



**Newsletter –1<sup>st</sup> May**

Week 2 of the summer term and lockdown is slowly starting to feel quite normal. A few more businesses have reopened, and the roads seem busier, but many people are continuing to do what they can to keep the NHS safe.

Our doors are open to the key worker children and they have all been a delight to have in school. Watching and listening to them engage in their virtual lessons we have been astounded at how quickly they are adapting to this new virtual world. The software is becoming more understood and any glitches are ironed out quickly and efficiently.

Thank you for your continued patience, support and understanding through this time

**In this week:**

- Time Capsule
- Home Pentathlon
- 10 Mindfulness Tips
- Year 2
- Children's Gallery



These times are challenging for us all, if your child is struggling to understand the current situation these links may be of use:

[Coronavirus and your wellbeing](#)

[Children's guide to coronavirus](#)

[Supporting Young People's Mental Health Through Disruption](#)

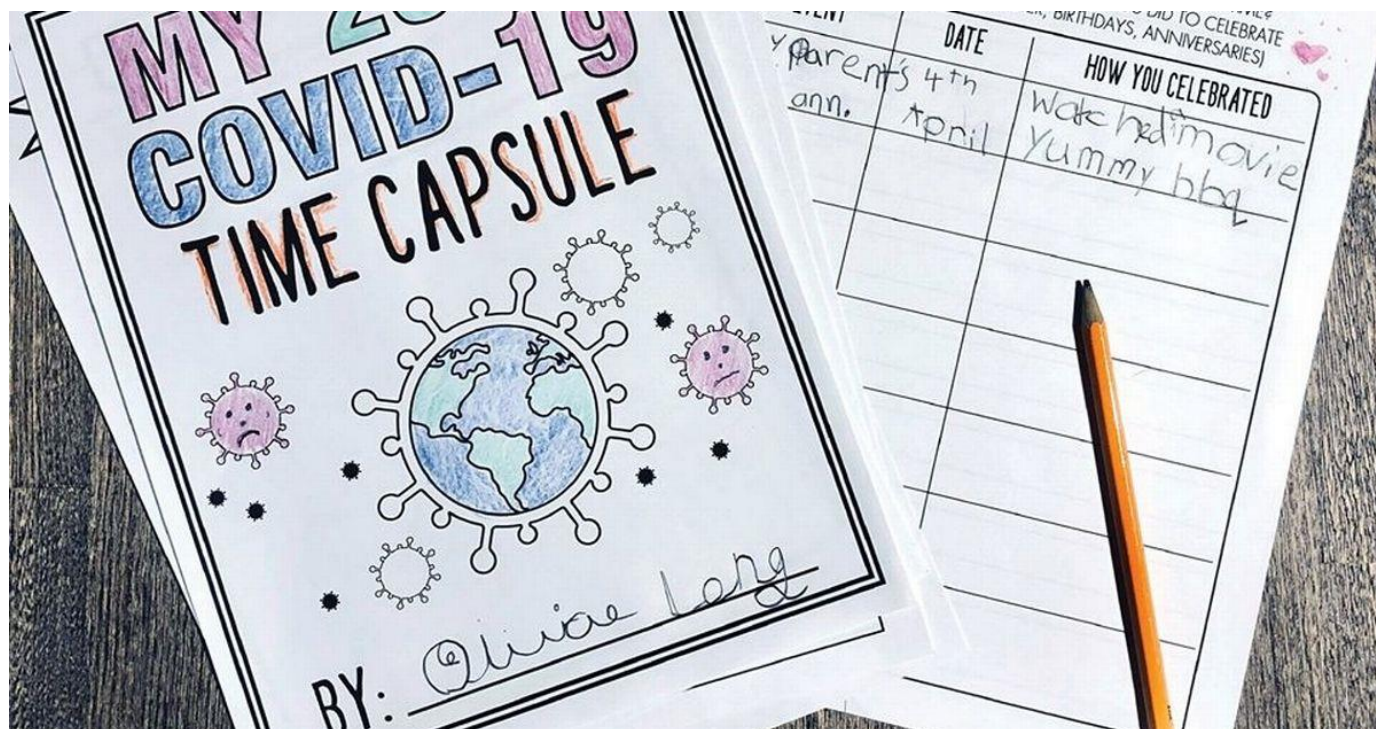


For all the latest pictures and weekly activities please follow our Facebook page  
[@HopelandsPreparatorySchool](#)

## Time Capsule

Long Designs have put together a time capsule workbook for children to complete during lockdown. It is free to download and is filled with different tasks and activities. They can draw pictures of the people they are staying with and record a snapshot of life through photos and journal entries. There is also a page where they interview the parents which I am sure will bring up some interesting answers!

<https://s3.letsembark.ca/long-creations/2020-COVID-19-Time-Capsule-EN-US.pdf>



## The Home Pentathlon

Miss Walker has sent in some details of the 'Sportshall Athletics Home Pentathlon'. This is a fun sporting activity which some of you may wish to try at home. Full details are in the attached PDF files and scoring sheets.

The Home Pentathlon is a fun way for families to take part in adapted Sportshall Athletics events within their home environment. If you do take part please do send in some pictures, we would love to see them!



## 10 Mindfulness Tips – by Mrs Prout

### 1. Breathe

As simple as it sounds, asking children to take the time to focus on nothing but their breathing will help to clear their mind. Try experimenting with breaths (breathe in for 2, exhale for 4) to allow children to find their own natural rhythm.

### 2. Muscle relaxation

When tensions are running high, ask your children to lie on the floor and starting from their toes, tense their muscles for 5 seconds – squeezing as tightly as they can – before releasing again. Continue all the way up the body, even scrunching their facial muscles to relieve any tension from the day.

### 3. Sensing the senses!

Encourage your children to tap into their senses by pausing for a moment and noticing exactly what they can see, hear, and smell in that particular moment. Being in the present can help to alleviate worries that children may have.

### 4. Noticing emotions

Mindfulness teaches children that it's ok not to be ok. Recognising the emotion that they are experiencing is the most important thing, as well as understanding that this emotion will fade over time.

### 5. Time on your hands

For those needing some breathing space, a simple yet effective exercise is asking children to hold out their hand in a high five pose, then as slowly as they can, trace round each finger with their other hand. Taking the attention away from what has made them feel frustrated or upset, even if only for a matter of seconds, might be all it takes for them to calm down.

### 6. Strike a pose

When thinking of mindfulness, yoga is the first exercise that springs to most peoples' minds. Complicated downward dogs may be attempted, but a simple crossed legged position or standing tall with arms stretched out wide can help children to refocus.

### 7. Heartbeats

Jog on the spot for 30 seconds to release some much-needed endorphins, then ask them to put their hands on their heart, noticing the speed of the beats. This simple exercise is effective in improving children's focus.

### 8. Practise gratitude

Take the time to share one positive thing about their day.

### 9. YouTube meditation

There are so many fantastic guided meditation channels on YouTube now, such as "Peace out" which lead children through a relaxation sequence. Ideal for improving concentration before a long writing session.

### 10. The sound of music

Using a bell, tambourine, or maracas, make a gentle sound whilst the children close their eyes. Ask the children to open their eyes when they notice that the sound has completely gone, and silence has been restored.

## Year 2

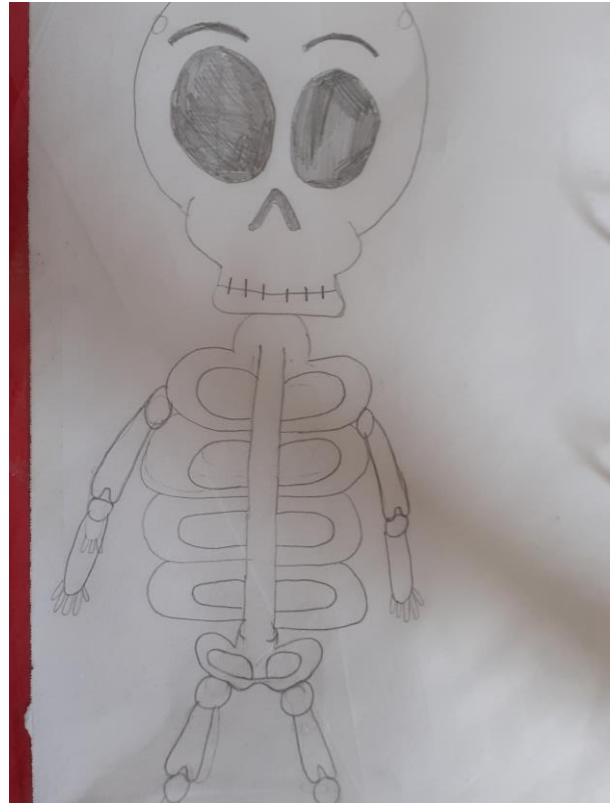
Year 2 were set a challenge last week – to make rainbows and hearts out of Lego! Beautifully demonstrated here by Emi & Florence, well done girls!



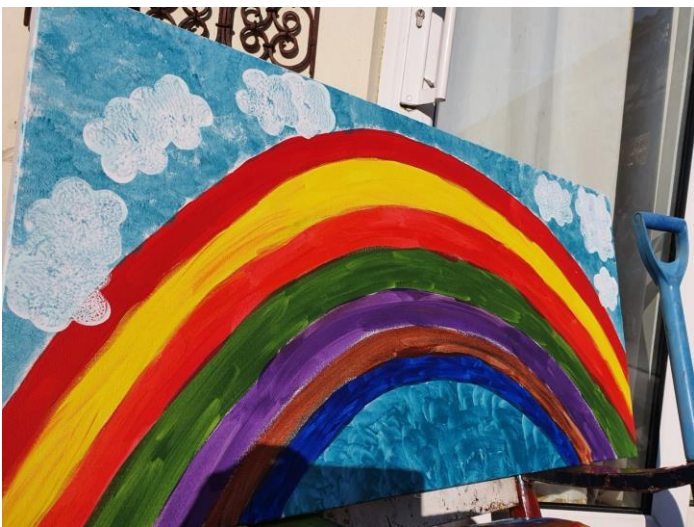
## Children's Gallery

There have been some amazing pieces of creative work and activities which the children have been doing at home. Please do continue to send your pictures in as we love to see them.

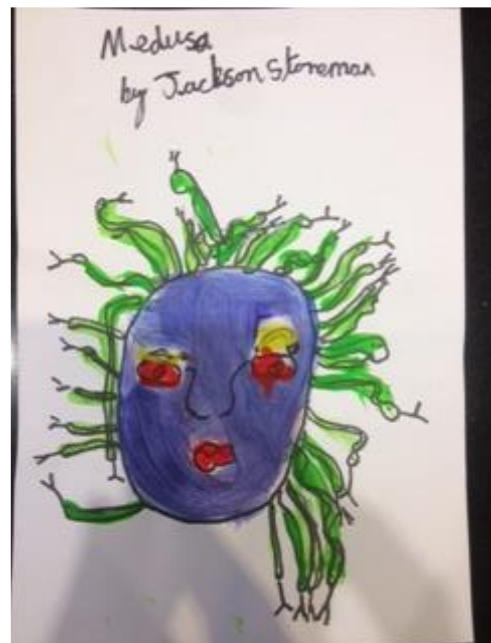
Natalie's Leprechaun and Skelton



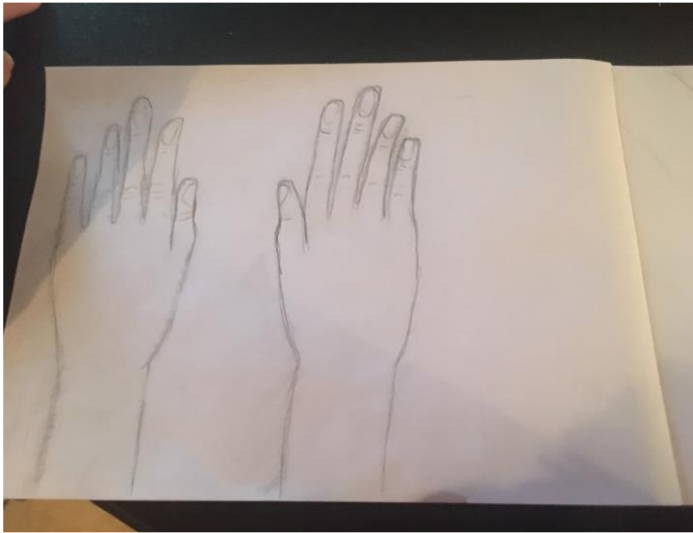
Harriet's Rainbow of Hope



Medusa by Jackson



Hands by Holly



Designs by Liberty



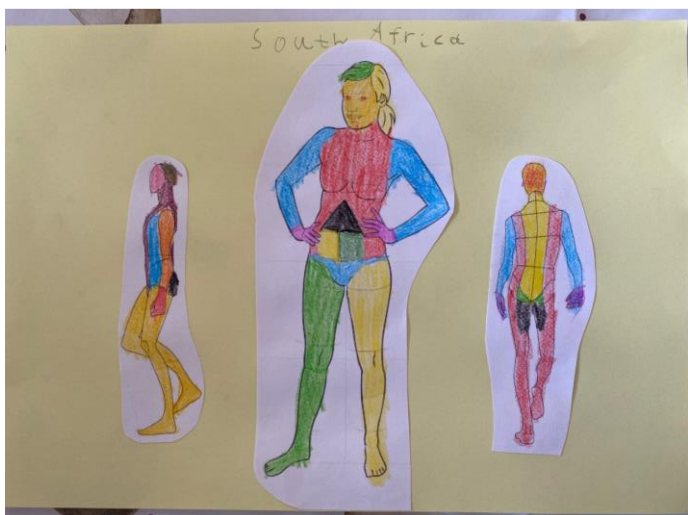
Designs by Nadia



Rose's Knitting



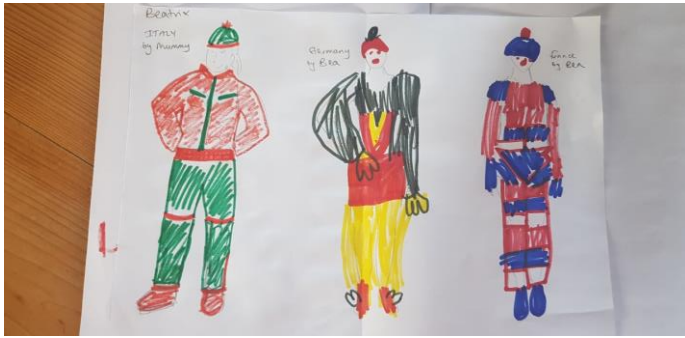
Designs by Finley (Y2)



Finn's Artwork (Y3)



Designs by Beatrix



Designs by Ethan



Eva staying active!



Lily's Tudor House

