

**Parents –We are nearing the end of the school year and usually have a Sports Day. However, this year we decided to have a SPORTS WEEK, so the kids would not lose out on this popular yearly event. Everyday various Sports activities will be shown with a video demonstrating how to do the activity. The kids can try these activities at home and record a video of themselves doing the activity and post the video onto Class Dojo. We will still have our usual Circle Time ZOOM call on Friday. Keep Safe, Mr Brew.**

### **SPHE:**

This week, we will introduce the concepts of Meditation and Mindfulness. Also brainstorm ways to relax and how to keep calm.

**Main Activities** would be exploring a couple of Meditation apps available to download onto a phone and demonstrate the various techniques for breathing and sitting through ZOOM demonstrations and Youtube clips. The 2 recommended Apps are : Calm and Mindfulness if you wish to peruse them before the kids try them out.

### **Helping out at Home:**

This week, we will explore ways the kids can be more helpful around the house by listing chores and the times they are done as well as design a family rota poster display showing clocks to show the exact times.

**Main Topic** will be brainstorming the various ways the kids can be more responsible for themselves and their younger siblings. They are going to be 3<sup>rd</sup> Years in September and will have to take on more responsibility in the School so this will be great practice.

**\*BOOK REPORT PROJECT (due by 26<sup>th</sup> June) - The students should be finishing their chosen book by this week!** Everyday they have been writing summaries (full A4 side) of the chapters they listened to and of course the name of the book and author's name, but this week they can include illustrations/drawings of their favourite 3 chapters or scenes from their book in between the summaries and once they are finished they can take photos of each page of their Book Report and submit it into their Portfolio:

Please encourage the students to choose a book they would enjoy and listen to one chapter each day Monday-Friday. If they need to catch up, please make sure they take half hour breaks before starting another chapter.

<https://stories.audible.com/discovery>

**SPORTS WEEK/Exercise** is important for all students and Joe Wicks is doing a free PE Class on You Tube every morning, which would be great for warming up. Please encourage the kids everyday to either check out our Sports Day video activities and make a video of themselves doing the activity and post it onto Dojo. The School's website and Facebook page will also show the daily Sports Day activity.

[https://www.youtube.com/watch?v=4wzoy\\_J3I\\_c](https://www.youtube.com/watch?v=4wzoy_J3I_c)