



Monksdown Mail

Where Children Come First

Friday 26th February



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

Monksdown Spring into Action



Dear Parents and Carers,

I hope you all managed to enjoy a good half term break. The weather was certainly kind to us and I'm sure allowed for some outdoor activities for you to enjoy together as a family.

We are so looking forward to welcoming our children back to school on Monday 8th March. During these last few months we have all had to adjust to a new way of working to ensure our children continue to have access to a high quality curriculum. You have all risen to the challenge supporting school with remote learning .

Just one more week now... We can do this!

World Book Day

We will be celebrating this worldwide event a bit differently this year, but still have an action packed week planned .Please ensure your children join us for all of the exciting activities the staff have arranged to promote a love of reading .

Things to look out for:

Masked Monday (1st March): Can you guess which member of staff is reading your bedtime story?

Talking Tuesday (2nd March): Talk about your favourite book and why you like it.

Why Not? Wednesday (3rd March): Create your own book in a box.

Thoughtful Thursday (4th March): Compile interesting facts about a topic of interest.

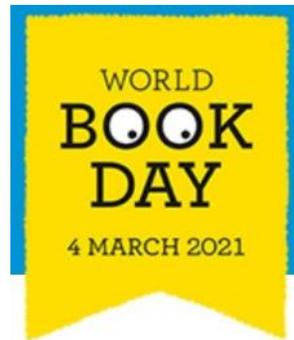
Fancy Dress Friday (5th March): Dress up, whether it be at school or home, as a character from a book you enjoy reading.

Plus lots, lots more!

I will leave you with a quote I heard this week which really got me thinking about how we could be more open minded and receptive in the way we respond to a situation or experience .

"Be curious, not judgemental" - Watt Whitman

Have a lovely weekend everyone . **Warmest Regards Mrs Price**



Our Stars!

- ★ NAM: Matilda Brearley
- ★ NPM: Henleigh Lawless
- ★ R.1: Yara Jabakhanji
- ★ R.2: Mason Collins
- ★ R.3: Mason Barrow
- ★ 1.1: Logan Lawrence
- ★ 1.2: Alicja Pyszczak
- ★ 1.3: Ruby Wheeler
- ★ 2.1: Jerry Wang
- ★ 2.2: Nevaeh McGivern
- ★ 2.3: Mason Song
- ★ 3.1: James Geraghty
- ★ 3.2: Nelly Wu
- ★ 3.3: Riha Maheshwari
- ★ 4.1: Demi-Lea Mawdsley
- ★ 4.2: Freya Wong
- ★ 4.3: Christina Chen
- ★ 5.1: Shazim Umer
- ★ 5.2: Charlie Jones
- ★ 6.1: Charlie Kasper
- ★ 6.2: Jack Tuft

Times Tables Rockstars

Here are our top achievers:

- 1st - Malek Benesa
- 2nd - Artin Kananian
- 3rd - Reece He
- 4th - Fortune Azubuike
- 5th - Aswinn Ravichandra
- 6th - Dylan Foster
- 7th - Denas Kuliesius
- 8th - James McGorrian
- 9th - Eliam Pollaa
- 10th - Luke Wood

Top three classes:

- 1st- 4.1
- 2nd- 3.2
- 3rd- 5.2

Monksdown Primary School

Artist of the week

Jackson Pollock

Paul Jackson Pollock was an American painter and a major figure in the abstract expressionist movement. He was widely noticed for his technique of pouring or splashing liquid household paint onto a horizontal surface using the 'drip technique', enabling him to view and paint his canvases from all angles. He used the force of his whole body to paint, often in a frenetic dancing style.

Art movement:
Abstract

WARNING!!
You might want to do this outside as it might get messy.

Question of the week:
How does Jackson Pollock's art make you feel? Happy? Stressed? Why?

Weekend art task: Splash, splash, splash! Put on some music and express yourself by splashing your favorite colours in the style of Jackson Pollock. I would love to see some videos of this in action.

Week 6 - Friday 26th February

Motivating Monday

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

Get outside and go for a walk, run, bike ride or on your scooter.

Can you complete the daily mile this week?

Thoughtful Thursday

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

Ask a family member to draw around you and write inside all the things they love about you. Now you can have a go at drawing around a family member and writing inside what you love about them.

Motivating Monday

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Talking Tuesday

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

Phone a friend or a family member and have a catch up. You could play Who am I? Think of three clues and see if your friend can guess who you are.

Wellbeing

1/3/21

EYES/KSI

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!

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Wellbeing

1/3/21

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

Sunny Smiles

What makes you smile?

Draw a sunshine shape and give the centre of the sunshine a smiley face and then write all the things that make you smile in each ray of the sun.

Fitness Friday

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

Roll a dice workout—think of an exercise to do for each number e.g. if you roll a six you do ten star jumps. If you roll a one, run on the spot for a minute.

Wellbeing Wednesday

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

Sunny Smiles

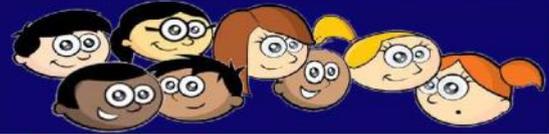
What makes you smile?

Can you write a poem about what makes you smile. It could be your friends, family or your favourite food.

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

Roll a dice workout—think of an exercise to do for each number e.g. if you roll a six you do ten star jumps. If you roll a one, run on the spot for a minute.



Key Stage 1

Date: 1.3.21

Physical Education - Daily Activities

Monday

Fitness - [PE with Joe](#)
 Games - [Get Funky](#)
 Dance - [Go Noodle- Casagrandes Dance](#)

Tuesday

Yoga - [Jack and the Beanstalk](#)
 Fitness - [Andy's Wild Workouts - Rainforest](#)
 Dance - [Wendy Wolf](#)

Wednesday

Fitness - [PE with Joe](#)
 Games - [Fine Motor Skills](#)
 Dance - [The Beaver Call](#)

Thursday

Fitness - [Overarm Throw](#)
 Games - [Animal Detective](#)
 Dance - [Coping with Feelings](#)

Friday

Fitness - [PE with Joe](#)
 Games - [Word Search Game](#)
 Dance - [Zumba - Sia](#)

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



Key Stage 2

Date: 1.3.21

Physical Education - Daily Activities

Monday

Fitness - [PE with Joe](#)
 Games - [The 5 Sheet Challenge](#)
 Dance - [Just Dance - Shape of You](#)

Tuesday

Athletics - [Follow Instructions](#)
 Games - [Unison Games](#)
 Yoga - [Super Yoga - Dinosaur Disco](#)

Wednesday

Fitness - [PE with Joe](#)
 Games - [Would you rather?](#)
 Yoga - [Yoga with Adriene - Rainbow Yoga](#)

Thursday

Games - [Word Search Game](#)
 Fitness - [Spider Man Workout](#)
 Dance - [Kidz Bob - Shout Out to my Ex](#)

Friday

Fitness - [PE with Joe](#)
 Dance - [Just Dance - Katy Perry](#)
 Athletics - [Long Jump](#)

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

Staying Safe Online

Tip 6



Know who
online
'friends'
are



Understand
not
everything
online is true



Consider
using home
internet
filters



Check
security
settings are
in place

Know how
to block
unwanted
calls & texts



Make sure
you have an
Anti-Virus
program



Check age
ratings on
games



Be careful
what you
share



Ask your
child to
teach you
about their
online world



Set
expectations
and time
limits



Know how
to report
problems on
Social Media



If in doubt,
always ask
for help

...useful tips for Parents and Carers