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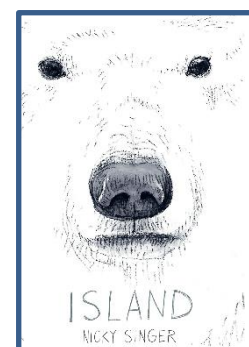
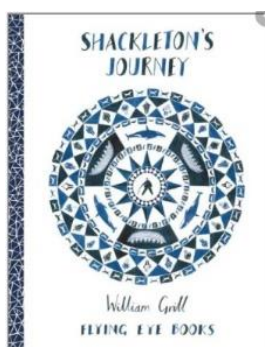
Friday 3rd April 2020

To my lovely class,

I hope you enjoyed reading my comments on MyMaths this week. I have been really impressed at how much some of you have done, but what impresses me most is when you have tried an activity more than once to improve your score. It's that kind of perseverance that we love at Emmanuel!

I have been really busy planning your home learning lessons for after the Easter holidays. Our new topic is 'The Future of Antarctica', which got me thinking about when I taught some of you in year 2 and how we learnt about Antarctica then. Gosh, you were all so little and cute! Now look at you all...so professional! (In joke) All jokes aside, this topic is a really interesting one and one that I love teaching. We will look at how tourism, fishing and exploration affect Antarctica today.

Our class book will be 'Shackleton's Journey' by William Grill. If you are able to buy a copy of this, that would be great. It has such lovely illustrations and you all know illustrations are my favorite thing about children's books! If you can't manage to buy a copy, don't worry. I have taken a photo of each page and made a PDF that you will be able to download from the school website after the holidays. I love the illustrations in the book so much that I have planned an art lesson around them for you. Keeping on the polar theme, I have just started reading this book: 'Island' by Nicki Singer. Now I know it's not set in Antarctica (the big polar bear on the front cover gives that away) but it looks really interesting! I will let you know how it is and as always, I will be happy to lend it to anyone who's keen.





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In other news, I have been keeping up my running and exercising every day in the park. In all honesty, I found Joe Wicks does a bit too much talking, so I've made up my own exercise routine. You might like to try it

I call it: 'Miss McManus' Muscle Madness'

- 30 squats (10 quick, 10 slow and then pulse for 10)
- Hold the plank for 1 minute
- Plank to press x20
- 10 press ups
- 10 jump lunges on each leg

I repeat this three times with a lap of Paddington Rec running track in between. You could make up your own exercise routine for you and your family to do every morning?

As I haven't seen my family for what seems like ages now, I have been trying to keep in contact with them in interesting ways. I've had a few video calls with my sisters and cousins and that has been fun but a bit loud! I also received a postcard from my sister Janine. This inspired me to send some postcards to friends and family. I hope it makes them smile when they receive them.

So, we have two weeks of Easter holidays now and for probably the first time in your life, you won't be planning any interesting outings or going on an exciting holiday. All this time at home might seem a bit daunting. If you are worried about feeling bored, try writing a list of things you could do to keep yourself entertained.

I am going to try to use the time to finish some things that I have started and haven't manage to finish yet, like this embroidery that I started two years ago! I also want to do some collages and make a few cards for friend's birthdays that are coming up. I will be keeping up with my reading and exercise and no doubt do a lot of DIY and cleaning! Who knows, maybe I will even get around to writing and illustrating that children's book I've been meaning to write. Wish me luck!



This week, Miss Fitzsimmons wrote to your parents and carers about home learning after Easter. Each day, you will need to complete one Maths lesson, one Literacy lesson and a Topic lesson. These lessons will be on our school website and your parents and carers know how to find them. They will look like the lessons you are used to on the interactive whiteboards in class. Read the slides and then complete



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the activity in your exercise books. Sometimes, the answers will be given as the last slide for you to mark your own work! I know that you'll be honest with your marking!

There is also a page full of music and PE activities for you to do when you have time.

I hope you have enjoyed your home learning over the past two weeks and have a restful Easter holiday. My next newsletter will be on Friday 24th April so look out for that!

Talk soon! Miss McManus x

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](#)