

NEWSLETTER - 27th March 2020



We know that school is shut at the moment but I thought that I would keep the newsletter going so we can keep in touch. Can I start by saying a huge thank you to all the parents who have been sending things in to school for us to share that they have used this week with their children. As always am I so proud to be part of a community that is coming together to help and support each other! This has been a week like no one has ever experienced and I have seen lots of comments about home schooling, too much work, not enough work so I thought I would start by trying to address it. As always there are two sides to every coin so for what it's worth, here's my coin!



Heads - I qualified as a teacher in 1998, after 6 years at college and University and I won't lie, it was really hard going so that is the reason why I am not expecting you to become teachers during this time! Please don't think the intention is for you to replicate a school environment, you don't need to have a daily timetable, to make up worksheets or download a curriculum guide for your child's year group. You are not being asked to home school your children. We are one week into a school shutdown and your children are still probably trying to digest the fact that they may not see their friends, teachers, and in some cases, family for the foreseeable future, not to mention worrying about everything they are seeing and hearing around them every day. Modern day education isn't what I experienced as a child, bus stop for me was how I got to work and nothing to do with division!! Children are taught things in very different ways now so please believe me that this isn't something we are expecting you to do. The best thing you can do is spend time doing things with them, do the washing up whilst singing songs, have them help with laundry, bake things, make things and dance in the lounge. It's also important for them to have some alone time, they can have 'screen time', reading time lying on their bed or just playing with a pet. You are their family, their parents **NOT** their teachers. Whatever happens, we will make sure your child has the tools needed to succeed in school when the time comes, but for now... just be family.



Tails - I also fully appreciate and understand that some children will need a little more structure to help them through the days (I have one who is a head and one that's a tail!) and that too is absolutely fine. There are lots of websites around at the moment offering time tables like the one here if that helps? As a school we are going to try and update the website every week to make sure there is new work for your child to do, unfortunately though, some of it may need printing off as they are saved as PDF's. We will also be updating ideas for websites linked to individual subjects e.g. science and history. The school website address is <https://highfields.sandwell.sch.uk/> and look under the 'Children's Learning' tab in a folder called 'Home Learning' check back every week to see what new and exciting things have been added.

The rest of this newsletter is dedicated to of other websites and activities that your children could do. Until we can all get together again please, stay safe and look after each other!

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Timetable - Week beginning 16th March

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am - Learning	Handwriting sheets	Common exception worksheets	Common exception words handwriting - yr 2	Common exception words handwriting - yr 2	Spelling test
9:30am - Learning	Write a postcard	Write a short story	My family/friends	Write a film review	Write a short letter to someone
10:00am - Snack	Snack and play	Snack and play	Snack and play	Snack and play	Snack and play
10:30am - Crafts	Origami	Collage	Sewing	Jack modelling	Easter crafts
11:00am - Movement	Exercises/Wife	Pilates	Dance party	Yoga	Medical statues
11:30am - Story time	Reading	Reading	Reading	Reading	Reading
11:45am - Reading diary	Write up	Write up	Write up	Write up	Write up
12:00pm - Lunch	Rainbow clean up	Christian clean up	Rainbow clean up	Christian clean up	Bath clean up - Team work
12:30pm - Outdoor Play	Play time	Play time	Play time	Play time	Play time
1:00pm - Learning	Snip and bubble print	Melt the ice	Science - Float or sink	Autis geo investigation	Paper towel colour mixing
2:00pm - Maths	Addition book	Subtraction book	Times tables	Division	Time
3:00pm - Art/booking/mask	Music - Keyboard	Water colour paints	Sketching shells	Doctor Who cakes	Oil pastels
4:00pm - Games/puzzles	Board games	Hide and seek	Jigsaws	Board games	Card games

Mrs Garratt x

Rainbow Art Ideas

Why not create a rainbow with your child/ren that can be displayed in your window, there are lots of ideas on social media at the moment. When it's done, take a photo and send it in to the school email address so I can share them with the staff. This is the one Highfields made and it is on the school gate for anyone who walks or drives past us #strongertogether #rayofhope



Dream Jar

I absolutely love this idea and I will definitely be doing it in my house! Whenever your child/ren feel sad if they were missing someone or couldn't go somewhere e.g. I wish I could go to nans, or go swimming etc. they write it on a piece of paper and add it to a jar. That jar is then going to become their bucket list for things they can do for the rest of the year when we have got through this. It'll help children understand that this isn't for ever and give them something to look like! I will definitely need to read what mine put in there first but I think might start a Mum version of the jar too!



Manna House Pantry - Manna House Pantry in Vicarage Road has closed this week to work out how they are going to operate during this time but they will be re-opening next week. If any of our families who are already registered with the Pantry you will be able to use it soon but will need to contact them to book a time slot to go.

Joe Wickes - It is important that in these challenging times children are still doing as much as possible to stay fit and healthy. The Jo Wickes daily workout is excellent way for children (and adults) to start the day with 30 minutes of exercise.



<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>



White Rose Math - Always happy to help, the White Rose Maths Team has prepared a series of five maths lessons for each year group from Reception to Year 8. They will be adding five more each week for the next few weeks. Every lesson comes with a short video showing you clearly and simply how to help your child to complete the activity successfully.

<https://whiterosemaths.com/homelearning/>

Picture News - This is on our school website for you to access with your children. This week's question is a brilliant discussion starter and I know the children will have the best ideas!



Question: Can you think of ways to remain positive during difficult times?

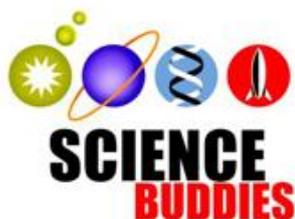
Virtual Assembly - vimeo.com/channels/picturenews

Street Art - Mrs Walker has been taking to the piece of pavement outside her house this week to spread messages to



anyone who is walking past. Maybe the children could follow her lead and become street artists on your driveways or even your back gardens. The rain will wash it away and every day they could write a new and inspiring message like this one!

Science Buddies - Science Buddies are offering free resources to help continue learning at home with hundreds of fun videos and activities:



<https://www.sciencebuddies.org/blog/covid19-online-learning-fun-kid-science-activities>

Local Nursing Homes - I say all the time how proud I am of the children at Highfields and I have seen some lovely things written on Twitter and Facebook during the past week of things children are doing. One thing I love the idea of is maybe our children writing to local hospitals and Nursing Homes. We are lucky at the moment that we can see our families but not everyone is in that position. Maybe the children could google search their local Nursing Home and send letters there?



Healthy Highfields - At Highfields, we want to encourage the children to exercise regularly and this can be linked to your child's hobbies as much as possible. Types of exercise can include running, walking, dancing, yoga, gymnastics, Jo Wickes workout. As a bit of fun we have decided to create a **Healthy Highfields** competition each week where parents are asked to email their child's weekly exercise minutes. These minutes will then be totalled each week and the winning year group will be announced each Monday. So please send through your child's active minutes from Monday - Friday of each week. There will separate winners for EY, KS1 and KS2 and the competition will start on 30/03/20. Please email exercise@highfields.sandwell.sch.uk and include the information below:

- Name of child:
 - Year Group:
 - Active minutes for the week (Monday - Friday):
 - Types of exercise carried out (Jo Wickes workout, walking, running, dancing, gymnastics, yoga, other)
- Thank you very much for your support.

Virtual tours - the website below will take to you to a website which is advertising over 30 museums, zoos and theme parks that are offering daily virtual tours. "Walk" through some of the world's most prestigious cultural institutions, like <https://www.goodhousekeeping.com/life/travel/a31784-720/best-virtual-tours/>

NASA - NASA.gov brings you the latest images, videos and news from America's space agency. Get the latest updates on NASA missions, watch NASA TV live, and learn about our quest to reveal the unknown and benefit all humankind.



<https://www.nasa.gov/kidsclub/index.html>

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.roberttrivest.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 scrunched 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