

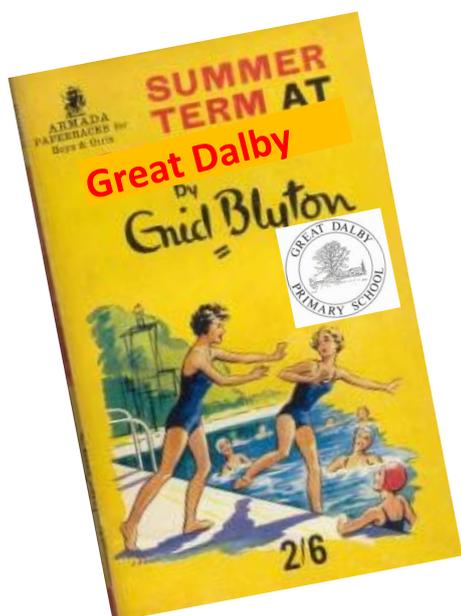
Monday 20th April 2020



## Mrs Anderson's weekly newsletter



@mrsandersongdps



Welcome back to (home) school and the summer term. How strange that we start the final term of the year this way, nevertheless we will do it in true Great Dalby style! The teachers have uploaded topic webs to our website and there are some videos on the You Tube channel too. Like I said before Easter, I know it must be difficult to do your learning activities whilst at home when there's other stuff to do but please try to do a little bit each day—we are all here to help if you need us (or if your parents do!) I will try to call as many families as possible this week, in the meantime keep smiling and do your best.

### Some online activities to enjoy!

9am PE with Joe Wicks

9.30am Wildlife with Steve Backshall

11am Science with Maddie Madge

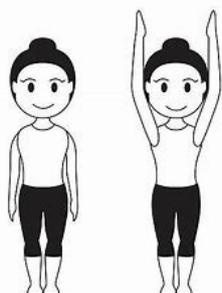
11am Storytime with David Walliams

11.30am Dance with Oti Mabuse

Free access to Maths with Carol Vorderman

Obviously, you can not do all of these in one day! Mix it up a bit in between

your school



MOUNTAIN POSE

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. Over the next few weeks I will give you some ideas about how to look after yourselves whilst you learn at home; from exercise to eating, sleeping to goal setting. This week is coping skills including mindfulness and yoga. Make a **mindfulness jar**. Find a clean, empty jar. Put a spoon of glitter/stars and fill it with 2/3 water— add a drop of food colouring and screw the lid of tightly. If you are feeling wobbly give the jar a shake—the glitter and stars will move around like your thoughts, sometimes jumbled and busy, then calm and still. When we sit still, relax into our breathing and watch our thoughts, the mind slows and settles—just like the glitter. When we feel shaken up it can be hard to know what to do, when the mind is calm it is easier to work out the solutions to our problems or talk about what is upsetting us. Use the jar whenever you'd like to feel calm. Try the **Mountain pose** to energise, uplift and boost confidence. Stand with your arms by your side and look forward. As you breathe in raise your arms over your head, gaze up and press your palms together. As you breathe out lower your arms down by your sides. Repeat this 6 times, on the last time hold the pose with your arms above your head feeling the length of your spine and the strength of your legs and tummy.

There are lots of organisations offering tips; the [girlguiding.org](https://www.girlguiding.org.uk/what-we-do/adventures-at-home/thinking-resilient-activities-for-wellbeing/) has some FANTASTIC ideas and links on here for boys and girls. <https://www.girlguiding.org.uk/what-we-do/adventures-at-home/thinking-resilient-activities-for-wellbeing/>

**My quote of the week:**

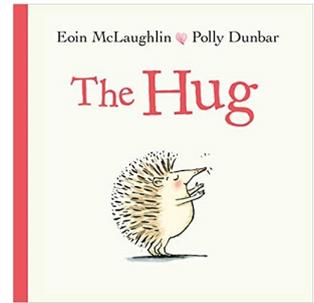
"Tomorrow will be a good day."  
Captain Tom Moore

**Joke of the week:**

What followed the dinosaur ?  
It's tail!!

Otto was bought this book by his Great Auntie Angela at Christmas, it took me a while to figure it out! I will read it for you so you can see what I mean!

Everyone needs a hug sometimes, give a surprise hug to someone today—or send one down the phone!!

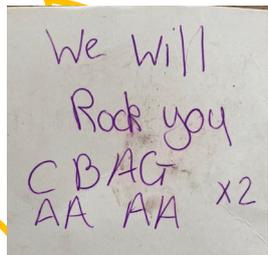


I am sure you have all seen this wonderful man on the TV over the past week, Captain Tom Moore. As I write this newsletter he has raised over £20,000,000 for NHS charities together—who knows what the total will be when you read it! He is being hailed an inspiration and a hero, I happen to agree! I think he would have been a great, Great Dalby pupil because he is kind, confident determined and optimistic. Tom is WW2 veteran, Tom has grit! Tom celebrates his 100th birthday on the 30th April—I will send him a card from the whole school made by Otto (with a little bit of help!) Congratulations Tom and thank you for making us smile!



**Thank you for taking part in the quiz on Monday, it was close, but the winners are ... The James Family! Well Done Thomas and the gang!**

Many of us are clapping on our doorsteps each Thursday at 8pm to show our thanks to the NHS, care workers and other key workers. Tilly H has been learning a version of 'we will rock you' on the recorder. If you play, try to learn 'We say, we say—thank you' ready for this Thursday. The notes are CBA G AA AA X 2 or failing that just bang your pots and pans!!



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.

I hope you enjoy your new activities this week, for now, good bye from Mrs Anderson, Otto and Bertie the dog.