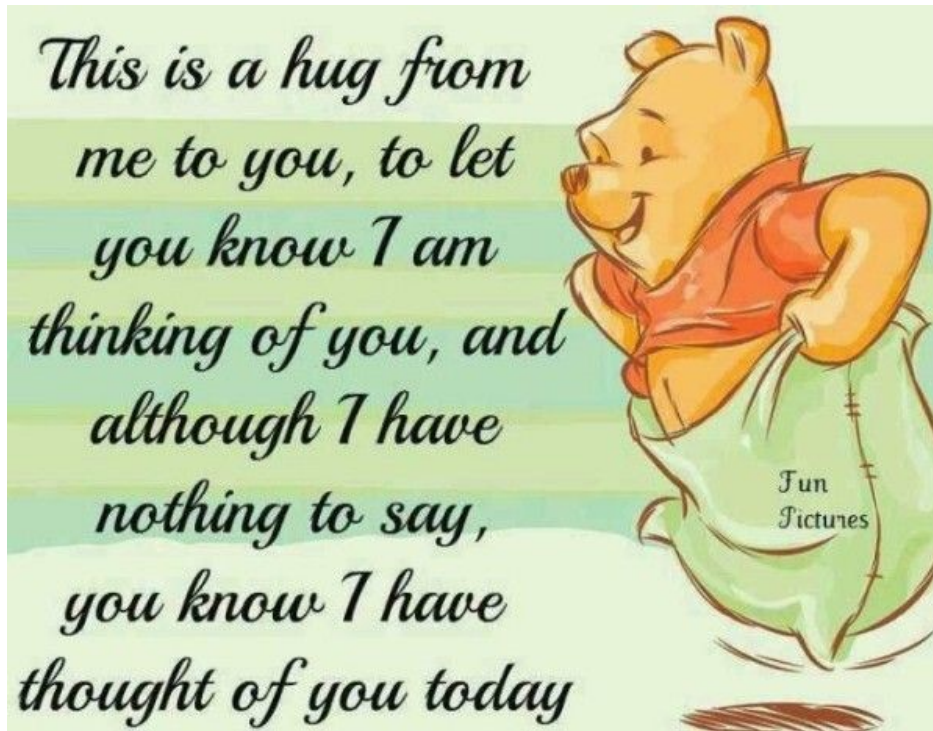


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he Heffington Post
18th April 2020



Every Moment Matters



A rainbow picture of hope to be proud of! Well done!





So, I wonder what you have been up to over the last few weeks? Let's see!



One of our Year 6 pupils and his sister have been busy keeping fit by rowing and slack line walking!

These two sisters have been having great fun using a giant exercise ball for their home-schooled PE lesson. They have also been busy identifying flowers and shrubs in their back garden and then drawing them.



FIGHTING OFF THE ANGLO-SAXONS! This Year 2 pupil has been busy sailing his Viking Ship, with triple-headed battle axe in hand, to attack the unfortunate Anglo-Saxons in their 'bouncy' castle! A great way to learn about history.

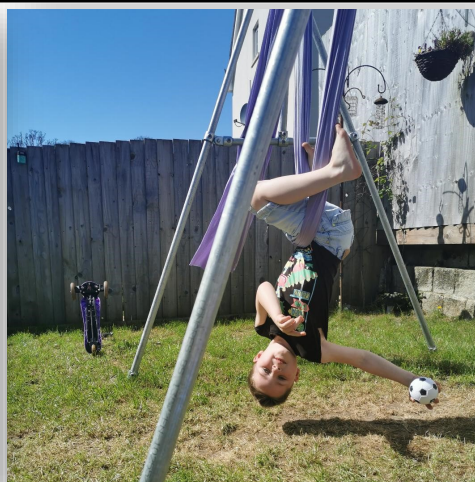




This brother and sister have been taking their PE lessons in their stride with some aerial yoga and the rings! And when the clapping for the NHS was on the timetable, the drum kit came out to ensure the village nearby could also hear them sharing their appreciation for the NHS. And if that hadn't kept them busy enough, they also decorated their trees by weaving rainbow coloured fabric and ribbons around the trunks—what an inventive way to create your rainbow picture. Beautiful!



Below, shows another brother and sister as aerial yoga enthusiasts, where hanging up-side-down is clearly the latest craze! They have also been very inventive with their arts and crafts, turning food delivery boxes into a play den for Maggie the cat, target practice games and Teddy Pet Houses. They have also created a shadow puppet box with which they are planning to use to re-enact their favourite Harry Potter scenes. Very inventive!



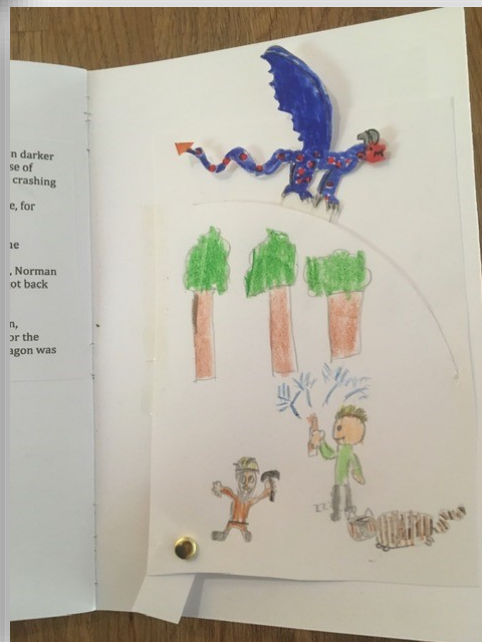
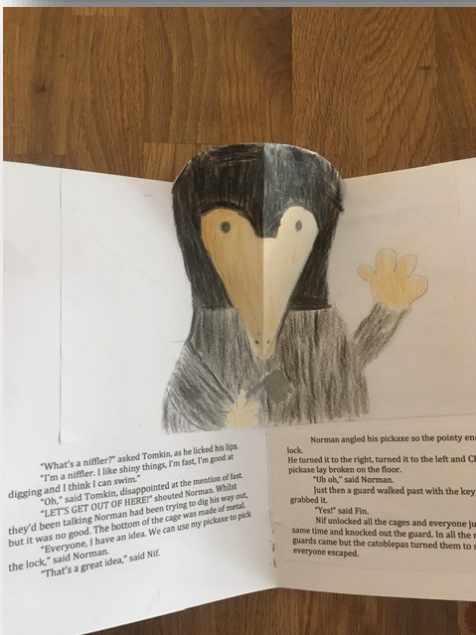
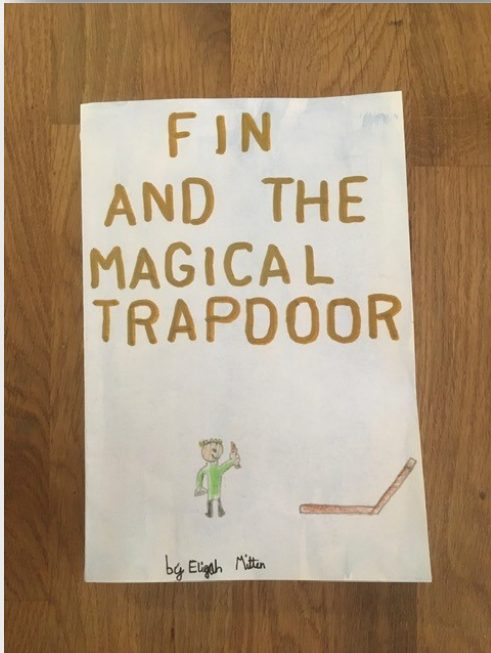
This family have had a very exciting few weeks with the arrival of the new member of the family—welcome to Flame, their new Labrador puppy, who is clearly looking very much at home with his new family. This brother and sister have also been busy making rafts to float down the stream at the bottom of their garden and have also clearly been put through their paces on their Easter Egg Treasure Hunt Challenge. A busy few weeks it seems!



GETTING READY FOR SEPTEMBER! This older sister is helping her little brother get ready for when he starts in Puffins in September. This little brother will be more than ready to start school! What a helpful older sister.



MORE INSPIRATIONAL IDEAS TO SHARE! This family have been using nature, in a very inventive way, to teach maths and phonics. What a great way to use the outdoors to enjoy your learning. This family have also published their own story book written by one of the children and turned into a pop up book! Very creative!





One of our Year 5 pupils made a very interesting discovery when he found a stick insect hitching a ride on his bike whilst out on his daily exercise session. He has also been busy creating a Lego train for the GWR competition and has embraced pointillism whilst creating a piece of art! A very busy and creative time!



This young chap has discovered the joys of jigsaw puzzles and how to learn about the countries of the world whilst having fun. He has also been very busy practicing his spellings using a range of letter tiles. A very busy bee!



Ever wondered how big a Megledon would have been, compared to a Great White Shark and a child? Well, this family have worked out the answer! What a fun way to learn about size and scale. I have no doubt the whole street will have learnt something new too!



This family have been busy exercising their green fingers having planted cucumber, squash and beetroot plants, all of which are clearly thriving in their new home ready for harvesting in the weeks to come.



And of course, Fab Friday just isn't quite so Fabulous unless you fit in a bit of cooking! Here, one of our Year 5 pupils has been busy being creative in the kitchen! The staff are all missing the sweet smell of baking coming from the staffroom on our Fab Fridays. We will just have to use our imagination for now!



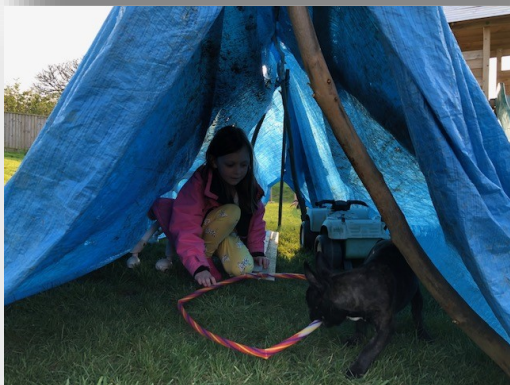
We know where to go if the shops run out of Ginger Beer—this Year 6 pupil and her family have been making their own! Please do pass on the recipe!



AND THE VIKINGS ARE BACK! Clearly, there has been a bit of a theme running through the learning for the Year 2 children with another brilliantly created Viking Ship using Lego!



This trio of siblings have been keeping themselves very busy on Fab Fridays! Not to miss out on cross country, they have been running around their garden to make sure they keep up with their love of this sport. They have also been building shelters, with the help of a very enthusiastic family pet. And even the rain wasn't going to stop their fun, so they did some baking and made some yummy homemade bread, whilst wearing the Fab Friday T-shirt with pride! Phew! What a busy bunch!



Well, it was testing the strength of mixing the pavlova last week. But this week, this Year 4 pupil has been testing her skills out on the sewing machine with amazing results! What a talent!



MISSED OUT ON CHOCCY BINGO? Well these families decided to get together on Zoom and do a family video conferencing version of choccy bingo instead! The wonders of modern technology!



Please note: The attachment, entitled ‘**Closures of schools, childcare and other educational settings**’ that you have received with this newsletter today, will include a range of updated information. I would also like to draw your attention to section 8.4 of the document, which I have included with the links below, for quick reference.

8.4 What support is available to parents to help them maintain their family’s wellbeing while their children are at home?

Social connections, alongside exercise, sleep, diet and routine, are important protective factors for mental health. Materials to promote and support mental wellbeing are included in the list of [online resources](#) we have published to help children to learn at home. Public Health England’s [Rise Above](#) platform supports young people. The Department of Health and Social Care is providing £5 million of additional funding to support mental health charities to increase their provision for adults and children at this time. Social isolation, reduced exercise, and bereavement, may affect children’s wellbeing in this period. Resources to promote and support children and young people’s mental wellbeing include:

[MindEd educational resources for adults about children and young people’s mental health](#)

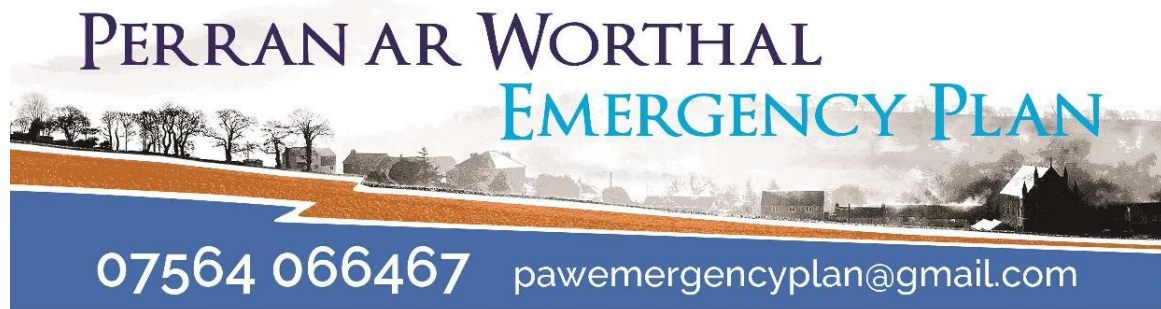
[Every Mind Matters](#)

[guidance on looking after wellbeing and mental health](#)

[guidance on supporting children’s wellbeing and mental health](#)

All NHS mental health trusts are setting up 24/7 helplines, and seeking to use digital and virtual channels,

KEEPING OUR COMMUNITY IN TOUCH! - One of our parents has been very active in trying to keep our community in touch, especially those who are particularly vulnerable and feel the most isolated at this difficult time. Below is a poster that you will see around the village. If you feel this is something that you wish your family to be involved in, please do get in touch using the number on the poster and you will be able to ask any questions about how this will work. Please do bear in mind that you will be exchanging your address with another member of the community.



Are you at home self isolating?

Are you struggling to find things to do ?
Would you like to become a penpal to
one of the children in the village ?

Parents of children?

Would you like your child to write to
an older person and send colourful
pictures to make their day?

IF SO

**.....then we are starting a new
Penpal initiative in the village to
share the love and brighten each others days!**

To register your interest please contact :
pawemergencyplan@gmail.com
or call 07564 066467
and provide your name and address

Share the love

