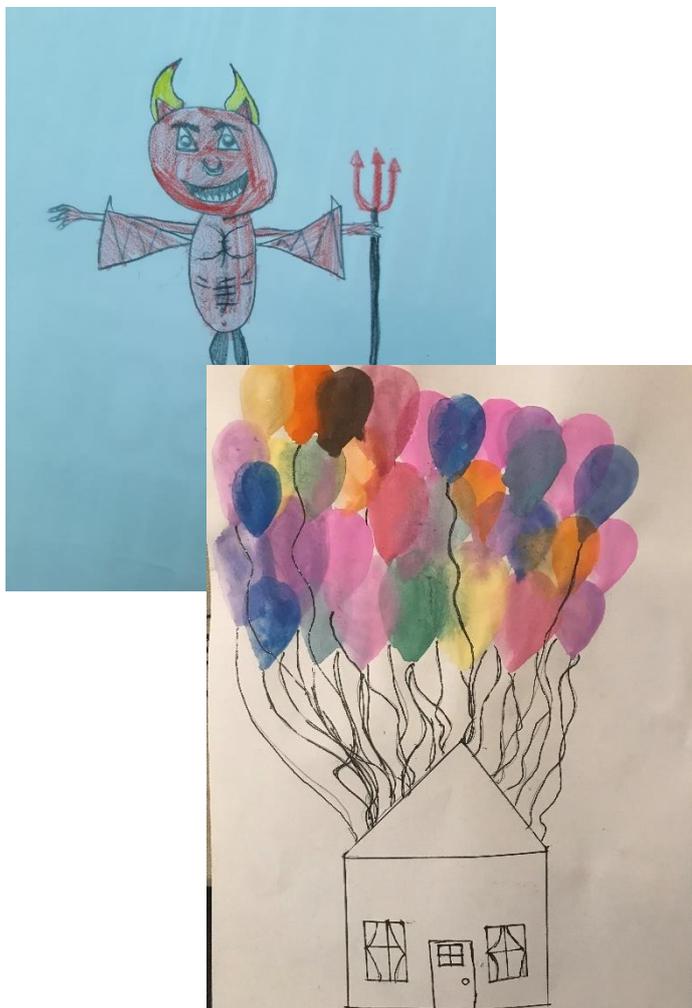


Keep going and keep staying active!



Mrs Doran's Challenge of the Day

I hope you are having fun with Challenge of the day activities. Thank you to everyone sending me your work - I'm really enjoying seeing what you are up to. If you have completed your Picture Puzzle challenge, please do email me and we can create a gallery of all your pictures. The picture below was sent in by Zac H - can you spot where his triangle is that inspired it all? Friday's challenge is learning the chorus of a song 'Fight Song' - in sign language (YouTube). If you can learn this over the weekend, next week I will be offering the opportunity for families to join me live to show case your performance using the App - Zoom! If you download Zoom (must be on an adult's device), and would like to join other families to sing and sign this altogether, please learn the song's chorus over the weekend and wait for further instructions ...



Forest School from
Liverpool College Hub

WOW!!!!

So, here we are in a changed world we never saw coming, trying to maintain the normal for the children who remain in our care!!

This week, we have welcomed both children and teachers from other schools within our area, Booker Avenue, King David, St Charles...and we have endeavoured to provide an atmosphere of safety and fun. Our superb Forest School setting has enabled us to support that. The children who know it have loved it and the children who have never experienced it have been in awe. We have seen children arrive at our gates not knowing anyone else and have witnessed the growth of friendships and trust that only LC Forest School could do! (Or am I biased???)

The teachers on site have been magnificent in promoting the forest school ethos of independence through nurture and support for every person. The teachers from other schools have immersed themselves into everything and our own teachers across Pre-prep and prep have been their absolute selves, pinnacles of education and nurture!

Over the past week we have engaged in many ways with both children that we know and those we don't. But the main point we

observe, as always, is the difference in our children when they arrive at Forest School. In the woods, they become the people they are.





They support, discuss, disagree and resolve, but overall, we have seen teamwork.

We have; built dens, shelters, alphabets, toasted marshmallows, made a hope rainbow, planted eco bricks, sketched shadow dinosaurs

The den that the children built began as a tarpaulin covered structure, over the week it became a natural structure suitable to house a member of the SLT.....

Mrs Cassidy is currently camping out there!!!!



In conclusion, a week of trepidation and stepping into the unknown has seen our children, near and far, bound together by a common theme of play, teamwork, support and, above all.... fun!!

I have had the honour and privilege of working closely with some of our LC staff, Miss Ware, Mrs Shields, Miss Whittaker, Miss Brown, Miss Robinson...but a special mention must go to Mrs Webb, she has spent time learning the ropes and ethos of forest school to enable me to take a break..... together we will ensure the children in our care receive a much outdoor fun and exposure as we can possibly give them!!

Stay safe everyone, we will be together again soon. Mrs Shackell.



Does your child love art? Do you want them to learn and have fun during the lock down? The Let's Create Art Club can help! The club is run by Andy Coltart, a Liverpool based Artist with 6 years teaching experience at Cass Art and in local schools.

Every Saturday, 10.30-12pm there will be an art club for 7-15 yr. using WhatsApp. You can book in by texting Andy directly. The cost is £10 (this will reduce if lots of people take part). Payment can be made using BACS. Only those who've booked for that session will be in the WhatsApp group.

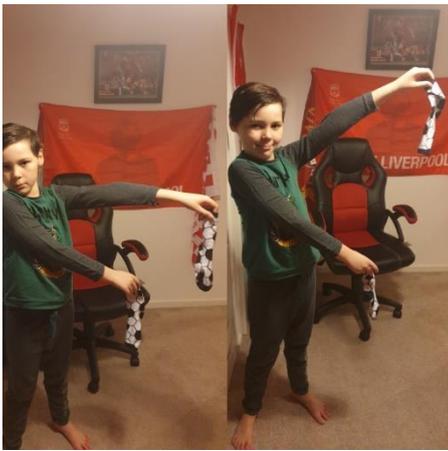
The club will be interactive with a how-to video at the start and images of what to aim for. Children can type questions into WhatsApp during the session for Andy to reply to. At the end, those who want to can post their pictures for the group to see.

Parents you can either let your child use your phone, or if they are using their own for this, you will be asked to be in the group, so you have access to everything.

If you are interested in taking part or know others who might be, please contact Andy by text on 07850 344144. Let's help our children make the most of these extraordinary circumstances.



Thank you to Anya and Alisha for sending in their PowerPoint showing how they have been spending their time at home this week and what they have learnt.



Well done for Thomas is year 4 for sending in this photograph of his family taking part in the sock semaphore challenge on

Thursday. All details on Show My Homework if anyone is yet to give it a go.

How to stay active indoors



Mrs Bygroves has put together a list of ideas/activities/games that the children could do while at home. They could be done indoors or in the garden if you have one.

Here are a few tips of how to plan it into your day and get the children enthusiastic about moving!

- Schedule a time to do some physical activity each day.
- Join them!
- Create rewards for achieving certain goals/winning games.

- Get them involved in planning games and creating new activities.
- Make it fun!
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If you are happy and able to take any photos of your child, and even the rest of the family, doing some physical activity at home it would be great to see when we return to school! Either bring them in or email them to me ebygroves@liverpoolcollege.org.uk

Exercise Activity	Completed
Choreograph a dance - teach it to someone else, perform it in front of family.	
Balloon volleyball (use a piece of string tied to 2 chairs as a net)	
Volleyball in the garden using the washing line as a net	
Hula Hoop games (around your ankle, while on the move, relay races, around your waist, who can hula hoop the longest?)	
Yoga Jenga (on each jenga block, write down a yoga move. Play jenga as normal but each time the block is pulled out, everyone has to do the yoga move. Loser has to do 30 second plank).	
Table tennis (use any table, use your hands or plastic plates if you don't have bats).	
Make activity stations (e.g. star jumps, crawling under rope, shuttle runs etc).	
Skipping rope games (individually - what letter of the alphabet can you jump to? Jump on 2 feet, on 1	

foot, alternate feet, backwards, on the spot, on the move. Make up games with 2 or more people.		that everyone has to do, create a scoreboard and decide what the winner receives)	
Football goal target practise (place targets in the corner of a goal or space. Shoot on the spot, on the move, with a defender).		Shout the object (Face a partner. Place objects around you. Someone shouts an object. Race to get the object first)	
Relay races with the family		Learn how to juggle	
Netball shooting if you have a netball post/basketball net.		2 touch keepy ups (2 touches of the ball in the air - no more, no less - if you make a mistake, the other person gets a point. First to 10 wins).	
Mop the floor/Hoover! Your heart will be beating then.		Headers (Use a balloon or light ball)	
Freeze Dance (Like Musical statues. Play some music and dance away. When the music stops, freeze)		Box control (2 people create a 1m square box opposite each other, kick the ball and control it without it coming out of your box).	
Keepy ups with a football (how many can you do? Try on your weaker foot. Do it with a smaller ball)		Time bomb (How long can you with others throw the ball without dropping it?)	
Home-made bowling (use some empty plastic bottles or something to knock down with a ball)			
Gardening			
Build an indoor obstacle course			
Make your own hopscotch using masking tape			
Create a scavenger hunt			
Speed bounce (jump side to side over something - masking tape on the floor or something larger to jumper higher)			
Standing long jump (Compete against your family)			
Standing triple jump (Compete against your family)			
Family Olympics (Create a number of events/games			

The NHS Change 4 Life website has some brilliant indoor activities/games that the children will enjoy. There are some 10 minute shake up Disney themed activities.

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

Best wishes to you all for the week ahead!
Mrs A Pease - Head of Prep