

# DAILY UPDATE

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## SANDY'S DAILY MESSAGE

Today is "National Thank a Teacher Day" and although I am not one who agrees with these type of commercially generated days, I do think the current climate has opened everyone's eyes to how much schools do nowadays and how valuable teachers are.

Yes, we teach and nurture, but there are so many other bows to our string, none of which I'm sure I have to list!

But in line with our focus on kindness this week, I would like to publically thank all of our teachers, especially during these unprecedented times when normality has been moved aside. I know most would rather be here in situ with all the pupils and I sincerely hope that it won't be too long before we are all under one roof again.

*Sandy*

## ACTIVITIES / LINKS THAT MIGHT BE HELPFUL

Lewisham SEN Department have shared some ideas of activities they feel could be fun for families to enjoy together.

- Make a paper aeroplane - how far will it go?
- Make a tin foil boat and experiment with weights.
- Learn to recite a poem
- Design a treasure map
- Have a bug hunt
- Count how many different birds in your garden or out of your window
- Learn to tie your shoelaces
- Draw a map showing a route you carry out regularly
- Build a paper tower and see how high you can keep a lego cube off the ground!

Do share with us any activities that you may do.

## WHAT'S EVERYONE BEEN UP TO?

Water play seems to be the most popular activity today!



Kayleigh sent in this picture of Lily lazing on her lilo in her pool at home, whilst here at school the pupils managed to all get some time in our new pool.

## MENTAL HEALTH AWARENESS WEEK

### LINKING ACTS OF KINDNESS

Emails sending acts of kindness keep flooding in and we promise they will all be mentioned before the end of the week!

Sue D would like to thank her Zumba teacher for recording all her dances for free. Sue said she is trying to do them on a regular basis.



Olga is making sure she is taking time to be kind to herself. She has been doing quite a bit of yoga recently. She feels that as a Mum you never get too much time for yourself, so even making a little bit of time for yourself is a big thing. She also wants to set a positive example for her children.



Archie and Lewis have both been very kind today at school. Archie waited for Lewis to change before they had their turn in the pool and he also invited another child to join them. After their learning session in the cookery room,

Lewis cleaned the table and offered to wipe up some milkshake that Archie had accidentally spilt on the floor.

Emma, our OTA was really happy when she received a card through her letter box from her 4 year old niece Olivia. It simply said she was missing Emma, but it really made Emma's day.

Lesley, Beech Class SSA has been very kindly making face masks for friends, family and local business (including her local bus company). This is on top of all the story sacks she is making for school! Naz used one of the story sacks at school today and the children loved it.

A wonderful act of kindness happened yesterday, when Liza and Michael, two of our critical key worker parents who have worked throughout the lockdown, sent in goodies for us all to celebrate Maegan's birthday. A veritable feast of chicken and vegetables noodles, spring rolls, birthday cake, sweets for the children and 'the very deserving front liners' was enjoyed by all. Your kindness was very much appreciated by everyone here. Thank you both very much, not only for our treat yesterday, but

also for the parts you are both playing during this crisis.



Puneet emailed to say that she finds it very kind that Sandy, Sue D, Nic and Eleni are staying in touch with her, offering tips and ideas to stay motivated. Her own act of kindness is calling on her elderly neighbour, who lives alone, checking she is okay and comforting her.

Naz thought it was so kind when her husband bought her a cup of coffee and a glass of water when she was working.

As we said yesterday, it can be the most simplest thing that can make someone else happy.

But during these times, it definitely seems that the simple things in life seem more meaningful.