

Monday 27th April 2020



Mrs Anderson's weekly newsletter



@mrsandersongdps



Happy Monday to you all! It is a busy and exciting day in the Anderson household as Otto celebrates his second birthday today. I have been busy baking cakes, decorating our lounge and wrapping presents all weekend. For anyone who has celebrated their birthday during 'lockdown' you will know the celebrations are not what we are used to. There will be no party and we won't see our family, however we will video call to sing Happy Birthday at 5pm. It just shows that birthdays can be very special with just a few people. We are very lucky boys and girls; I am hopeful our gratitude muscle will be stronger after this period of time. To anyone else who has celebrated, or is due, to Happy Birthday from me to you!

Play Dough Recipe—Have Fun!!

2 cups/mugs of plain flour

1 cup of salt

2 cups of water

2 tablespoons of oil

3 teaspoons of cream of tartar

A few drops of food colouring (choose one colour for each batch)

What to do: Put everything into a pan and stir until it comes together and away from the sides. Turn out and then knead for a few minutes. Wait till it has cooled and then keep in a tub with lid.



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. This week is sleep and relax

The quality of our sleep has a big impact of our well-being. It is recommended that school age children have 9-11 hours per night. The ideal environment to promote a 'good nights sleep' is a cool, dark room and dim lighting if a night light is needed. A clean, tidy bedroom helps to encourage a feeling of safety and relaxation. Also, doing the same thing each night, time and routine, helps the body clock. These routine suggestions might help to prime the mind and body for sleep and relaxation.

Have a bath



Put on your Pjs

Stretch or try some yoga poses—when you are doing this

focus on your breathing to relax you.



Read a book, listen to some soothing music or a meditation (avoid screen time 30 minutes before bedtime)

If you can, try spraying a relaxing scent on your pillow, like lavender, and let sleep to come. Resting is just as good though, so don't worry if you don't fall to sleep immediately.



My quote of the week:

"No act of kindness, no matter how small, is ever wasted." Aesop

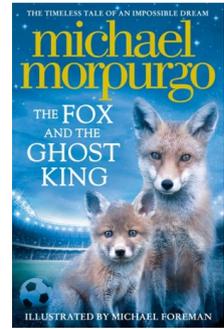
Joke of the week:

Why did the banana go to the doctor?

It didn't peel well!!!

Kindness, communication and politeness are our key strengths for the week. Learn a new word everyday, say please and thank you, help clear away the dishes after dinner, offer to hang the washing out, call your friend and say hello, email your teacher ... what you do this week be kind, polite and communicate well with those around you.

I absolutely loved this story by Michael Morpurgo; I read the entire book on the train to London once. I have it at home and would happily share a chapter with you (or the whole thing!) if you would like me to. Drop me an email and let me know. Do you have any recommendations for me to read to Otto this week?



**Happy
Birthday
Captain Tom**



Take five minutes to look into the 2.6 challenge this week. Ellie Goulding, Gareth Bale and Chris Froome are just some of the big celebrity and sporting names taking it on. It's been put together by organisers of some of the UK's biggest mass participation sports events - including the London Marathon - and it's all for a good cause. The 2.6 Challenge officially began yesterday on Sunday 26 April, on what should have been the 40th edition of the London Marathon. There is more information on the Newsround website

<https://www.bbc.co.uk/newsround/52419127>

"You can run or walk 2.6 miles, 2.6 km or for 26 minutes. You could do the same in your home or garden, go up and down the stairs 26 times, juggle for 2.6 minutes, do a 26 minute exercise class or get 26 people on a video call and do a 26 minute workout - anything you like," says Nick Rusling, one of the event organisers.

2.6

The 2.6 Challenge

From Sunday 26 April you can help save the UK's charities



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 have a super week with your families, for now, good bye from Mrs Anderson, Otto and Bertie the dog.