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he Heffington Post
12th April 2020



'Often times, the brightest rainbows follow the darkest rainstorms.'

RAINBOWS OF HOPE! You may have noticed rainbows appearing in various places around the village. Here are two examples below of some rainbows that have been created by some of our Perran-ar-Worthal pupils in support of the critical workers. Have you had a go at painting a rainbow? If you have, then please do email a picture of your work of art for our next newsletter. We'd love to share your pictures of hope and thanks with as many people as possible.





FAB FRIDAY BAKING! Over the last few weeks, some of you have clearly been keen to keep practicing your cooking skills as part of your Fabulous Friday activities. From Chocolate and Beetroot Sponge to Lemon Drizzle Cake—there have clearly been some busy Fab Friday kitchens around Perranwell. One of our pupils felt the need to check she had whipped her pavlova ingredients effectively—I think the expression says it all! Well done to all our talented cooks! We look forward to the time when we can enjoy eating cake with you. Keep on baking!



RAINFORRESTS

Lots of Rainforests are found in South America. The largest rainforests are in the Amazon river basin, the Congo river basin and throughout much of Southeast Asia.

Tropical rainforests are pictured in red

Major Rainforests

Plants in the rainforest:
Heliconia flower, Orchids, Calceolaria, giant water lilies, Passiflora flower and Coffee plant.

Why are they important to us?

- Rainforests turn carbon dioxide into oxygen and reduce the greenhouse effect.
- Rainforests plants provide sources of medicines.
- Rainforests are the only home of many rare animals.

EXERCISE AND THEN GEOGRAPHY! One of our pupils has been structuring his day with an early morning exercise routine followed by a very focused geography session on Rainforests. Well done!

AND OVER THE EASTER HOLIDAYS...some of our pupils have been busy painting and decorating eggs whilst enjoying the sun in their garden. A great activity to enjoy together.



AND EASTER AT SCHOOL....amongst many activities and outdoor playtime in the sun, we have also enjoyed observing card tricks (at a safe distance) and listening to beautiful music being played on guitar and piano. Thank you to our talented pupils for entertaining us at school over the Easter break. We have loved spending time with you.

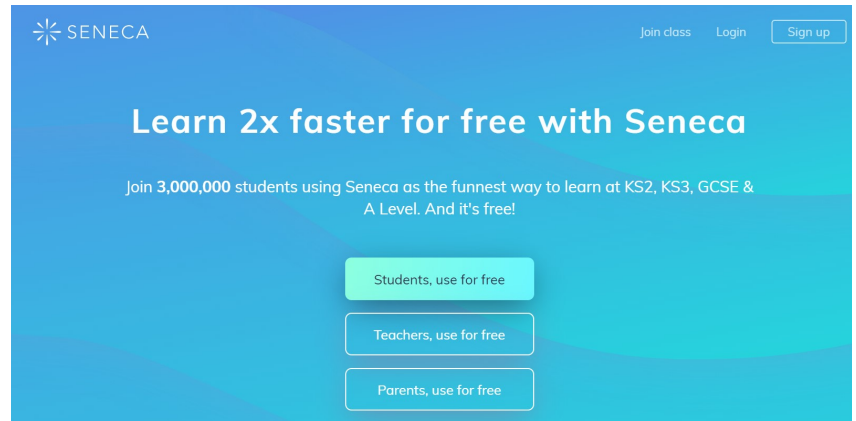


LOOKING FOR SOME GREAT WEBSITES TO VISIT? Please see below for some great websites that will provide your child with the next best thing to actually visiting some wonderful places, provide you with extra learning support activities and there's also a competition or two! We hope you enjoy them!



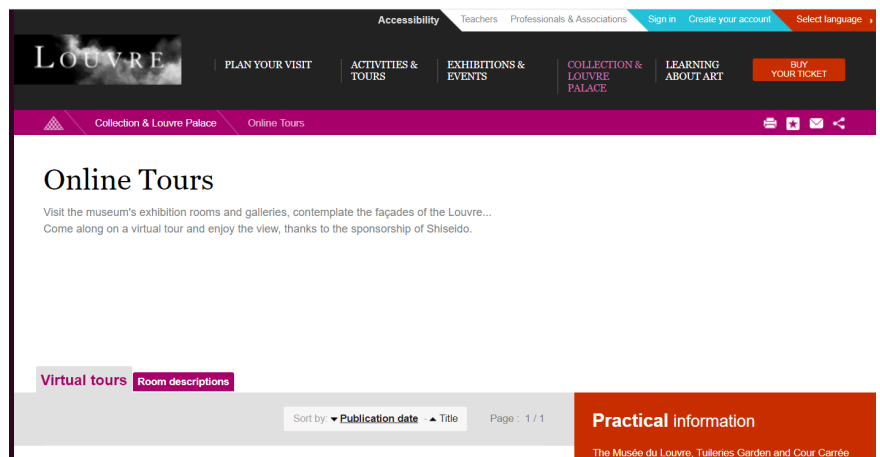
SENECA: A very useful site for KS2 pupils with a wide range of activities to help pupils progress with their learning. This site also has resources for KS3, GCSE and A Level pupils. So if you have older children at home, then this could be a useful site for older siblings too. Click on this link to take you to the site:

<https://www.senecalearning.com/?fbclid=IwAR0IpErBuMgpPC1i4sHKMjDIC4iv3rTXCclu9qFbY0ndvdvOS6bke1c6INA>



VISIT THE LOUVRE: Have you ever wanted to visit the amazing exhibitions in the Louvre? When now is your chance to pick and choose from a range of virtual tours that you can enjoy from the comfort of your own sitting room. A great way to take the family on a learning experience that can be done at your own pace and repeated as many times as you wish at no cost! Click on this link to take you to the site:

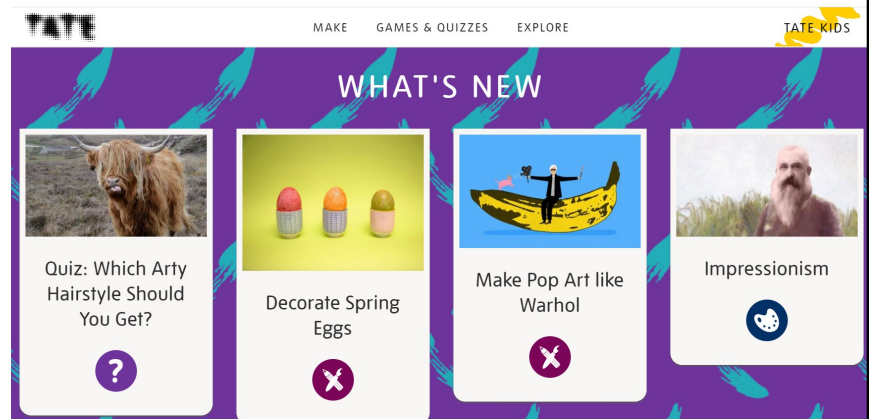
<https://www.louvre.fr/en/visites-en-ligne/>



THE TATE: Take a look at this online site to find a huge range of art activities, quizzes, games, even competitions. A great way to spend some of your Fabulous Friday with your family—go on an Art Adventure together!

Click on this link to take you to the site:

<https://www.tate.org.uk/kids/explore>



MORE GREAT WEBSITE TO EXPLORE!



THE METROPOLITAN MUSEUM OF ART:

A great site to enhance your history and geography knowledge through the arts. Hop in the Time Machine and watch exciting videos that will make you believe you are there. Click on the link below to take you to the site:

<https://www.metmuseum.org/art/online-features/metkids/>



THE JOHN DYER 'LAST CHANCE TO PAINT' CHALLENGE:

This site provides you with the opportunity to enter a competition with your rainbow art picture. The site provides you with the details of how to enter but there are also many other exciting aspects of this website that are worth exploring. Check it out!

Click on this link to take you to the site:

<https://www.lastchancetopaint.com/rainbows/>



BBC RADIO CORNWALL

FASTER RAINBOW EGG HUNT

AND TO KEEP YOU AND YOUR CHILD SAFE ONLINE WHILST LEARNING AT HOME....here are some useful links to help parents and carers:

[Thinkyouknow](#) (advice from the National Crime Agency to stay safe online)

[Internet matters](#) (support for parents and carers to keep their children safe online)

[Parent info](#) (support for parents and carers to keep their children safe online)

[LGfL](#) (support for parents and carers to keep their children safe online)

[Net-aware](#) (support for parents and carers from the NSPCC)

[Let's Talk About It](#) (support for parents and carers to keep children safe from online radicalisation)

[UK Safer Internet Centre](#) (tips, advice, guides)



We hope you have all been able to enjoy a happy and healthy Easter break. Just as a reminder, learning activities for pupils to access on the virtual learning area of the website will be available again as from Monday.

Please do get in touch if you have any questions or need any help. We are here if you need us.

Stay safe and well!

We are missing you all very much and look forward to seeing you back with us soon.