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My dearest Nursery children,

It has been over a week since I last saw your smiling faces and I miss them a lot! I hope you and your families are keeping well during these difficult times. I can imagine how hard it must be for you not to be able to go to the playground, see your friends or visit your cousins or grandparents. Missing out on things you love is never fun but we need to try our best to stay away from others for the time being and keep ourselves safe. The more closely we follow the advice of staying at home, the quicker we can stop the virus and return to school and our daily fun.

My family and I find it hard too but we all try to find ways to keep ourselves busy and we make sure we stay positive and do things at home that make us happy.

We had a big family meeting to discuss ideas and set up a plan for each day. We wrote down things that we need to do, things that it would be good to do, things we love to do and new things we can try. It was great having so many different ideas. What is your favourite thing to do? Is there something new you would like to learn?

My main point was that we need to stick to a daily routine - for example making our beds and tidying up our bedrooms. My children were not very happy about this but they know we needed to work together to support each other. Can you make your bed and change out of your pyjamas without any help? My children have ten little chores to do around the house, like taking out the recycling, setting up the table, brushing our cats and many more. Do you help your mummy or daddy around the house?

Every morning, we transform our living room into a yoga studio and have fun following simple or sometimes not so simple (for some of us!), routines. I hope you are enjoying the online cosmic yoga activities I suggested. I am also really enjoying Joe Wicks' workouts and I highly recommend them. They are super fun to do with your family!

After our workout, we enjoy healthy smoothies. My favourite is banana, kiwi, apple and spinach. Have a go at making your own smoothie. Which fruits would you put in yours?

Next on our list is schoolwork. This keeps us very busy. Do you do the activities I suggested? I hope you do and I hope you listen to your parents as they are your teachers now. During our work time, we



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try to help each other as much as we can. Although some of the maths that my daughter is doing is far too hard for me! We always have little breaks in between for a snack. We made our own energy balls at home. They are super healthy and super easy to make. Why don't you ask someone in your family to help you? They are the perfect healthy treat.

So, energy bites! 5 ingredients:

Dates

Nuts

Cacao powder

Chia seeds

Dark chocolate

We love adding mint or orange oil too.

1. Pulse pitted dates in a blender until they're in small pieces or it forms a ball.
2. Add all the other ingredients and pulse or mix until combined - consistently small pieces but not overly processed.
3. Roll into small balls, using the warmth of your hands to mould them together - just like the playdough we love.
4. To set, pop in fridge or freezer for 15 minutes. Otherwise, eat as it is! Will keep fresh in an airtight bag or container for up to a week. Freeze for longer-term storage.

So far in the afternoon, we have been able to go for a walk or a bike ride in Gladstone Park. We saw our friends and neighbours there but we didn't stop to talk to them, as we had to keep the distance. It was hard for my son especially, as he really wanted to play football with his friends. Instead, we came up with lots of games while walking. "I spy" is an absolute must. We had so much fun trying to guess something beginning with 's' that was not sky, scooter, silly hat nor sun. What do you think it was? I can't wait to hear your suggestions.

The most difficult part for us at the moment is not being able to see our friends and family. So we do spend lots of time talking to them on FaceTime, cheering each other up and sending positive thoughts to everyone.

My children are obsessed with board games. One of our cupboards is full of them. So, as you can imagine, our evenings are filled with playing different games. We have many favourites but ones that we are never bored of are 'Frustration' and 'Dobble'. Do you play any board games? Which one is your favourite? I'd like to try it.



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Reading has always been a big part of my free time. As normally I do not always have lots of free time, now I am very happy that I can catch up with my reading. My daughter is preparing for English exams and reads classic literature, which encourages me to go back to my favourite writers too. We are engrossed in F. Scott Fitzgerald at the moment. On top of this, we always have a family book that we read together every evening. Some of these books are longer, some are shorter. Sometimes we go back to the books my children loved when they were little. The recent one that we absolutely adore and could read again is "The Boy, The Mole, The Fox and The Horse" by Charlie Mackesy. It is a book of hope for uncertain times, filled with amazing illustrations. Richard Curtis described the book as 'a wonderful work of art and a wonderful window into the human heart'. What book would you suggest to my children?

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](mailto: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.

I will be sending a 'Class Newsletter' every Friday. In the meantime, be kind to your parents, listen to them and try to have fun with the activities that I set up for you.

Keep safe and smile!

Mrs Przybylska