



EMMANUEL CHURCH OF ENGLAND SCHOOL
152-158 Mill Lane, West Hampstead, London NW6 1TF
Telephone: 020 7431 7984
Email: admin@emmanuel.camden.sch.uk

Friday 27th March 2020

To my lovely Class,

Without a doubt, it's been a very interesting week! I think about you all the time and I hope you are all very well and enjoying the two-week pack of learning I set out for you.

This week, I spent two days in school supporting key worker's children. It was lovely to see that both the children and teachers were very positive about the times ahead.

On the other days, I have been keeping very busy and following my daily timetable. I hope you are too! Every morning after breakfast, I continue my 30-day yoga challenge. 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! Next in my day, I begin my schoolwork, which is keeping me very, very busy.

After lunch, I return to my work and recommended reading so that I might become an even better teacher. I am reading a book called, 'Time to Talk', which is a program to develop oral and social interactions skills in Reception and Key Stage One. I really hope we can do lots of activities from this book when we are back at school.

In the afternoon, I go for a walk and make sure I follow the rules about social distancing from others. Every day, I make sure to speak to my family in Ireland. I ask them how they are finding this experience, what is challenging for them and if there is anything I can do to support them? Maybe every day you could spend 5 minutes talking about this with your own family/carers? This week, we scheduled a virtual dance party with our favorite music and that was really fun!

In the evening, I make dinner and listen to some fantastic podcasts and audio books. I have also been practising meditation, which I recommend, as it can empower you to feel resilient and strong. Tamara Levitt has a wonderful exercise called blowing candles for younger children. It's only 3 minutes long so you should give it a try and see how it feels. At bedtime, I have been listening to sleep stories. My favorite one so far is 'Sienna the Sleepy Sloth' read by David Walliams.



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There are lots of great online videos to help you with your phonics sounds during this time. Make sure to check out 'Mr. Thornes Phonics' (Mr. T's Phonics) and 'Geraldine the Giraffe' phonics on YouTube. These videos will keep you up-to-date with your sounds so when we all come back together, you'll be so far ahead.

This weekend, I'm setting up an egg hunt with a difference and you can too! Perhaps, you can challenge your family to follow clues and read maps to find the eggs rather than just looking for them. First, you need to hide wrapped mini-chocolate eggs inside and outside your home. Then you should use your phonics knowledge to write simple clues such as 'Look under a book' or 'Look near a tree'. Ask an adult for help if you need it. You can also draw maps for your family to use. Make sure you think of different places to hide the eggs and new clues to use. I would love to see pictures of your egg hunt and clues. You could ask an adult to email these to the school so I can see all the fun you are having.

I've also read about a really fun maths activity you can play with your family. First you need to make some card stepping stones that each have one number written on them, from 1-20. Next, lay them on the floor in a random pattern. Play some music and dance around to it with your family. Ask someone to stop the music and when it stops everyone must jump onto a stepping-stone. Each person then says what number they have landed on and if you have any musical instruments you could play that many sounds on a percussion instrument. Ask an adult to help you vary the music and move in different ways to reflect fast, slow, jerky, smooth, happy movements.

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](#).



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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, remember our school values and look after your parents as they try hard to work and be teachers too!

Stay well and keep positive!

Mrs McQuillan