



Newsletter 5th February

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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

As it is Children's Mental Health Week, today's newsletter features some of the activities which have been taking place.



Message from Mrs Bradburn

As we come to the end of week 6 online, form teachers are keen to give and receive feedback into the progress of the children. We are therefore arranging Parents' meetings online in the next few weeks. Please take this opportunity to give any feedback which we might find helpful going forward into the next half term. Thank you.

PARENTS'
EVENING

Lockdown Life

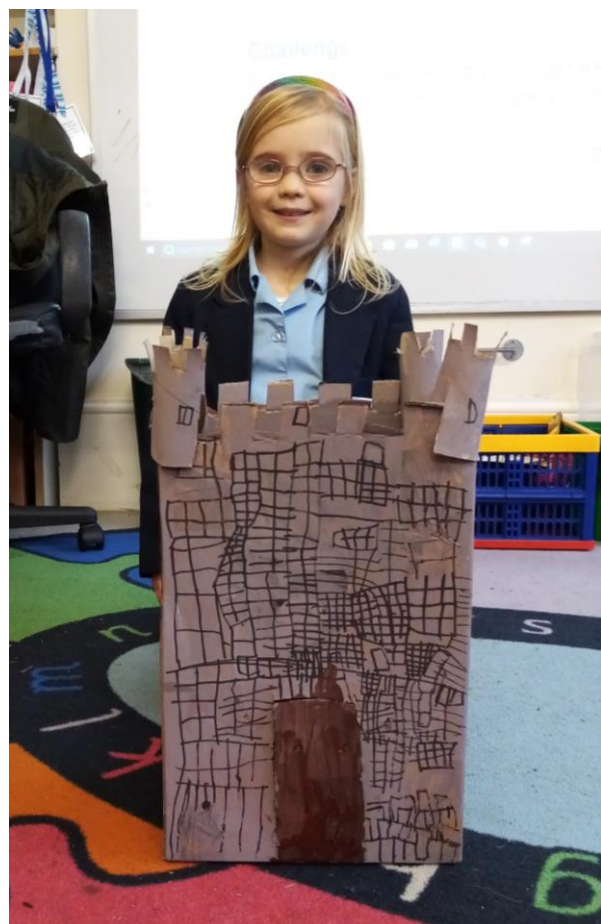
Amazing mosaics made by Beatrix and Otto! Having fun at the weekend they made eggshell mosaics using Polyfilla and paint as the base. They then painted eggshells for the mosaic, with the very clever design of an octopus and a dolphin. They look fantastic! Well done.



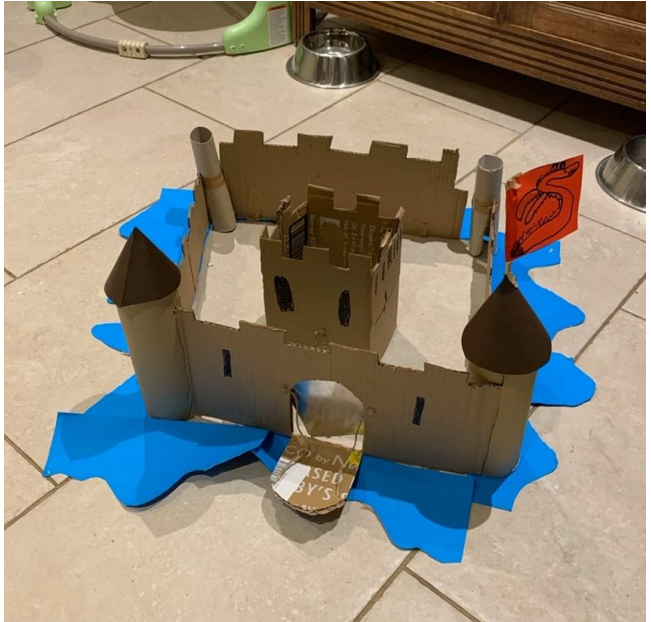
For all the latest pictures and weekly activities please follow our Facebook page
[@HopelandsPreparatorySchool](https://www.facebook.com/HopelandsPreparatorySchool)

Class 2 Castles by Miss Cook

The children in Class 2 have been busy designing and creating castles. They have looked at a range of castles and how they developed over time before creating their own! They put thought into defences and have come up with some great designs! Well done.



Class 2 Castles by Miss Cook



Clocks in Reception

Last week Reception have been busy making clocks and learning how to read the time.



Children's Mental Health Week

This week is Children's Mental Health week and the theme is Express Yourself. Expressing yourself is about finding ways to share feelings, thoughts, or ideas, through creativity. It is about finding a way to show who you are, and how you see the world, that can help you feel good about yourself.

Here at Hopelands we work hard to create strong relationships across the school and all our teaching staff get to know each individual child and engage with them to ensure they can be the best that they can be. This week they have adopted the theme of Express Yourself through some of the lessons and below are some of the examples. Please remember if your child is struggling with lockdown we are here to help.

PE by Miss Walker

Namaste

In PE this week across the whole school, we have been exploring the theme of 'Express Yourself' by enjoying warm up dances to different songs then trying out different Yoga moves through a variety of stories. We have kept our fitness routines in each lesson to get our heart rates up and keep us active.

I have been really impressed with the children at home joining in with all the 'poses' and it was lovely to see the Year 5 key worker children embrace the silly faces pulled during the 'lion pose'.

Key Stage 2 have taken part in a few stretching, breathing and relaxing exercises which can be accessed via the [GoNoodle](#) website if you would like to have a go at home, it is free to sign up and anyone is welcome to do so.



Children's Mental Health Week

PE by Miss Walker

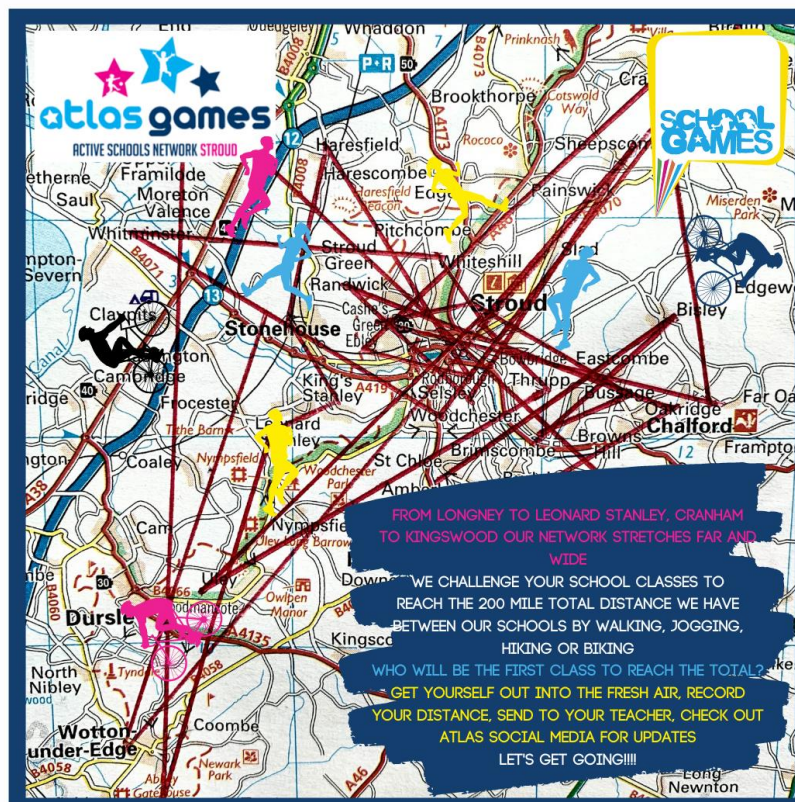
Children's Mental Health Week - Why is exercise important?

Keeping active is more important than ever. Exercise influences certain chemicals in our brains, such as dopamine and serotonin. Brain cells use these chemicals to communicate with each other, so they affect your mood and thinking in a positive way. So, pop on Joe Wicks, get out for a run or throw your own kitchen disco to keep active and stay positive!

If you are looking for some friendly local faces for some active inspiration, then the following link can be followed to try out some fitness and sporting

challenges: https://www.youtube.com/channel/UCDzRR5xXnJgw_V5klyiN3vQ

Next week I will be speaking to pupils about what daily exercise they are getting and encouraging children to take part in the atlas games 200-mile challenge, sticking to government guidelines. Please do send me the distances you have walked, jogged, run, or cycled.



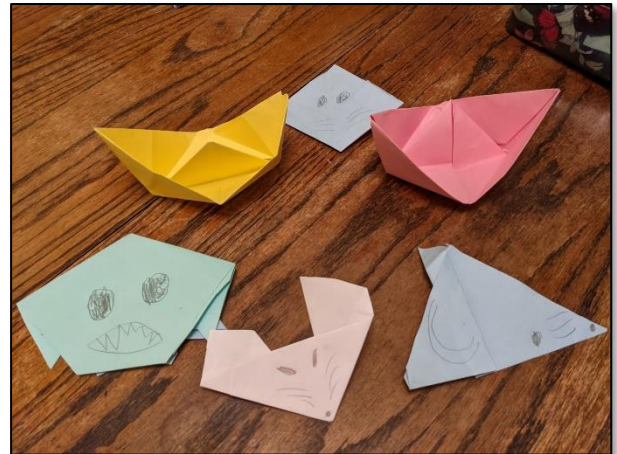
Dance by Mrs Holloway

At the end of the dance lessons, we spend a few minutes taking our minds away from our studies. I ask the children to lie on their backs with their eyes closed. We then listened to our breathing, imagining we were in our favourite place. We listened to any sounds we could hear; the birds tweeting, children laughing, allowing our bodies and minds to relax.

Children's Mental Health Week

Year 3 by Mr Rousell

For Children's Mental Health Week, Year 3 have been taking time out each day to enjoy creating origami animals. Our resident origami expert, Ava, has been pleased with our results.



Children's Mental Health Week

Message from Miss Cook

Now, more than ever, the importance of mental health is being talked about. The activity this week is all about being outside. We are blessed in this part of the country with such beautiful outside spaces so I thought I would share some ideas that we can all do in the great outdoors. It is no secret of the benefits of being outside has on our mental health. Notably it can improve mood and reduce feelings of stress and anger. Encourage the children to have a go and see how they feel!

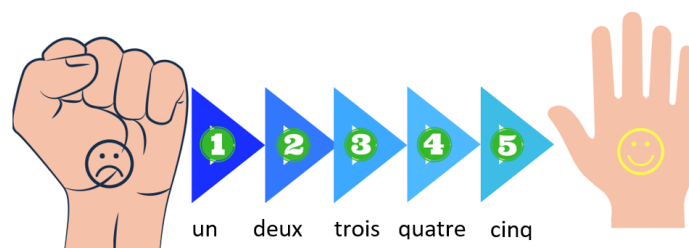


Children's Mental Health Week
5 Outdoor Activities

- Monday**: Go outside and close your eyes. What can you hear?
- Tuesday**: Stand in an outdoor space. What is the weather doing? What does it feel like? How does it make you feel?
- Wednesday**: Can you spot any signs of spring? How many can you find?
- Thursday**: Watch the clouds. Look up at the sky in the morning, afternoon and early evening. How has it changed?
- Friday**: Have fun! Go for a walk, play a game, run, jump, skip or hop.

French by Mrs Trebble

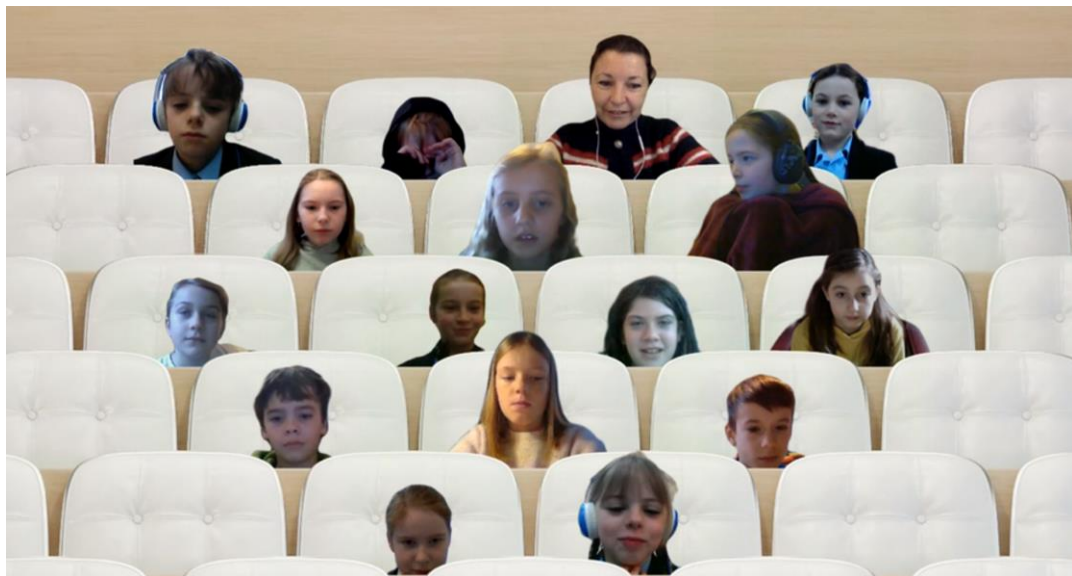
For Children's Mental Health Week, the children in Reception, Year 1 and 2 have been combining calming breathing technique using their 'mains' (hands) with the French numbers un, deux, trois, quatre, cinq (1-5).



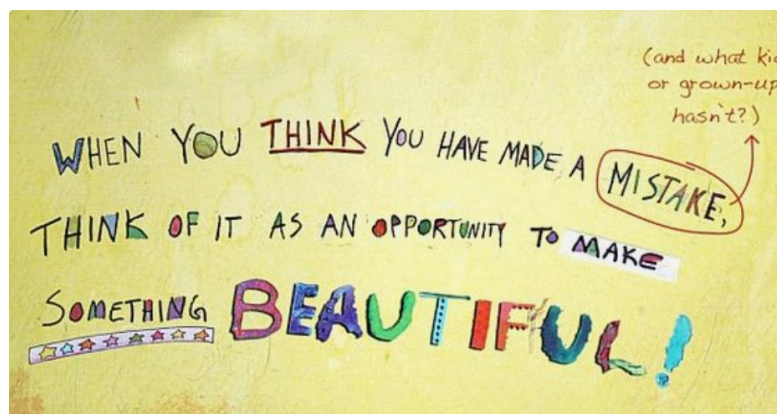
Children's Mental Health Week

Year 5 by Mrs Boix

As part of Mental Health week, Y5 have been encouraged to express themselves and switch their cameras on for a short time (some of them are very shy to do so) and sixteen of us 'went to the cinema" and we "transported ourselves to the classroom" too.



We also had a look at the story "Beautiful Oops" by Barney Saltzberg and looked at how every 'oops' can be turned into something beautiful.



Children's Mental Health Week

Class 2 by Miss Cook

Class 2 have been making puppy origami!



Children's Mental Health Week

Art by Miss White

Throughout the week the children have been looking at abstract art and studying several different artists who paint through shapes, colours, and feelings. For example, the below was painted by the English artist David Bomberg in 1913. The children were asked what emotions they can see or feel.



After looking at several examples the children had a go at creating their own work by following these steps:

- Close your eyes. Think about your mood. Your feelings. Open your eyes, and start to express your feelings and your mood by drawing whatever shapes you feel 'show' your feelings
- Draw. Let your page fill up with multiple shapes that could be fluid, angular, irregular, geometric or a combination of anything you feel 'fits' you, your mood and your feelings today.
- When you are ready, start to add colour to 25% of the page. Stop. Then add 25% more. Space can say as much as shape, so aim for a maximum colour of 75%.

The children had great fun exploring new paintings and discovering something about their artwork along the way. Art is wonderful. It helps us 'get lost' in a different way of looking, drawing, painting and teaches us to explore and express ourselves with a feeling of freedom. We never need to worry about finding the right words.

Children's Mental Health Week

Mrs Elmore

As a breather from maths lessons, Year 5 and Year 6 looked at different strategies to help with their coping skills and to control their thoughts. We shared the A to Z of coping skills and they then compiled their own leaflet to use whenever they feel overwhelmed. I was exceptionally proud of the thought, maturity and care shown by all of them. Everyone carefully considered which activities made them happy so they could use them to clear their mind and be ready to face any challenges life throws at them.



- Colouring
- Count to 10
- Listening to the sound of water
- Drawing anything in my mind
- Painting
- Cuddling with my pet
- Sleeping
- Going outside
- Listening to something soothing
- Finding something to laugh about
- Cleaning and organising
- Modelling
- Making a PowerPoint
- Yoga
- Having a bath
- Meditating
- Star breathing
- Playing games
- Study banknotes
- Ignore annoying siblings!
- Silent movements
- Chat to pets
- Cuddle toys
- Punch my punchball
- Dancing
- Write down feelings

Weekly Countdown Challenge by Mrs Elmore

Every week Mrs Elmore sets the children in Year 6 a countdown challenge.... can you complete it?!

Challenge:

Use +, -, \times , \div to make either 569 (easier) or 789 (more challenging). You may only use the given numbers once; you may find you do not need them all.



Let's Go Live!

Alex from Reception had the fantastic experience of recently appearing on 'Let's Go Live'. This is a family science show and last week they looked at ancient Egypt. They do a new topic each week with live streaming on Monday, Wednesday, and Friday. It is hosted by CBeebies presenters Maddie Moate and Greg Foot. Alex was on with her homemade papyrus and marshmallow pyramid. A fantastic experience and it looked like lots of fun! Well done Alex!

If you would like to find out more about the show here is Maddie's YouTube channel:
<https://www.youtube.com/maddiemoate>



Express yourself!

Happy birthday Lilly! Lilly was 9 this week and she wanted to make you smile with this happy photo of her celebrating on one of her birthday presents!

