



NEWSLETTER 20 – Friday 5th February 2021

A positive quote to start with:

“Live life as though nobody is watching and express yourself as though everyone is listening”.

Well done on another fabulous week – lots of great work still being achieved including some time travelling, learning about Buddhism, and working on designing a moon buggy!

This week we have also embraced the Express Yourself theme throughout the week as part of Children's Mental Health Week. It is super important especially currently that we care for our mental health, as well as our physical health. Children being able to express themselves is not about being the best at something or putting on a performance for others. It is about finding a way to show how they are feeling that can help them feel good about themselves. Finding creative, enjoyable ways to share our thoughts, feelings and ideas can make us feel good and help our mental health, especially when we face tough situations or difficult times. This week we have tried:

The Squiggle Game: <https://www.youtube.com/watch?v=ozKW1M97JXE&feature=youtu.be>

Dance - Take a few moments today and have a go at either of these music/dance activities.

Moonwalk OR Look After Yourself <https://www.bbc.co.uk/teach/supermovers/pshe-super-mood-movers-look-after-yourself/zx2gydm>

Draw your feelings How are you feeling today? https://youtu.be/STdJ_8ORyE

Have a sing! Take a few moments out to have a go at either of the songs shared or just sing your heart out to a song you enjoy!

Today we **dressed to express** and also it was about being calm and **blowing some bubbles**.

If you did not get a chance, have a go over the weekend as a family to try some of these or something else to express yourselves! This website I also thought provided some good ideas:

<https://www.childline.org.uk/toolbox/calm-zone>

Key worker provision and arrangements have again been today shared for next week via T2P. The poll for the first week back after half term will be sent out next week.

On the second page of the newsletter, there is round five of the quiz. You will find the answers to last week's quiz questions as an attachment.

One more week until half term - take care everyone.

Mrs Smith, Headteacher

FEOFFEE - This charity supports families in Adderbury and Milton and have been fabulous at supporting the school most notably in recent months.

They have two main remits that as a school we are embracing – the support for vulnerable/ disadvantaged families and an education aspect.

They have provided a number of computer devices which have now been given to families and we have been meeting them weekly to work together in other areas which will benefit the school and the education of the children at Christopher Rawlins Primary School.

Street Tag - Keep going with the street tag collecting.

We are still in 2nd place which is fabulous!

How many tags can you collect this weekend?

Do not forget to add your power hour to get triple points!

Important reminder for Keyworker families and children:

Please ensure you follow the one-way system in and out of school – IN via the muga OUT via the main entrance gates. Please also follow national guidelines with social distancing and wearing a mask/visor. Please do also remember, as before, that if your child or a member of your family develops symptoms please contact school immediately and self-isolate accordingly. If a positive test is received this also must be shared immediately so that the bubble can then self-isolate too as per the guidelines.

- 1 In astrology, which sign of the zodiac is known as The Ram?
- 2 According to the rhyme, a child who works hard for a living is born on which day of the week?
- 3 What was the world's first national park, established in America in March 1872?
- 4 What was the real first name of the Apollo 11 astronaut Buzz Aldrin?
- 5 The term Neapolitan describes something or someone from which city?
- 6 What was the title of the first book in the Alex Rider series by Anthony Horowitz?
- 7 The cities of Basel in Switzerland, Strasbourg in France and Cologne in Germany all stand on which major European river?
- 8 Where do Warwickshire play their home cricket matches?
- 9 Which singer performed with Jessie J and Ariana Grande on the 2014 number one "Bang Bang"?
- 10 Which children's author created the character of Tracy Beaker?
- 11 Of which US state is Lincoln the capital?
- 12 In 2017 who took over from Donald Trump as host of the US version of "The Apprentice"?
- 13 What is the largest native land mammal in the UK?
- 14 Robyn Fenty is the real name of which singer?
- 15 Who hosted Channel 4's comedy chat show "Chatty Man" which ran from 2008 to 2016?
- 16 According to the story of creation in Genesis, what part of Adam's body was used to create Eve?
- 17 Which metal is an alloy of copper and zinc?
- 18 The Eggbeater, The Flamingo and The Basket Toss are all moves in which sport?
- 19 In which village does Postman Pat deliver the mail?
- 20 Of which country is Tallin the capital?