



**Newsletter 15<sup>th</sup> January**

Thank you for all the support and feedback you have sent to us, it is greatly appreciated. Some of the feedback has been captured on our latest blog which is available to read on the school website:

<https://hopelands.org.uk/news-calendar/news-calendar/>

A link to the blog is also on the school Facebook page so please do follow our social media to see the latest pictures and weekly activities.



If anyone has any pictures for the 'Lockdown Gallery' please send them to [scompton@hopelands.org.uk](mailto:scompton@hopelands.org.uk) and they can then be shared in the newsletter.

**In this week:**

- Year 4 English
- Class 1 Home Learning
- PE
- Introducing Mrs Powell
- Mental Health
- Lockdown Gallery

**Families Magazine**

Full of interesting activities and challenges which the children can do for fun, please click below for their latest issue:

[Families Magazine Gloucestershire](#)

**School Office**

The school office will be manned from 8.30-3.30pm.  
For anything outside of these hours please email [scompton@hopelands.org.uk](mailto:scompton@hopelands.org.uk)



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

## Year 4 English by Mrs Bradburn

The Year 4 children watched a video clip about the impala and the leopard. They saw the leopard creeping up on the impala, pounce and the prey escaping. They then looked at some Narrow Escape pictures identifying the predator and prey. Choosing their own animals, they wrote their Narrow Escape story.

### *Snow leopard and the mountain goat*

It all started on this cold and whispery night, mountain goats and mountain sheep were all huddled together to keep warm. Snow leopards were growling in their frost biting caves but one snow leopard was outside of his cave.

His stomach was rumbling like thunder he was ravenous. Hovering his grimy paw over a slippery icy log, the snow leopard pounced. He missed. All the other sheep and a few goats returned to the barn. The goat picked up her ears at a noise nearby. She walked cautiously to the noise.

As the goat was approaching, the leopard leaped up into the air and bit her. The goat fell onto the ground. The leopard thought the goat was dead. She was not. The sheep and goats shrieked with fear and ran to the barn. Snow leopard dragged her back to where he lived intending to feast on her later.

A few days later, the sheep saw something. The goat was running in fear back to the barn and she was not alone. She was being chased by the snow leopard. She ran in the barn where the farmer wacked the snow leopard with a cane. They never saw the snow leopard again. To prevent himself from starving, snow leopard continued in his quest for food.

By Lilly Ransley Hayes

### *The Eagle and the Deer*

In the dark of winter and the dead of night, the eagle owl stalked his prey. The snow rushing on the cold harsh terrain. This new season meant that he had to make slight adjustments to hunting. It was freezing and it was impossible not to shiver in the depths of the unforgiving winter.

The eagle owl soared through the air as silent as a mouse, he looks for delicious meaty prey to feast on. He found a small, young deer in an opening in the frosted forest sleeping silently and swooped further in to get a clearer look at the defenceless deer. Moving slowly and silently, the eagle owl closed in on the deer. The owl was hovering above the deer ready to strike...The deer woke up, startled It abruptly disappeared off like a bullet.

Anger and frustration filled the great hunter of night. But wait, the deer is still in sight so there was still a chance. The eagle owl followed the deer and in no time at all was gliding above the deer. Running, she knew that she was being stalked by a predator. She was wise for her age and knew that she should never go into somewhere where there is only one way out...But the only way left was an isolated cave with only one way in or out. There was no going back now. She had to face not only what was in the dark, unexplored cave but the great, ravenous killer, the eagle owl.

Cautiously she entered the cave, she heard the eagle owl hunting her with only the urge to kill. Sitting down exhausted but too frightened to even close her small eyes. A twig broke, the hunter had arrived and she was an easy prey but she remained sitting down because she was too exhausted to move let alone run. It was outside the entrance planning his move, it disappeared into the dark and she knew it was now in the unfamiliar cave. How was she going to escape and see her beloved herd once more? It was so close she could have touched it. She knew what she had to do but was she strong enough?

There was no time to think about that she had to get out of this despised cave as soon as possible. She shot off for the entrance. He flew after her and grabbed her in his talons, they were as sharp as knives and she could not get free of his grasp. He dragged her out of the cave. Bewildered and frightened she tried to fight back but it was useless. Suddenly, there was a stamped of hooves heading for her, the owl tried to fly away but I held him down. I would only let him go when I knew he was truly scared of the prey who had once feared him. Letting the owl go as she was too tired to hold him anymore, she started off to her herd. The owl flew off, realising that he would be going without food for at least another day. The deer hurtled off safe from the Eagle owl.

By Hannah Safizadeh

## Year 4 English by Mrs Bradburn

On Thursday we read the poem 'In The Cave'. They then had to imagine a mysterious ruined castle and write a similar poem including expanded noun phrases and prepositional phrases.

### *The old, ruined castle*

I entered the mysterious and deserted castle, investigating my surroundings.

There was glimmering, dirt-crusted jewellery scattered across the floor.

Rusted, neglected armour stood near the cracked and crumbled door.

Some of it had shattered and an arm was missing.

Blunt and broken weapons were unearthed in one uninhabited room,

Snapped, wooden lances shining under the shaded moon.

A dented, steel locked chest sat in the corner of a small damp chamber.

Exposed walls crumbled and a rock fell, shattering across the flagstones.

Minuscule, autumn-brown mice scattered, scampering around a giant, stone statue.

Unwary pigeons and hostile crows nested in the grey, mossy walls, and sometimes flew.

I discovered ripped and torn portraits of young, majestic kings and queens all around.

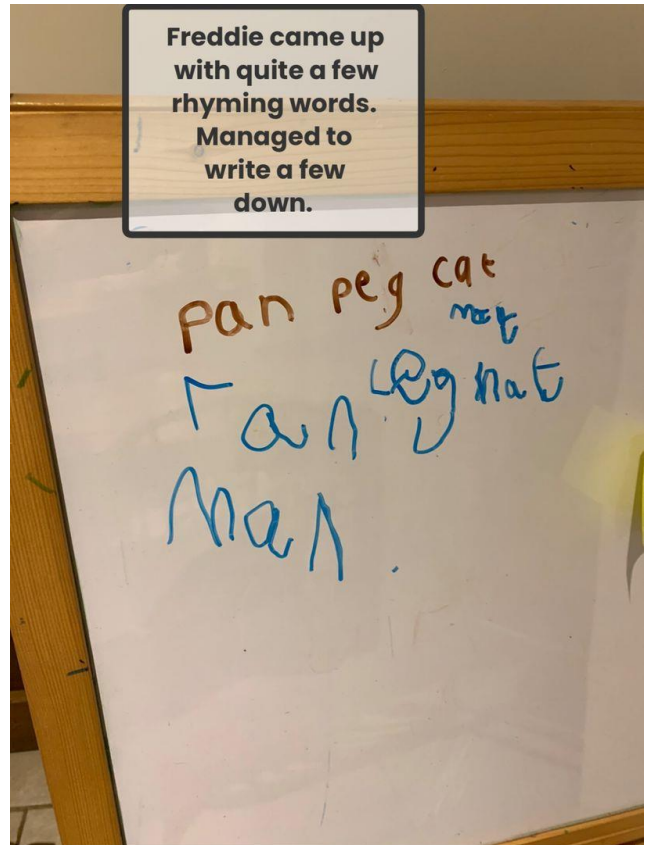
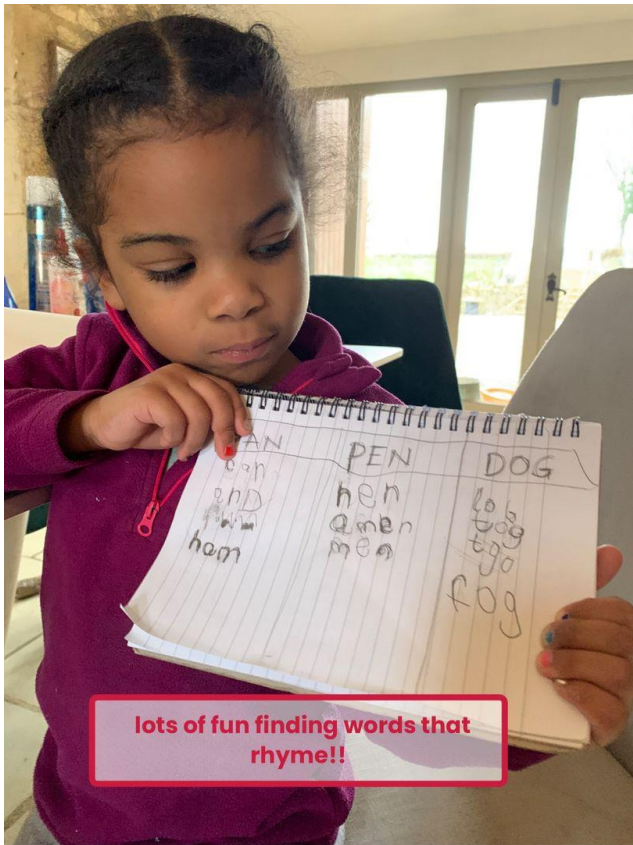
Blurred, mouldy banners hung rigidly in one room surrounding an opening I clambered through.

I heard the hooting cry of a tawny owl, stared nervously into the night, and ran!

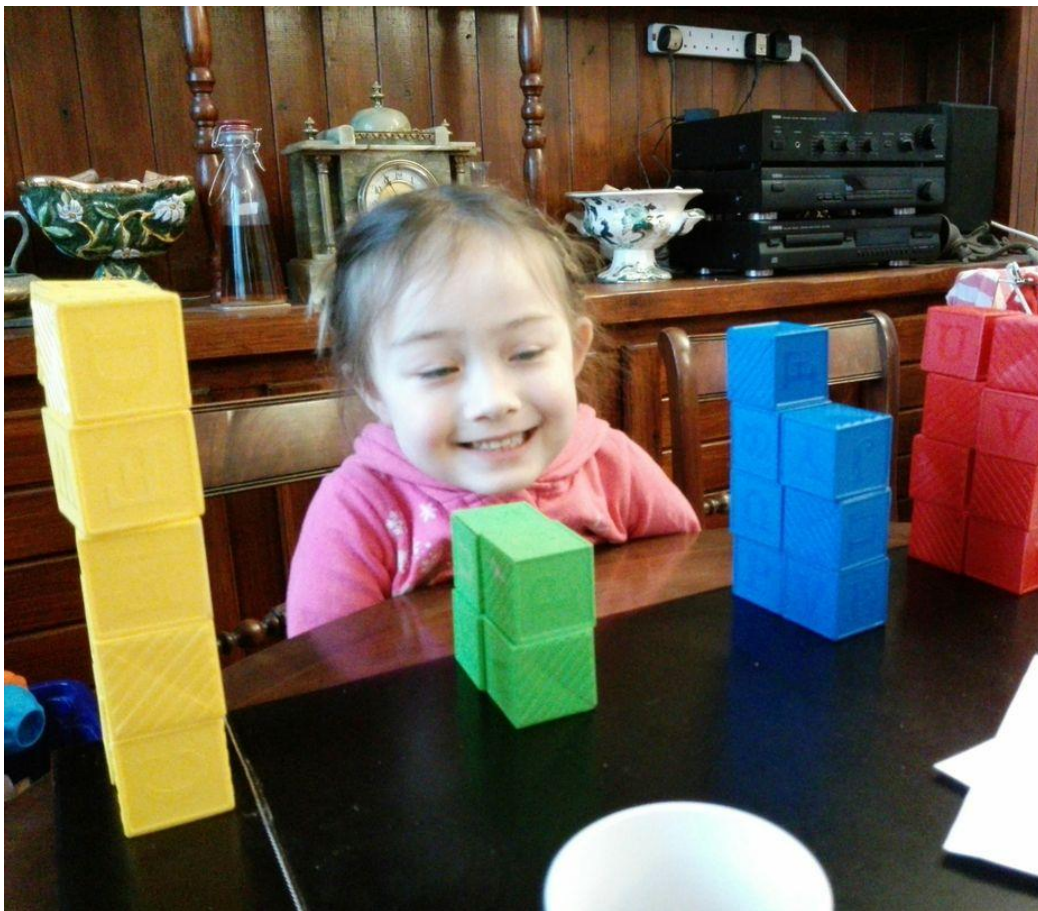
By Rowan Allen

## Class 1 Home Learning

Miss O'Neill has been incredibly impressed at how well class 1 are doing with their home learning. Here are some pictures from the past week.



## Class 1 Home Learning



## PE by Miss Walker

This week Year 6 have been thinking about how we can encourage our school community to keep active at home. Attached are a couple of examples of activities that they have created to help inspire you to get active. It was great to hear all their different ideas and how we can make keeping fit fun! Well done Year 6.

### Full Body work-out

#### A fun full body work-out that all ages can do!!!

Start off with 20 star jumps and then stretch up and go down to touch your toes. Choose a fun stretch that you know and do that (if you cannot think of anything touch your toes and come back up and go back down again-repeat).

#### Now for the real work-out...

Do a plank for a minute and rest for 30 seconds, do the plank again for another minute.

Do sit ups for 1 minute and rest for 30 seconds, do sit ups again for 1 more minute.

#### You are doing so well keep going...

Next we are going to do a shuffle squat. Squat and then shuffle three steps to the side, squat and shuffle to the other side. keep going for a minute then rest for 30 seconds.

It is time for push-ups. Do 30 and then rest for 30 seconds. If you cannot do this, do as much as you can and then maybe you will get it tomorrow.

Get 2 water bottles and lift them up and hold them there for 10 seconds. Keeps doing this for 2 minutes.

Have a big drink and relax you have done so well. Do this every day and you will be tip-top shape in no time. If you cannot do these on day 1 do not worry, you will get there soon. Feel free to play your favourite song through this work-out.

By Nadia Peet yr. 6

This activity is for:	All years
You will need:	Buckets (or other markers (not writing markers!) of sorts if you cannot find buckets), some paper, a ball, a clip board, a pencil or pen and some accuracy.
What to do:	Place the markers spread around a suitable space (a garden is fine and if you choose to spread them around yourself you can pivot), write down numbers on the paper; place the bigger numbers next to the markers further away from your ball throwing point and the smaller numbers closer to the markers closer to you, throw the balls onto the markers, record the numbers you got on the clip board, add them up and see how many points you get in 5 minutes! You can do this by yourself or include your family!
Created by:	Charles Dunham

This activity is for:	KS2
You will need:	Nothing
What to do:	Do star jumps for 30 seconds, have 10 seconds rest Then do star jumps for 45 second, have 10 seconds rest Then one minute and keep going for as long as you can with 10 second breaks in between each one.
Created by:	William Pilkington

## PE by Miss Walker

We should be aiming for 60 active minutes a day; this is hard when we are in front of our screens all day, but 5 minutes here and there can quickly add up to keep ourselves fit and healthy and hopefully having fun too! The Change4Life website offers a variety of activities varying in length and resources needed.

<https://www.nhs.uk/change4life/activities>



### [Activities for Kids | Kids' Activities | Change4Life](#)

Kids should aim for 60 minutes of activity each day. We know that may feel difficult right now, but we have loads of Disney inspired indoor games and 10 Minute Shake Up activities to help them stay active while everyone's at home.

[www.nhs.uk](http://www.nhs.uk)

The Youth Sport Trust are running an online after-school sports club live on Tuesdays and Thursdays at 5pm.

<https://www.youthsporttrust.org/AfterSchoolSportClub>

Each week there will be a different focus, with Tuesdays introducing the basic theme and Thursdays involving a sport-specific session. Keep an eye on their social channels and this webpage to learn more about each week's schedule.

We would love to hear how you are keeping active, so please do share your ideas.

## Introducing Mrs Powell

I would like to say a huge thank you to everyone who has made me feel so welcome since I joined the Hopelands family at the beginning of last November. The first 5 weeks whizzed past and the Christmas concert filming day came round so quickly. I am very proud of all the children and of the hard work that they put in to learn their parts and words in such a short amount of time. I enjoyed watching them perform and am very pleased with their achievements.

In case you do not already know, I love music and sharing my passion with anyone - children and adults. I have conducted school choirs in a variety of venues including Gloucester Cathedral and have enjoyed many trips to Birmingham as part of the Young Voices concerts.

I have 2 teenagers who are very musical, a husband who isn't and a black Labrador called Max, who is 4 years old. I enjoy singing in my local choral society and we have just managed to produce a virtual Christmas concert which was lots of hard work for me getting used to the technical side of recording myself singing.

I run my own music teaching business for young children called Jacappella, and work in another school teaching Reception. I am looking forward to teaching all the children at Hopelands in person again hopefully very soon.

The children have all been enthusiastic with their online music lessons so far. Class 1 and 2 have been learning to copy pitch and rhythm patterns as well as singing well known songs and nursery rhymes. Last week they made their own shakers from a variety of found materials and experimented with changing the fillings to see what sound their shaker could make. Year 3 are learning a song about the Egyptians and Year 4 and learning a song about the Romans. Year 5 and 6 have been listening to Tudor music and discussing what they can hear. They have been learning about the dimensions of music and how to recognise them when listening to music.





## Mental Health by Miss Cook

The current lockdown means that news about coronavirus is everywhere. As a school the mental wellbeing of our students is a key priority. I would like to take this opportunity to share resources with you if you feel that you or your child may need them.

- The Mental Health Foundation have included some information on how to talk to your child about the pandemic. <https://www.mentalhealth.org.uk/coronavirus/publications/talking-your-children-about-coronavirus-pandemic>
- Here are also some tips for looking after your own wellbeing during the pandemic. <https://www.mentalhealth.org.uk/coronavirus/mental-health-tips>
- The NHS guidelines for mental health, this link will also signpost you to further resources if you feel that you need additional support. <https://www.gov.uk/government/publications/covid-19-guidance-for-the-public-on-mental-health-and-wellbeing/guidance-for-the-public-on-the-mental-health-and-wellbeing-aspects-of-coronavirus-covid-19>

Thank you for everything that you are doing. We really appreciate all the support that you have given for home-schooling and we look forward to the day where we can all be together again.



## Lockdown Gallery

Cillian designing a special place where people can pray during his RE lesson.



The girls concentrating during a Zoom lesson.



Class 2 working on their French.



# Lockdown Gallery

Otto's handmade Humpty Dumpty



Beau building a castle in DT



Year 4 PE lesson – in school and on Zoom!



Rupert designing his castle

