

We have not set homework for over half term, however we would like children to use this opportunity to get into a good book (especially with world book day coming up) and we will be discussing good book recommendations the first week back.

Also a reminder that children have their log ins for TT rockstars and this is a great way to continue times table practise.

Forest school

It was a beautiful, blue sky day on Monday. A perfect way to finish the half term, that has had a good amount of challenging weather for the children. Over the last few weeks, they have really learnt how to look after their bodies in all sorts of weather.

We introduced a new chant called ,“I am awake!” which involved us tapping our bodies to a rhythm. This movement helps to regulate our nervous systems and bring us into the present moment. We then checked in with our bodies and considered what needs we had that might be met at Forest School today. There were lots of children that shared that they had a need for fun and play, creativity and rest.

Next, we paired up to play 1,2,3. This activity focuses on concentration and really works your brain as you take turns to count alternate numbers, then even more concentration is required as we add in sounds and movements. Lots of children challenged themselves to go faster making it even more tricky but fun. Some were also prepared to step out of their comfort zone and make really strange noises and actions, which made it even more funny.

Next we played a game called Look Down Look Up. This game builds on the skill of being able to look someone directly in the eyes with confidence and hold their gaze. It also brings an occasional giggle when the students find themselves out by looking at another person that is looking at them.

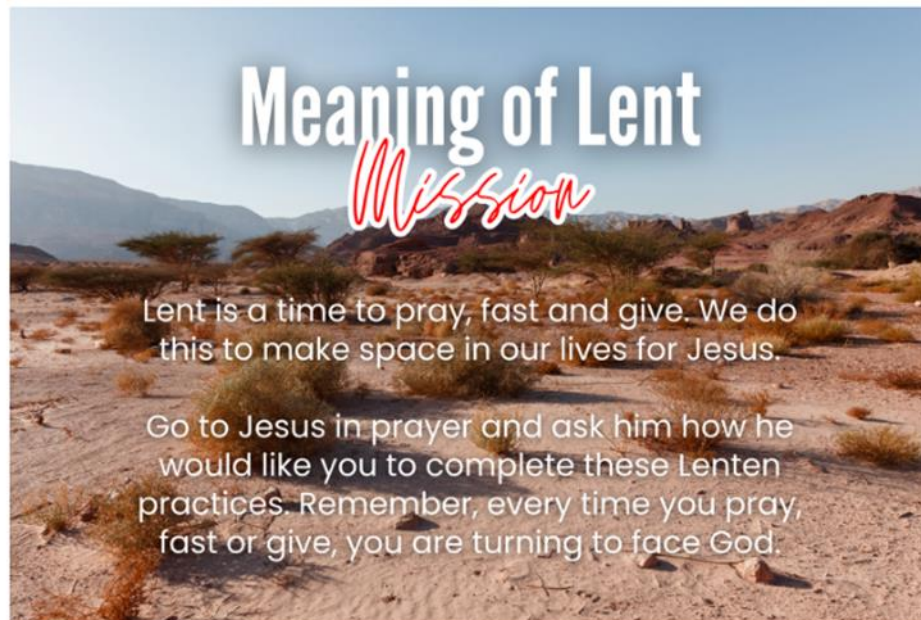
We recapped the skills that they have learnt through the team challenges over the last few weeks and asked the children to build on these with a new challenge we call Tarpaulin Flip. This week the children worked in small teams, beginning by standing on one side of a tarp. They then had to work together to flip over the tarp and stand on the other side without touching the ground. Most groups achieved this quickly and took time to try out other ways of achieving the challenge.

For the rest of the session, a popular choice was to make a traditional Chinese rattle drum. The children used their strength, patience and perseverance to saw a wood cookie with the bow saw, which they drilled with a hand drill. The next part was to thread string through the holes and tie on beads, add a stick handle and then twist it to make the noise. They used sanding blocks to ensure the wood was smooth before

decorating it. It was wonderful to see how strong the children felt and their sense of achievement as they completed each part of the make. Digging provided a fun, sensory experience and body regulation for some. We also had some children who enjoyed exploring using clay to be creative and taking their slackline skills to the next level by trying to get as far as they could without the hand line. Others worked together to create swings by throwing ropes over the tree branches and tying on a log seat. There was also some great imaginative play with children creating a slide from the log stump and an assault course. They seem to be open to being more creative with their ideas and exploring more of the possibilities that are created by the outdoors in the last few weeks. It will be exciting to watch how they go on to develop these.

We concluded our sessions with a reflection on what the children have learnt about themselves this half term. Reflections included being braver, enjoying the outdoors more, being better at working as a team and recognising I can be myself.

Mark ten mission





Wellbeing 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.

Wellbeing Grid

Half-term is a great opportunity to make some time for yourself and your family;



How many wellbeing activities will you and your family be able to tick off?

Send a letter to an elderly relative	Take a family photo	Sing your favourite song out loud like no one is listening	Pray with a friend	Take a few minutes to write down how you feel	Cook a meal with your parent or carer	Do something nice for a family member	Go for a walk in the woods	Use 10 Spanish words throughout the day	Read your favourite book again
Tidy or reorganise your room	Take an exercise class online	Bake and decorate cookies	Sit down, close your eyes, and focus on breathing for 5 minutes	Research places you would like to travel	Eat five fruits and vegetables	Design a pair of trainers or shoes	Listen to your favourite music and dance like no one is watching	Do some gardening or look after a house plant	Play your favourite board game
Create your own vision board	Go to bed 1 hour earlier and wake up 1 hour earlier	Make a pizza with healthy toppings	Leave a thank you note for someone	Write down 10 positive things about yourself	Write an acrostic poem for WELLBEING	Spend time outside, watching clouds, blowing bubbles, just relax	Visit a virtual zoo	Share something inspirational on your class page	Find some pet rocks and decorate them
Visit a virtual museum	Write down anything that come into your mind for 5 minutes	Learn a new dance sequence	Record a video of doing something you enjoy and share with others	Dress up and wear your favourite outfit	Relax in a bubble bath	Create a gratitude jar	Create your favourite animal using geometric shapes	Blow bubbles	Make a gift for someone – handmade only
Use 10 French words throughout the day	Create a family picture with handprints and do not forget to add the date	Eat something new	Meditate on a Bible verse	Create a name plaque using only natural materials	Read another book	Have a family movie night	Complete a self-portrait in your own style	Write a kindness poem	Camp out in the back garden

choose some activities from the grid below to do over the next week.

Extra information

- Pupils will bring home plimsolls that need to be replaced.
- Please could you check the P.E kits that are taken home as some pupils are missing parts of their kit-it might also be worth relabelling any faded names on P.E kits and school uniform.
- Monday 26th February is a staff inset day so the school will be closed to pupils.
- School starts back on Tuesday 27th February.
- Wednesday 28th February is our school trip to the warner brother studios.
- Our next food bank collection is Thursday 7th March

Thank you for your continued support this half term, we hope you have a wonderful break,

Amy, Hannah, Catherine and Magda.