



EMMANUEL CHURCH OF ENGLAND SCHOOL
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Friday 3rd April 2020

To my lovely Nursery Class,

I hope you enjoyed reading my last newsletter and enjoyed doing the activities that I planned up for you. This week, I was at school supporting the children of our key workers and it was wonderful to see how positive everyone was during these uncertain times. I realised how much I miss you all; your radiant smiles, our little chats, your big hugs and your genuine care.

We are currently experiencing a time in our lives which is different from anything that we have experienced before. Without a doubt, everything we are used to and all our daily routines have changed dramatically! It is now more than ever that we need to look after the people we love and support each other as much as we can. I have been extremely lucky to get to know all of you and watch you grow into beautiful young people with the biggest hearts and the greatest personalities. And one thing I am sure of is that you will do your best to help your parents and everyone in your family during this difficult time.

Your love for learning has always been infectious and you have always been so excited to try new things and I am sure you will continue working hard and enjoy home learning with the same enthusiasm. I know you will listen to your parents, make good choices and work hard every day. Thinking of you doing your learning, tidying up your bedrooms, setting up the dinner table, getting dressed on your own, sharing toys with your brothers and sisters puts the biggest smile on my face!

Sometimes, however, things will get really hard and overwhelming for you. Maybe you miss going outside and playing with your friends or maybe some of the things you do are too hard. Maybe you say unkind words to your mummy and make her upset or maybe you snatch something from your brother or sister without thinking. Remember that we all have sad moments like these. The most important thing is what we do afterwards: saying sorry when we are unkind; giving a hug when we upset someone; trying again and again until we finally master a new skill. This is what makes us extraordinary. My favourite bear, Winnie the Pooh, once said, "You're braver than you believe, stronger than you seem and smarter than you think." The same bear also said, "A hug is always the right size."

My family is slowly adjusting to spending most of our days at home. It can be hard but it is something we all need to do to help our wonderful doctors and nurses and everyone who makes sure people who are poorly get the best care possible.



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As we can't travel to our favourite places, we found another way to explore new things and go on adventures. Lots of museums and galleries have opened their doors online. My son and I went on a virtual journey to Washington and visited the Natural History Museum there. It is a great place for any dinosaur lover!

Everyone in my household tries to have as much physical exercises as possible. We go for walks, ride our bikes, do yoga and Joe Wicks' PE. Plus, my daughter endlessly comes up with new dance routines and tries to involve us but none of us can grasp the moves that easily and we (especially me) look like skeletons having a disco!

This week, I received a recipe from a friend of mine for 'Rookie Cookies'. Super simple and super delicious. I am sure your mummy or daddy will be delighted to help you make them. Be careful! They are very addictive! You need: 250g self-rising flour, 200g sugar, 100g unsalted butter, 2 eggs, 1/3 cup milk, raisins, vanilla extract. In a medium bowl, cream together the butter and sugar until smooth. Separately, whisk the eggs with the milk. Add to the butter mix. Gradually, mix in flour, then fold in the raisins. Roll the dough into walnut-sized balls and place them 2 inches apart onto the prepared baking sheets. Bake for 10-15 minutes in the preheated oven (175 degrees C), until lightly brown at the edges. Remove from the baking sheets to cool on wire racks. Best served warm!!!



The same evening, with a batch of warm cookies, we could not wait for another adventure! An adventure in the Hundred Acre Wood with a funny bear who is a whimsical philosopher, loyal friend and very fond of honey. He calls himself a bear with a little brain, but he is wise and loving. I think everyone has heard the name Winnie-the-Pooh. Together with my children, I revisited this delightful and enchanting book that should be read by everyone. Winnie the Pooh was a significant part of my childhood and I am so glad that this classic collection of stories has become dear to my children too.

Lots of children across the country are drawing rainbows and displaying them in their windows. These pictures are meant to offer a message of hope to everyone during the Coronavirus lockdown and are a symbol of positivity, support and love to all, like the sun that follows heavy rain. Why don't you join this lovely initiative and wave hello to everyone by putting a picture of a rainbow in your window?

And a little note for your lovely parents - If you are looking for a child friendly explanation of the coronavirus (COVID-19) to share with your children click the following link.

<https://safeyoutube.net/w/soi3>

I will upload more fun activities for you to do after the Easter holidays onto our school website. I hope you have fun completing them and don't forget to send me any photos of your learning so they can be included in the school newsletter!

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



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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!

Although it will be so different, I hope you will have a wonderful Easter. I am planning on having a little egg hunt in my garden. We have it every year but this year sadly it will be an event without our friends and family. Nevertheless, I am sure will have enormous fun searching for chocolate eggs.

Sending you lots of positivity and love,
Ms Przybylska

P.s. Click here for a great well-being calendar, full of activities to complete over the Easter holiday:
<https://www.elsa-support.co.uk/wp-content/uploads/2020/03/april-calendar.pdf>

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](#)