



# Monksdown Mail

Where Children Come First

Friday 22nd January



Our school's child protection officers are Mrs Price, Mrs Stewart and Miss Makin.

## In This Together

I hope this week's newsletter finds you all safe and well. I can see that the vast majority of our children are now fully immersed in our remote learning provision : Google Classrooms for KS2, the remote learning timetable for KS1 on the school website and Tapestry in Early Years. We continue to improve our provision and want to provide the very best learning experiences for our children during these "unusual" circumstances. Sessions may well vary each time and have a different feel from year group to year group .It has been heart warming to receive so many emails from parents and carers thanking and recognising the staff for their hard work and commitment . We know many of you experienced some teething problems at the beginning ,just as we did ,but hopefully, we have "ironed " those out. This is a learning curve for all of us.

Please continue to contact your child's teacher with any issues or feedback.

Once again, I thank and commend you for all you do for your children.

*kindest Regards  
 Mrs Price*

### Art Club

Miss Spalvieri is our school's lead teacher for Art and organises the school Art Club Challenge each weekend. Please check out the school twitter page and post your child's work.

### Next Week's Art Challenge



## Frida Khalo

Frida Kahlo was born in Mexico in 1907. When she was a child, Frida loved to draw. When she was 18, she had a terrible bus accident and became bed bound. During her time in bed, Frida would draw to help keep her mind busy and pass the time. She couldn't see very much from her bed, so she had a mirror placed on the ceiling so that she could see herself. She drew and painted a lot of self-portraits using this mirror. Frida included lots of bright colours in her self-portraits, reminding us of the vibrant colours of the hot country where she lived.



Art movement:  
Modern Art



Week 3 - Friday 22nd January

#### Question of the week:

If you were to create a self-portrait, what colours would you use? Are they warm or cold colours? Why? Think of the environment you are in.

#### Weekend art task:

Draw or cut out a picture of yourself. Can you create a background around yourself to represent the current lockdown?

### Here are some amazing examples of the children's talents



## Our Stars!

- ★ NAM: Ethan Boileau
- ★ NPM: Olivier Chojnacki
- ★ R.1: Freddie Aspinall
- ★ R.2: Matthew Banks
- ★ R.3: Charlotte Kelley
- ★ 1.1: Logan Ruddock
- ★ 1.2: Lena Dymek
- ★ 1.3: Tehilla Akinsola
- ★ 2.1: Ahmed Awwad
- ★ 2.2: Alex Luga
- ★ 2.3: Zoe Hoos
- ★ 3.1: Rueben Freeman
- ★ 3.2: Charlie Kelly
- ★ 3.3: Corey Forster
- ★ 4.1: Rubi Gavin
- ★ 4.2: Connor Cowan
- ★ 4.3: Lucas Cain
- ★ 5.1: Connor McKibben
- ★ 5.2: Jessica Black
- ★ 6.1: Daniel Williams
- ★ 6.2: Matthew Green

## Times Tables Rockstars

### Here are our top achievers:

- 1st- Malek Benesa
- 2nd - Artin Kananian
- 3rd - Reece He
- 4th - Fortune Azubuike
- 5th - Dylan Foster
- 6th - James Mcgorrin
- 7th - Luke Wood
- 8th - Jason He
- 9th - Taylor Steer
- 10th - Mateusz Gulewicz

### Top three classes:

- 1st- 3.3
- 2nd- 4.1
- 3rd- 4.2



## Motivating Monday

Start your day with a Joe Wicks workout. (You tube)

Set up an obstacle course in your house or garden. Use the furniture in your house or get outside and use chalk to draw out a course.

## Thoughtful Thursday

Start your day with Cosmic Kids Yoga. (You tube)

Can you do something kind and thoughtful for somebody in your family? You could make them breakfast in bed, or help around the house by doing the dishes.

## Talking Tuesday

Start your day with Cosmic Kids Yoga. (You tube)

Play a game of guess who, place a famous persons name on your family's head and they need to guess who they are.

## Wellbeing

25/1/21

EYFS/KS1

At this strange and difficult time it is more important than ever to look after your wellbeing. It is normal at this time to feel sad, lonely and scared. Covid-19 has impacted on our usual coping strategies and we may need to be more creative than ever. This sheet provides you and your family with some activities you can complete each day to look after your wellbeing!

## Wellbeing Wednesday

Start you day with a Joe Wicks workout. (You tube)

Eating healthy has been proven to help your wellbeing. Have a go at making a healthy snack with a grown up. You could try these fruit kebabs: <https://www.bbcgoodfood.com/recipes/rainbow-fruit-skewers>



## Fitness Friday

Start you day with a Joe Wicks workout. (You tube)

Animal races with your family. Can you hop like a bunny or frog? Squat and waddle like a duck or wriggle like a worm.

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## Talking Tuesday

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Play a game of guess who, place a famous persons name on your family's head and they need to guess who they are.

## Wellbeing

25/1/21

KS2

At this strange and difficult time it is more important than ever to look after your wellbeing. It is normal at this time to feel sad, lonely and scared. Covid-19 has impacted on our usual coping strategies and we may need to be more creative than ever. This sheet provides you and your family with some activities you can complete each day to look after your wellbeing!

## Wellbeing Wednesday

Start you day with a Joe Wicks workout. (You tube)

Eating healthy has been proven to help your wellbeing. Have a go at making a healthy snack with a grown up. You could try these fruit kebabs: <https://www.bbcgoodfood.com/recipes/rainbow-fruit-skewers>



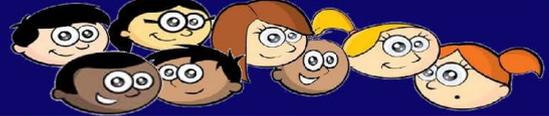
## Fitness Friday

Start you day with a Joe Wicks workout. (You tube)

Set up a fitness circuit for your family. You could include: star jumps, jogging on the spot and squats.



MONKSDOWN PRIMARY SCHOOL  
REMOTE LEARNING ACTIVITIES  
Respect, Resilience, Resourcefulness &  
Responsibility.



Key Stage 1

Date: 25.1.21

Physical Education - Daily Activities

#### Monday

Fitness - [PF with Joe](#)

Gymnastics - [Handstands](#)

Dance - [Go Noodle - Trolls](#)

#### Tuesday

Yoga - [Diggory the Dumptruck](#)

Fitness - [Andy's Wild Workouts - Savannah](#)

Dance - [Cheerleader - Tell the Time](#)

#### Wednesday

Fitness - [PF with Joe](#)

Games - [Super Skills - Shuffle](#)

Dance - [Dance Freeze Link](#)

#### Thursday

Gymnastics - [Forward Roll](#)

Yoga - [Squish the Fish](#)

Dance - [Webster the Spider](#)

#### Friday

Fitness - [PF with Joe](#)

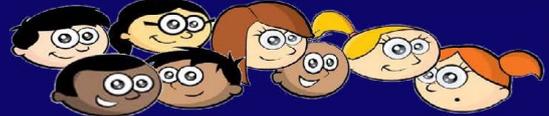
Games - [Super Skills - Toe Taps](#)

Dance - [Zumba Kids Minions](#)

We would love to see your moves! Tweet  
Mr Corrigan and Miss Farley  
@monksdownsport



MONKSDOWN PRIMARY SCHOOL  
REMOTE LEARNING ACTIVITIES  
Respect, Resilience, Resourcefulness &  
Responsibility.



Key Stage 2

Date: 25.1.21

Physical Education - Daily Activities

#### Monday

Fitness - [PF with Joe](#)

Gymnastics - [Rolling Challenge](#)

Dance - [Just Dance - Taio Cruz](#)

#### Tuesday

Fitness - [Fitness with Toilet Roll](#)

Yoga - [Minecraft Yoga](#)

Games - [Balancing Challenge](#)

#### Wednesday

Fitness - [PF with Joe](#)

Games - [Tap Up Tennis](#)

Dance - [Moonbeam](#)

#### Thursday

Fitness - [Avengers Tabata](#)

Yoga - [Yoga with Adriene - Body](#)

Dance - [Just Dance - Party Rock Anthem](#)

#### Friday

Fitness - [PF with Joe](#)

Games - [Olympic Games - Wall jump](#)

Dance - [Dance Along Dance Monkey](#)

We would love to see your moves! Tweet  
Mr Corrigan and Miss Farley  
@monksdownsport

# Online Safety Tip of the Week

## Tip 2 – Be S.M.A.R.T!

To keep safe, make sure you follow these SMART rules ...

**Safe:** Keep safe by being careful not to give out personal information when you're chatting or posting online. Personal information includes your email address, phone number and password.

**Meet:** Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time.

**Accepting:** Accepting emails, messages, or opening files, images or texts from people you don't know or trust can lead to problems — they may contain viruses or nasty messages!

**Reliable:** Someone online might lie about who they are and information on the internet may not be true. Always check information.

**Tell:** Tell a parent, carer or a trusted adult if someone, or something, makes you feel uncomfortable or worried, or if you or someone you know is being bullied online.