

Prep School Newsletter

Friday 8th January 2021

Wow...what a week!

Well done and thank you to parents/carers and our children!

After a very brief return to school, I have been amazed how quickly our pupils have move over to remote learning. A staggering 98% have been attending online lessons. We are so proud of the children and thankful that parents have helped set them up.

This timetable will remain as follows:

Please log on promptly

Lesson 1 - 9:30am to 10:30am

Lesson 2 - 11am - 12noon

Lesson 3 - 1pm to 2pm

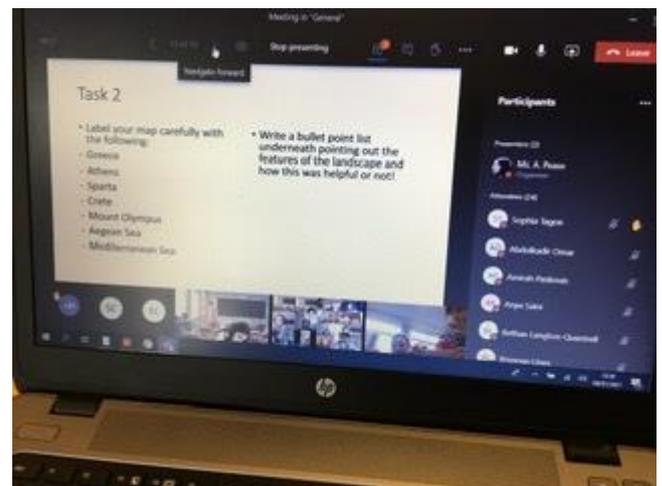
Lesson 4 - 2:15pm - 3:15pm

Note : Lesson 3 & 4 will be a combination of teams and Seesaw A few reminders:

Whilst children can work independently with their teacher, please remind them to only put appropriate comments in the chat (the teacher can see it!)

They should try to go to the toilet before the start of the session so they don't missed any information.

All work should be uploaded onto Seesaw (please don't forget if you are on site learning at school). If it is not uploaded, the class teacher can't mark it.





Forest School from
Liverpool Onsite
learning

No matter how cold our fingers get, Forest School will remain!!

No amount of bad weather can dampen our spirits in our lovely woods.



Y3 are studying the Romans in History this term, so we talked about Roman pastimes and staged some Gladiator duels!!

We discussed the arena at the Coliseum and how to create a natural Roman style shield.



We have snowdrops shooting through the frost and the aroma of garlic leaves pushing through the hard earth is tickling the edge of our noses.

We've spotted 2 new fungi;

Velvet foot and white jelly.



Mr Stamper and I hope to get a video together for you to see on Seesaw of our usual Nature slots,

I'll be setting some Forest School at Home activities for you to do, and I hope to see your pictures to include on the videos! Mrs Shackell

How to stay active indoors

**EVERY DAY IS
ANOTHER CHANCE
TO GET STRONGER
TO EAT BETTER
TO LIVE HEALTHIER
AND TO BE THE BEST
VERSION OF YOU**

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!

Exercise Activity	Completed		
Choreograph a dance - teach it to someone else, perform it in front of family.		Netball shooting if you have a netball post/basketball net.	
Balloon volleyball (use a piece of string tied to 2 chairs as a net)		Mop the floor/Hoover! Your heart will be beating then.	
Volleyball in the garden using the washing line as a net		Freeze Dance (Like Musical statues. Play some music and dance away. When the music stops, freeze)	
Hula Hoop games (around your ankle, while on the move, relay races, around your waist, who can hula hoop the longest?)		Keepy ups with a football (how many can you do? Try on your weaker foot. Do it with a smaller ball)	
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).		Home-made bowling (use some empty plastic bottles or something to knock down with a ball)	
Table tennis (use any table, use your hands or plastic plates if you don't have bats).		Gardening	
Make activity stations (e.g. star jumps, crawling under rope, shuttle runs etc).		Build an indoor obstacle course	
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.		Make your own hopscotch using masking tape	
Football goal target practise (place targets in the corner of a goal or space. Shoot on the spot, on the move, with a defender).		Create a scavenger hunt	
Relay races with the family		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 that everyone has to do, create a scoreboard and decide what the winner receives)	
		Shout the object (Face a partner. Place objects around you. Someone shouts an object. Race to get the object first)	

Learn how to juggle	
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).	
Headers (Use a balloon or light ball)	
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).	
Time bomb (How long can you with others throw the ball without dropping it?)	

Best wishes to you all for the weekend!

Mrs A Pease - Head of Prep