



EMMANUEL CHURCH OF ENGLAND SCHOOL
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Friday 27th March 2020

To my lovely class,

I hope you are all happy and healthy, and have settled into a good routine at home. The weather outside is glorious; I have been enjoying the sunshine on my daily run and from the window in my living room. Life for you all at the moment is very different, which is why it's really important to get into a good routine and also to take a moment each day to think about all the things you have enjoyed, and everything you are grateful for. Staying at home can be challenging, so try to be mindful and talk about how you are feeling with your siblings and parents.

Some of you might be feeling disappointed that you are missing school and missing each other. I know I am definitely missing seeing each of you every day. You have worked really hard and I am so proud of all that you have achieved this year, not just the academic success but how kind you are to each other and how each one of you has grown in confidence. Keep working hard, even though you are at home, and keep being kind to those around you. If you are missing your friends, ask your parents if you can give them a call, or you could even write them a letter. One bit of excellent news I can share with you is that Miss Burns has managed to reschedule PGL until July! So let's keep our fingers crossed that things are back to normal by then and we are able to go.

At times like this, it is really important to be positive and one way that I am doing this is by keeping a daily journal. Each day, I doodle and write about something I am grateful for, how I am feeling and what I need to achieve that day. You might like to try doing this too.

I've also found lots of cool things to do online. Here are the links to a few of them that I thought you might like:

-This website has links to virtual tours of lots of different museums around the world. Last night, I took a virtual tour of The Louvre in Paris!

<https://www.cnbc.com/2020/03/19/coronavirus-pass-the-time-in-self-isolation-with-virtual-museum-tours.html>





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-You can also go to the zoo. I've had a peek at some of the animal-cams at the San Diego Zoo. The penguins were great!

<https://zoo.sandiegozoo.org/live-cams>

This might even inspire some writing or drawing.

-Some of you would also enjoy 'P.E with Joe' on YouTube. Doing exercise is a great way to get energised for the day ahead.

-Finally, I have been taking part in a daily drawing challenge and thought you could too. Ask people in your house to write down lots of different animals, objects and situations on little slips of paper, and then put them all in a jar or empty container. Each day, pull out one slip of paper and get drawing. Today, I drew my dream holiday and yesterday I drew a camel! This could be a fun game to play with your family or siblings.

I can see lots of you have been on MyMaths and also on Times Table Rock Stars; it looks like there are lots of Rock Legends amongst us! If you haven't logged on yet, make sure you do on Monday. Next week, I will be logging on to MyMaths and leaving a comment for you on how you are doing so look out for that.

Remember, if you are feeling worried or need to talk to someone while school is closed, you can talk to a trusted adult at home or you can drop Mrs Watkins an email at wellbeing@emmanuel.camden.sch.uk
Childline also have lots of information that you might find useful. Click on the links below.

- information about [Coronavirus](#)
- [Calm Zone](#) - activities to help let go of stress
- [games](#) to help take your mind off things
- [Childline Kids](#), a website for under 12s.
- Childline can also give confidential help and advice. Calls to 0800 1111 are free or children can [get support online](#).

Miss Fitzsimmons has asked your parents if they would like to send in any tips or funny stories from this week whilst you are learning at home. Speak to your parents if you would like to do this for next week's newsletter.



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I will be sending a 'Class Newsletter' every Friday. In the meantime, remember our school values and look after your parents as they try hard to work and be teachers too!

Your adoring teacher,

Miss McManus x