



# Monksdown Mail

Where Children Come First

Friday 28th January



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

## Monksdown Movers

Hello Everyone,

We received an announcement this week from the Prime Minister to say that schools will not open after the half term holiday as we all hoped and will remain closed until at least 8th March 2021. Please be assured that our staff have already begun preparations to ensure our children and families are ready for the next block of remote learning and our curriculum is delivered as best as it possibly can be under such different and unusual circumstances.

Whether at home or in the hub, the Monksdown community are showcasing athleticism on a daily basis like never before! We have had children playing balloon volleyball, families using the PE activity timetable for daily exercise and even teachers taking part in 'Homecourt' challenges. Children, we are all very proud of how you are engaging with all things Monksdown Sport! Lockdown is a challenge for all, so remaining active, keeping occupied and engaging in a healthy routine is essential. We can find ways to keep active even though the urge is to stay indoors when the weather is miserable. The benefits of exercising for at least one hour per day are endless for both our physical and mental health. I for one, know how great I feel after some exercise with my headphones in listening to my favourite tunes!

Skipping in the garden? Walking in the park? Running upstairs to help collect the dirty washing? We all do these things sometimes without noticing but could we do them more often and remain active for longer? Croxteth Park is a great space to unwind and spend a few wintery hours getting up those steps or free-wheeling on your bike. However, we don't always need to venture from our homes to get active. Please check the weekly PE timetable for an array of fun ways to keep active. **Below is a checklist of activities you could all get involved with; tick them off as you complete them.**

Activity	Completed
<b>Balloon volleyball</b> (using a balloon and something as a divide, can you keep the balloon up? First to 11 wins.)	
<b>Homemade bowling</b> (using used plastic bottles, line them up as skittles and attempt to knock them down with a small ball)	
<b>Around the world</b> (pass a ball around your waist, see how many times you can do it in one minute)	
<b>Head tennis</b> (using a balloon, how long can you keep the balloon off the ground for?)	
<b>Skipping</b> (using a rope or the belt off a dressing gown, how many jumps can you complete in a minute?)	
<b>Standing long jump</b> (using a mark/object to begin your jump and a few markers/objects spaced out, how far can you leap?)	
<b>Family Olympics</b> (invent a series of activities for all of you to take part in, assign points, keep score, create a leader board and then decide what the winner gets)	

We would love to see the endless ways you are keeping active during these difficult times. So, remember to tweet us your photographs via @monksdownsport, @MonksdownSchool or email via your class teacher. You never know, keep us posted and I might just be posting too...

*Have an enjoyable, energetic weekend.*

*Warmest Regards, Mrs Price*



## Our Stars!

- ★ NAM: Callie Foott Cummings
- ★ NPM: David Sliwa
- ★ R.1: Dennis Nutu
- ★ R.2: Lily McGuinness-White
- ★ R.3: Aleksander Zaras
- ★ 1.1: Anastasia Susinska
- ★ 1.2: Katie Evans
- ★ 1.3: Jack Farron
- ★ 2.1: Max G & Arwa
- ★ 2.2: Elisha Galvez
- ★ 2.3: Zachary Mokhtar
- ★ 3.1: Lottie Watson
- ★ 3.2: Michelle Connolly
- ★ 3.3: Lucas Jennings
- ★ 4.1: Rosa O'Connell
- ★ 4.2: Eric Li
- ★ 4.3: Ruby Devine
- ★ 5.1: Charlie Morrison
- ★ 5.2: Ilya Chandler
- ★ 6.1: Marlena Tyszka
- ★ 6.2: Mathew Turner



**Here are our top achievers:**

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

**Top three classes:**

- 1st- 4.1
- 2nd- 6.2
- 3rd- 5.1

## Mixed Monday

Make some faces showing different emotions such as happy, sad and worried. Discuss how your feeling with a grown up.

Watch this video and complete the activities: <https://www.youtube.com/watch?v=z3jhbm-CHy4>

## Talking Tuesday

Discuss and draw a picture of what you aspire to be when you are older.

Watch this video and complete the activities: <https://www.youtube.com/watch?v=eiKKlqELm3I>

## Wellbeing Wednesday

Learn the song This is me from the film The Greatest Showman: <https://www.youtube.com/watch?v=yYBmjkn-aNg> Record yourself singing and send it to your teacher.

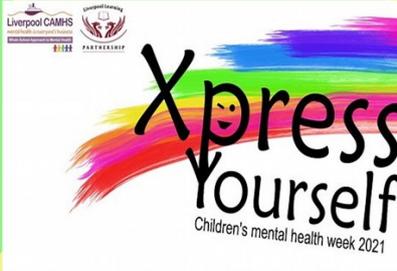
Watch this video and complete the activities: <https://www.youtube.com/watch?v=5a25RrQcrso>

## Tame it Thursday

Can you express yourself using art. Take a picture of your piece of art and send it to your teacher.

Watch this video and complete the activities: <https://www.youtube.com/watch?v=xcdEPI72Zik>

## Children's Mental Health Week 1st February 2021



## Feel Good Friday

Come Dressed to Express for your morning meeting. You could wear your favourite colour or style your hair. Discuss with your teacher how your outfit makes you feel.

Watch this video and complete the activities: <https://www.youtube.com/watch?v=4EYHm7ZLxQw>



# Banksy

Banksy is a famous - but anonymous - British graffiti artist. He keeps his identity a secret. He produces pieces of work which pop up in public places, such as on the walls of buildings. A lot of his art is done in a particular style which people can easily recognise. He began spray painting trains and walls in his home city of Bristol in the early 1990s. Bristol is well known for its colourful street art and graffiti. But in the 2000s, he expanded his work beyond Bristol and was soon leaving his artistic mark all over the world, including a giant rat in Liverpool.



**Art movement:**  
Street Art



Week 4 - Friday 29th  
January



### Question of the week

There are a lot of people who love Banksy's work, but many who are angry about his work. Why do you think that is?

### Weekend art task:

Can you go on a walk and take some photographs of any graffiti you might like? Can you design your own stencil in the style of Banksy?

# Be Net-Aware

With so many apps out there, how can you know which are suitable?

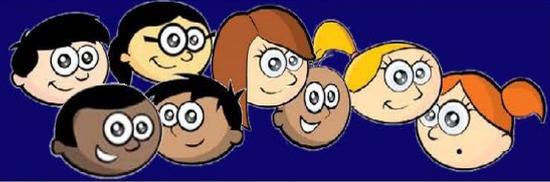
If you visit [www.net-aware.org.uk](http://www.net-aware.org.uk) you will have all the information you need at your finger tips!

Simply type in the name of an app or game and the site will give you all the details you could possibly need to make a decision as to if it is suitable for your child!

So, don't be in the dark about new apps ... be Net-Aware!



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



Key Stage 1

Date: 1.2.21

Physical Education - Daily Activities

### Monday

Fitness - [PE with Joe](#)

Gymnastics - [Introduction to basic balance](#)

Dance - [Go Noodle - Purple Stew](#)

### Tuesday

Yoga - [Celebrating our differences](#)

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

Dance - [Maggie Magpie](#)

### Wednesday

Fitness - [PE with Joe](#)

Games - [Super Skills - Trapping a Ball](#)

Dance - [The Loud House Dance Remix](#)

### Thursday

Gymnastics - [Travelling Movements](#)

Yoga - [Yoga Bears part 1](#)

Dance - [Posh Poach](#)

### Friday

Fitness - [PE with Joe](#)

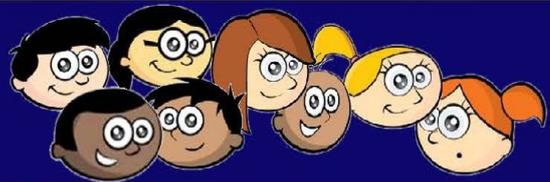
Gymnastics - [Linking Rolls and Balances](#)

Dance - [Zumba Kids - Meghan Trainor](#)

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: 1.2.21

Physical Education - Daily Activities

### Monday

Fitness - [PE with Joe](#)

Games - [Double Bounce Skip](#)

Dance - [Just Dance - Uptown Funk](#)

### Tuesday

Athletics - [Running, Jumping and Throwing](#)

Games - [Football Skill Development](#)

Yoga - [Moana](#)

### Wednesday

Fitness - [PE with Joe](#)

Athletics - [Obstacles and Throwing](#)

Games - [Ball Control](#)

### Thursday

Athletics - [Changing direction](#)

Fitness - [The Black Panther workout](#)

Dance - [Kidz Bob - Shut Up and Dance](#)

### Friday

Fitness - [PE with Joe](#)

Dance - [Just Dance - Lean On](#)

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

We would love to see your moves! Tweet  
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# HOLIDAY CLUB

FEBRUARY 15TH-19TH  
JOIN US @ 10AM



FACEBOOK.COM/CHRISTCHURCHNORRISGREENL11

A BIT OF MAGIC  
A LOT OF FUN  
& STORIES ABOUT JESUS



FOR AGES 5-11  
BOOK ONLINE  
WITH THE ABOVE  
QR CODE



## Times Tables Rock Stars Extra News!

