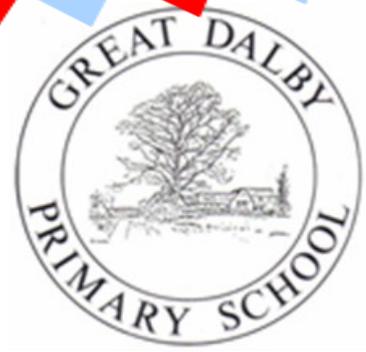


Monday 3rd May 2020

A SPECIAL VE75 EDITION



Mrs Anderson's weekly newsletter



@mrsandersongdps



My Grandad Vic's fairy cakes recipe— perfect for a VE celebration. Using his measurements too!!!

4 oz butter or marg

4 oz caster sugar

2 eggs (beaten)

4 oz self raising flour

A few drops of vanilla essence (if you have it)

Buttercream—5oz butter, 10oz icing sugar and 1-2 tsp of milk. 1/4 tsp vanilla if you have it.

What to do: Mix the butter & sugar together until light & creamy. Add the eggs & vanilla (if you have it) then fold in the flour a little at a time. Mix well until light & fluffy. Split between 12 cake cases and bake for 10-15mins on 180°. **You must have an adult to help you.** Make the buttercream, beat the butter until soft, add half the icing sugar until smooth. Add the remaining icing sugar & 1 tsp of milk and vanilla until creamy. Remove the cakes from the oven and allow to cool. Once the cakes are cooled cut a circle out of the top and place to one side. - cut in half to make the wings. Fill the hole with buttercream and place the wings on top. Dust with icing sugar and enjoy!!!



Welcome to another week of 'home-school' and lockdown! The weeks seem to be passing very quickly for me but I am still missing you all very much and can't wait until we are back together. This week is a special week for our country as we mark the 75th Anniversary of VE day. VE day was the day the guns fell silent at the end of WW2 in Europe. On that day, 75 years ago, people took to the streets to celebrate peace and express hope for the future. We would have marked VE75 in school and joined in the celebrations nationally, however that won't be possible but we can still show our appreciation and gratitude in many ways. See over for ideas. In these times of uncertainty we must remain hopeful and positive like families did 75 years ago.

Self-care—Top Tips We talk about the importance of well-being and good mental health a lot in school,, a healthy mind and body is very important. The focus this week is environment. Our environment includes where we live, our space and the skin we live in. Keeping a tidy house has a positive impact on our well-being, mood and energy. Whilst we are all at home together our houses maybe be messier than usual, I know mine is! So try hard to tidy up after yourselves; if something has a home (a shelf, a box, a cupboard) put it back there. Try making your bed once you get up in the morning and clear the dishes away when you've eaten. ***Outer order creates inner harmony.*** Caring for our environment should also mean caring for our bodies. Embrace good personal hygiene—bathing, cleaning teeth, brushing hair, washing your face; all simple acts but very important. You could have a mindful bath or shower, feeling the water against your skin & relaxing Notice what you wear—wear bright colours to lift your mood. Noticing how you're feeling and asking for a cuddle if you are feeling worried or anxious is a great medicine! Thinking about nature; research shows that time spent in nature is good for collective mental and physical health. So, following social distancing guidelines, get outside! Go for a walk, play in the garden or look up to the sky. The birds are tweeting louder and the we have more time to watch the clouds. Try a nature walk, mini beast hunt, press some flowers, plant some seeds, feed the birds, do some nature art, search for a 4- leaf clover or simply watch the clouds go by this week. Have a good one!

My quote of the week:

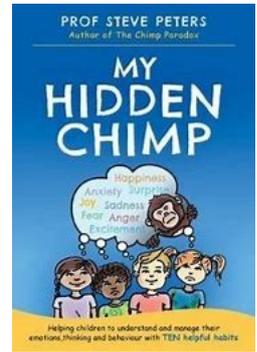
"Never, never, never, never give up." Winston Churchill

Joke of the week:

What do you get when two giraffes collide?

A giraffic jam

Thank you for the recommendations for Otto. We have listened to Mrs Nelmes read *What the Ladybird Heard*, thank you Ethan. I have ordered *Where Oh Where is Huggle Buggle Bear?* thanks to Harley. This week my recommendation is for Year 5/6 children—this book is great as you get older to understand emotions, thinking and behaviour. There's one for adults too called the *Chimp Paradox*, just in case your parents are interested.



Courage, teamwork and respect are our key strengths for the week. We are thinking of the soldiers who showed courage during WW2 to protect our future and today, the NHS and care workers who are fighting to save the lives of those who are poorly. Teamwork because as a country we pulled together during WW2, as we are doing now by staying indoors. Finally, respect for people within our communities, in the past and today, who work tirelessly for us all.

We would have marked VE75 at school with a 'street party' and performance—we are sad that this won't be possible but I am sure we can show our friends, family and local community some Great Dalby Primary School spirit, teamwork and respect. If possible, I would like as many of us as possible to take part safely at home by doing the following—these are all optional and by no means expected. Mrs Corner will upload some activities to the website to help.

- * At 11am on Friday 8th May, pause for 2 minutes of silence. And at 3pm stand up and raise a glass of refreshment to undertake the 'Nation's Toast to the Heroes of WW2' **"To those who gave so much, we thank you."**
- * You may want to have a tea party at home—try to make some bunting, paper chains, flags, cakes or decorations. Sing some war time songs, dress up and toast at 3pm. Please send us photos if you do this.

It is very sad we are not together but I know we are all doing our bit for the country and it's people.

Be strong, stay safe and as The Queen and Vera Lynn said, "We'll meet again!"



Please consider the amount of time you spend on your screens. Please turn off at least 30 minutes before bed-time.

To our Year 4 children,

I am sorry you are not on the way to Scarborough this week, we hope to do something for you when we return to school. From Mrs Lander and Mrs Allen



Your teachers are choosing a Star of the Week. I will email you directly if it's you. They are thinking about character, not the amount of work you do. Just do your best and keep in touch with them.

Thank you for your birthday wishes to Otto! For now, good bye from Mrs Anderson, Otto and Bertie the dog.