

The children have worked hard since their return from the Christmas break and are now half-way through year 3 - it won't be long before they're preparing for year 4!










They have taken home their PE kits to be washed and we would kindly request that they are returned on **Tuesday 27th February** with all required items (including grey joggers and red shorts).

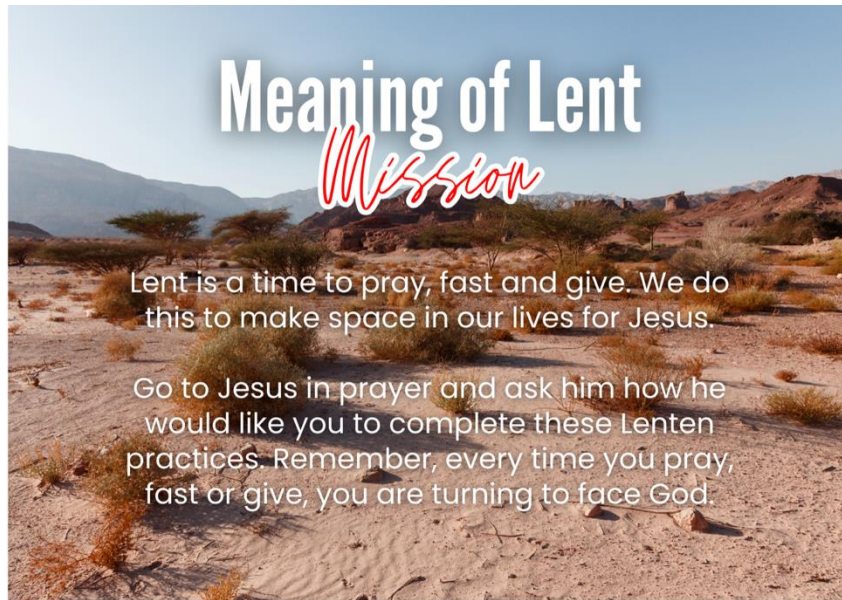
Although there is no set homework for the week, the children in Year 3 Padua have assembly lines to learn and a hymn to rehearse (the link for this can be found on Teams). We have also put together a wellbeing grid that you may like to choose some activities from.

It would be great if the children could spend some time on TTRockStars over the half term. By the end of year 3 the children are expected to know the 2,3,4,5,8 and 10 multiplication tables and related division facts. Regular use of TTRockstars will really help them with this.

We hope you have an enjoyable half term and look forward to welcoming the children back on **Tuesday 27th February**.

Kind regards
Frances and Corinne

<p>Musical Drawings</p> <p>Play some calming, classical music. As you listen to the music, draw the pictures and shapes that come into your mind.</p> 	<p>Cloud Clues</p> <p>Go outside or look through your window up at the sky. Watch the clouds. How are they moving? Can you see any shapes in them?</p> 	<p>Musical Statues</p> <p>Put on some music and dance. When the music stops, close your eyes and put your hands on your tummy. Can you feel your tummy going in and out as you breathe?</p> 
<p>Breathe In, Breathe Out</p> <p>Find a quiet space. Breathe slowly in and then out again, focusing on your breath. If a thought pops into your head, breathe it away. Can you do this for one minute?</p> 	<p>Nature Walk</p> <p>Go for a walk or take a look around your garden or local park. What can you see? What can you hear? Pick up a stick and make a pattern in the mud. Find a leaf and hold it in your hand. What does it feel like?</p> 	<p>Take a pencil for a walk</p> <p>Doodle with your pencil on a piece of paper. Try to use as much space on the page as you can, creating patterns and lines without taking your pencil off the page. When you have finished, colour in the patterns and shapes you have made.</p> 
<p>Secret Kindness</p> <p>Plan a secret kindness mission for someone in your home. Choose a day to do something as a surprise to make them smile.</p> 	<p>Treasure Hunt</p> <p>Create a treasure hunt with clues around the garden/house to a final destination.</p> 	<p>Learn to Cook!</p> <p>Choose a recipe you have never made before and bake or cook something new!</p> 



5 Ways to Wellbeing Weekly Challenge



GIVE

In the week that Lent begins, think about a Lenten promise. It might be to say a special prayer for someone every day. It might be to do one kind or helpful thing each day. It might be to learn one new thing every day during Lent.