

Hello!

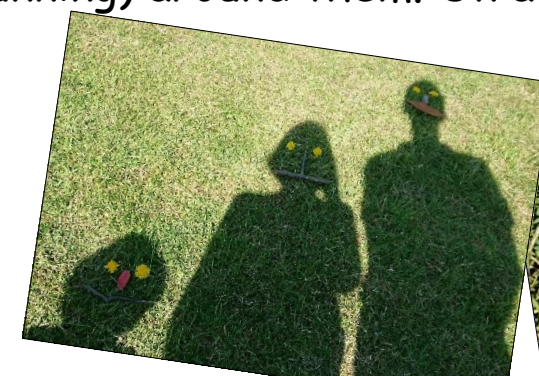
Dear Year 1,

I hope you are all well and enjoying time with your family. I really miss seeing all of you when I am in school. At the moment I am working at school about once each week and then working at home for the rest of the week. I am also helping my little boy to do the school work he is being sent by his Reception teachers. We have been keeping very busy with exercise, baking and crafting too! I'm sure lots of you, like us, are now experts at using Zoom to stay in touch with family and friends.

Staying at home can be challenging at times, but one thing I have really enjoyed is how local communities are coming together. As well as joining in with the weekly 'Clap for Carers' with ALL of my neighbours, we have been working together to look after each other. Some families have drawn out 'obstacle courses' on the pavement in chalk for the children to do during their daily walks. My son and I added hopscotch, which all the children (and some of the grown ups) enjoyed! Have any of you put rainbows in your windows? We made one from a paper chain of hearts. We love hunting for them when we go walking - there are lots if you look closely! Have you counted many? As well as rainbows, our local area did an 'Easter Egg Hunt' over the Easter weekend. Lots of people made or drew Easter eggs and put them in their windows, on their doors or in their front gardens. We counted over 100 when we went on our hunt! Our one was made from Lego.

I feel very grateful for our local parks. We have been enjoying walking (and running) around them. On a recent walk I was very proud to capture a photograph of a butterfly on a dandelion! Also, in a challenge set by my mum, we took a family 'nature selfie' over the weekend, using natural materials and our shadows! Can you create a nature selfie of your own on your next walk?

Take care of yourselves and each other,
Miss Govan. x



Dear Year 1,

I hope you've all had a great week! I really enjoyed watching and listening to all the rain as it was really calming and relaxing.

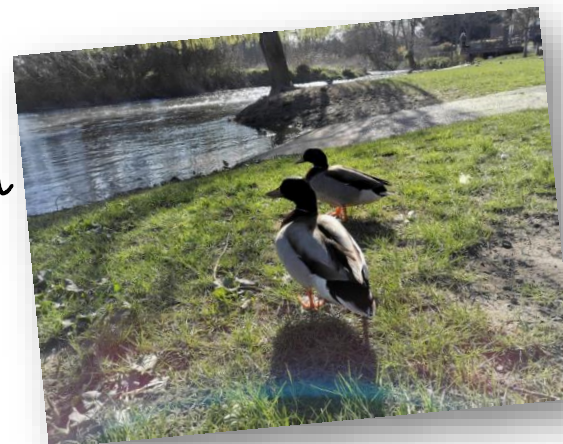
I have been keeping busy by practicing a bit of baking with my partner. We're quite happy with how the cake turned out! Have you managed to make any cakes or treats yet? Don't forget to send in some pictures.

As well as cooking, I have been going on walks for my daily exercise. One of my favourite rambles is by the river where I get to see lots of ducks and listen to nature.

Thank you again to all those children sending in their work and letters - I really love seeing them.

From Mr Burbage

Welcome



Dear Year 1,

Welcome

Another week has passed since my last message and I really do hope that you all have had a good week. Even though it can be a little challenging at times with your new routine, I'm sure you are becoming more comfortable, active and creative with your days.

In the last few weeks, I have also learnt that it is good to find the time to be silent. With all the newly scheduled activities and tasks, this has really helped me to be calm and to refocus. In fact, in those 15 minutes that I spent in silence I was actually allowing my senses to experience a whole lot of wonderful things I would not have been aware of otherwise. I could hear the sound of the rain hitting the ground, I could smell my tea brewing and I could see the different shades of green of the leaves on the trees! Why don't you try a silent time every day and discover the world beyond?

I miss you all very much and I cannot wait for the time when we can share our learning and do fun activities together again!

Be safe, stay well and keep those lovely smiles on!

Mrs Hosseinian x



Welcome

Dear Year 1,

I look forward to writing this slide every week so that I can feel like I am sharing things with you. I am even more excited this week because I know that on Monday (11/05/20) I will get to speak to you all on the phone. I can't wait! That will definitely be the highlight of my week.

I completed my running app and am now running 5k which I am very happy with. I am grateful to live near a park that I can walk in every day. I also live near some really lovely lakes that I can walk around, keeping 2m apart from everyone of course! My favourite part of the day is definitely when I get to eat my yoghurt and berries. I have this every day and there is something really special about eating it in the garden. Or looking out the window if it's raining. I loved the double rainbow last Thursday, did you see it?

I love yoga and have been trying to get my Mum and Aunty to do it with me. They said yes and we all face timed whilst following a YouTube video together. It was very funny and good exercise. Have you been doing any Cosmic Kids yoga? If you have, send your pictures in of you in your best yoga position. Have a great week lovely children! I can't wait to speak to you all soon.

Miss Gulliford xxx



This week, your sounds to practise are:



nice smile

i-e

(bike, like, time, nine)

<https://www.youtube.com/watch?v=rAMUOVVFQEM>



huge brute

u-e

(cute, flute, June, volume)

<https://www.youtube.com/watch?v=x-H4SezDuo4>



start the car

ar

(star, park, smart, dark)

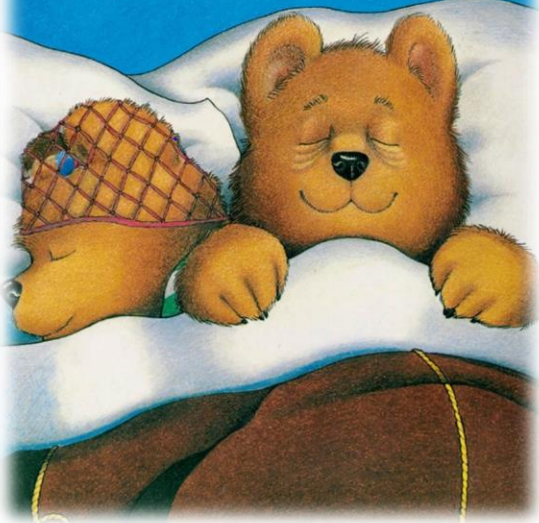
<https://www.youtube.com/watch?v=jy2bKKoAsuM>

ch	qu	x	ng	nk	
ff	ll	rz	ss	ck	er
ay	ee	igh	ow	oo	oo
ar	or	air	ir	ou	oy

ea	oi	a-e	i-e	o-e	u-e	e-e
aw	are	ur	er	ow	ai	ue
oa	ew	ire	ear	ure	ie	
wh	au	kn	ph	c	y	

Peace at Last

JILL MURPHY



Reading Activity



Listen to one of my favourite stories. It's called '*Peace at Last*' by Jill Murphy.

<https://www.youtube.com/watch?v=9U9y35kWBvM>

- Which is your favourite part? Why?
- How do you think Mr Bear is feeling? Why?
- Do you find it tricky to get to sleep? Why?
- What do you find helps you get to sleep? Why?

If you would like an extra challenge... watch this version of the story instead but turn the volume off. Can you read the story to someone at home?

<https://www.youtube.com/watch?v=-kPelXqKBjc>



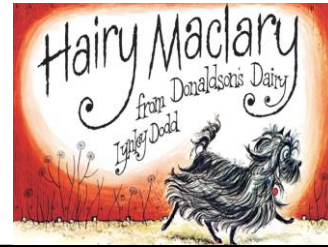


Audio Books For Free



Try 'Hairy Maclary from Donaldson's Diary' by Lynley Dodd.

<https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/hairy-maclary/>



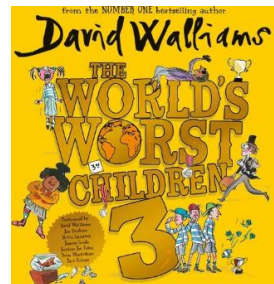
<https://www.allyoucanbooks.com/>

<https://stories.audible.com/start-listen>

(You may need to open in Google Chrome.)

<https://www.worldofdavidwalliams.com/elevenses/>

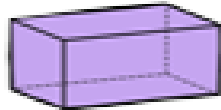
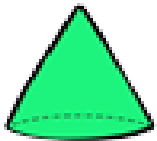
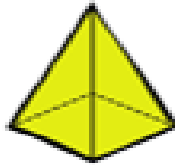
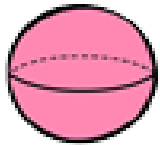
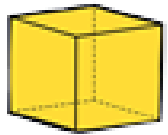
There's a new reading from David Walliams every day!





Can you name these 3D shapes?

★ Use the words in the box to help you.



cone cuboid sphere cube

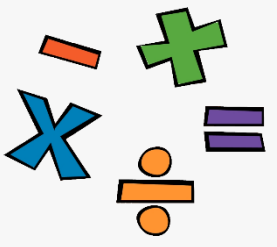
cylinder pyramid

A little more about 3D shapes.



<https://www.bbc.co.uk/bitesize/topics/zjv39j6/articles/zgqpk2p>

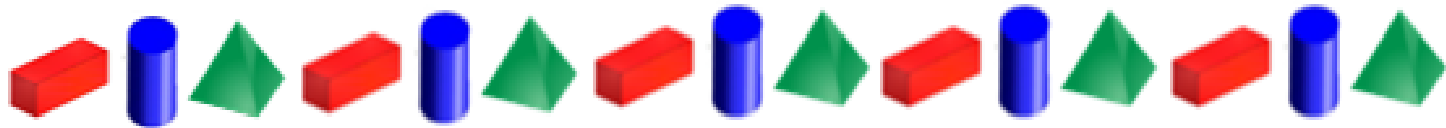
Maths Activity



Can you write down the pattern?



Cone, cube,



Cuboid,

Activity:

Go around your rooms or out in the garden and spot any 3D shapes in the objects that you find!

sphere



cylinder





Writing Activity

Slide 1

I asked you to listen to/read one of my favourite stories "Peace at Last" by Jill Murphy.

I have read the story "Peace at Last" so many times that I can remember the words. I would really like it if you could help me make the story even more interesting so that I can read it again. In the story Mr Bear says "Oh no! I can't stand this!" every time that he gets fed up and has to move rooms. I wonder if you can write some new speech bubbles for Mr Bear.

Really focus on feelings.

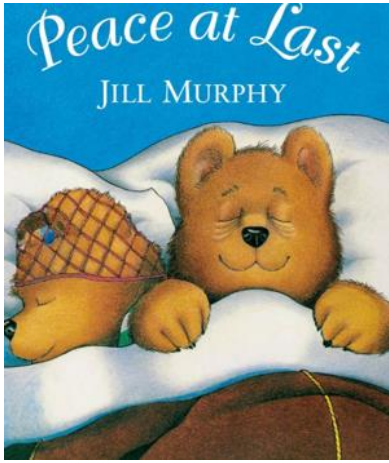
- How do you think Mr Bear is feeling?
- Why do you think he feels like that?
- How would you feel if someone kept waking you up?

Feelings

Can you sort these feeling words?

- Work out which ones link to how Mr Bear is feeling.
- Which ones don't explain how Mr Bear is feeling?

exhausted, elated, tired, miserable, sad, excited, drained, weary, sleepy, happy, energetic, heavy-eyed, lively, drowsy, alert, dozy, dreamy, deflated





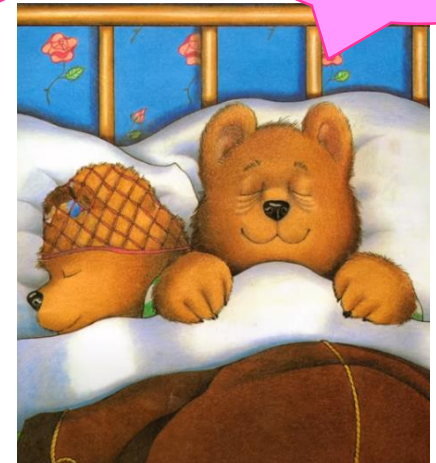
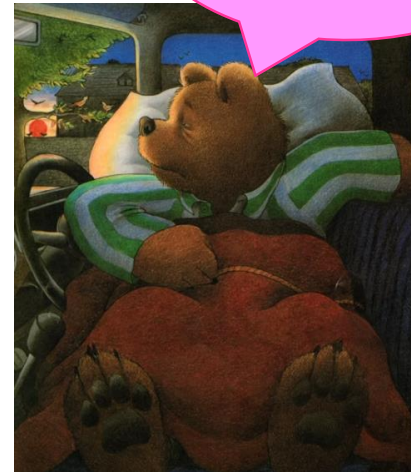
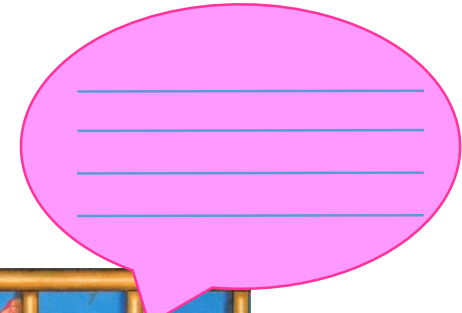
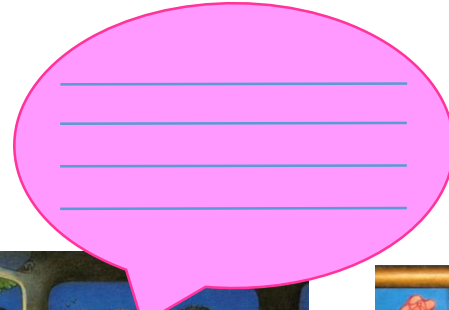
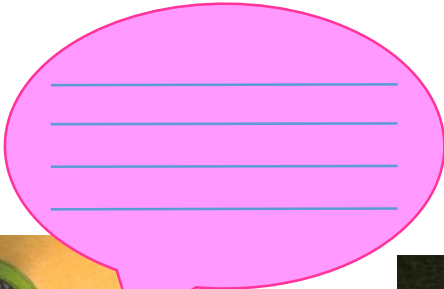
Writing Activity



Slide 2

Can you do some drama and act out your speech bubbles with someone at home?

Using your knowledge of feelings from the previous slide and what you know about the story can you write some new speech bubbles for Mr Bear in the story.



How is this last speech bubble different to the others? Look at Mr Bear's face for clues.



Baby Bear has just learnt that some bees make honey. Can you find out more facts about bees for him?

Topic Activity



Did you know that there are over 20,000 different species of bees in the world? Many of them have special features that help them adapt to where they live.

Use the websites and the questions below to help you research all about bees.

How and why do honey bees make honey?

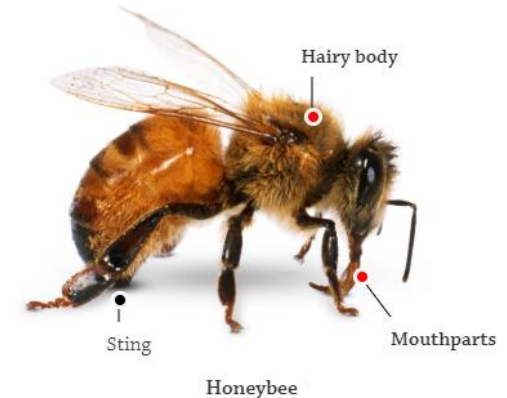
What do they do?



What do they eat?



Where do they live?



Why are they important?

<https://www.natgeokids.com/uk/discover/animals/insects/honey-bees/>



<https://www.dkfindout.com/uk/animals-and-nature/insects/bees-and-wasps/>



Science Activity



Put your senses to the test!

What are the 5 senses?



HARD SOFT



SWEET SOUR BITTER SALTY SPICY

I can see	I can smell	I can feel	I can taste	I can hear

Spent some time putting your senses to the test. Write down what you see, hear, touch, smell and taste all day. You can record your experiences on a table like this.



Ask your family to see if they experience the same thing.

KINGSTON HISTORY CENTRE CHALLENGE



KINGSTON
HERITAGE SERVICE

Would you like to be a part of HISTORY?

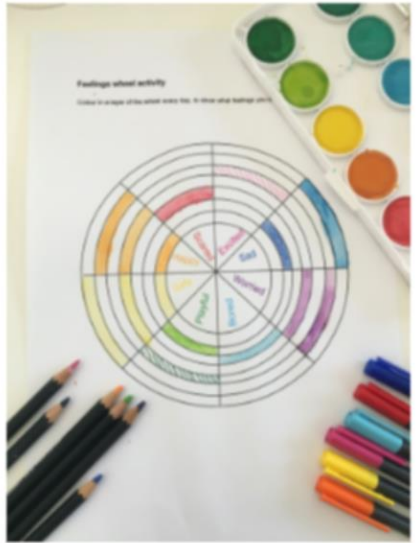
The Kingston History Centre is looking for submissions of diaries, art and recordings in order to document the response of the community to the Covid-19 crisis.

This activity is not compulsory, but it is a fantastic opportunity to become a part of history that will be documented and archived by the Kingston History Centre!

To find more information, please visit these links:

<https://docs.google.com/document/d/1Rb5JOQ4jixOuSDIYGdzm-bmohjCwXGjAAHzE9SdLm5o/edit>

<https://www.kingston.gov.uk/blog/kingstonheritageservice/post/2/covid-19-collection>





Creative Activity



Create your own paper bee!

Use paper and any other materials that you can find around your home to craft your very own paper bee.

<https://www.youtube.com/watch?v=HfN-hyG3XQ>

Use this video to help get ideas!



Challenge:

Can you use your learning about bees to help give your craft the correct number of legs?

Can you make a different specie of bee? It doesn't have to be a honey bee!

Get involved in a project called **COLOURING IN KINGSTON!**

<https://www.thecommunitybrain.org/colouring-in-kingston>

Click here to get started



Physical Activity



Animal Game

- Choose music that reminds you of an animal.
- Use the space (indoors or outdoors) to demonstrate different animals (tiger, tortoise, dolphin).
- Use your hands and feet.
- Pretend you are moving under and over things.
- Ask your sibling or parent/carer to guess what animal you demonstrated.



Reminder

We have used this as a warm up game in PE.

Gymnastics - Movement

- A few weeks ago you created a sequence with balances. This week you are looking at movement.
- Create 4 moves (jumps, log roll, twist, forward roll). Think of your own moves.
- Create a sequence.
- Make sure you have a start and finish.

Performance

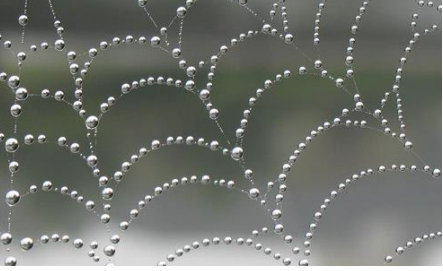
- Demonstrate your sequence to a sibling or parent/carer.
- Ask for their feedback: How can you improve your sequence?

Key Words

- Tension - tight muscles
- Extension - stretched/straight

Hi guys, I hope my slides are helping you stay active! Hopefully see you all soon!
Mr
McLaughlin





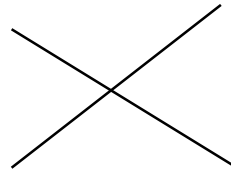
Hello,
I miss you all!

Art Activity

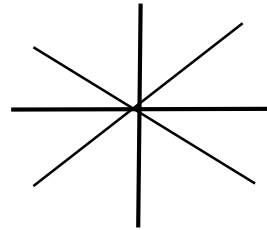


Have a go at drawing a spiders web!

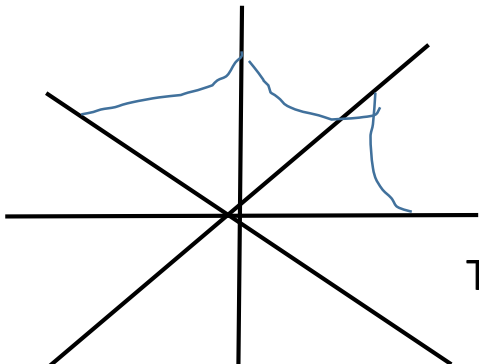
Start by drawing some two diagonal lines (like a large X)



Now draw a giant plus sign (+) through the middle of it

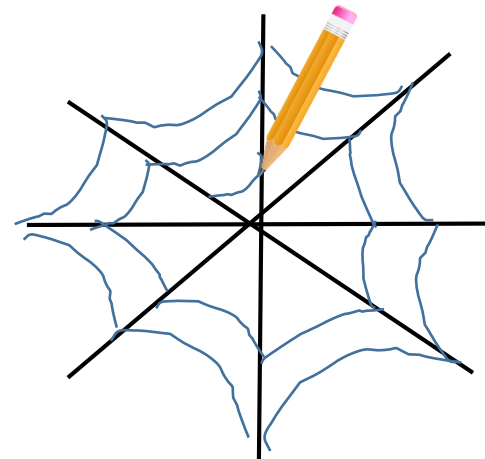
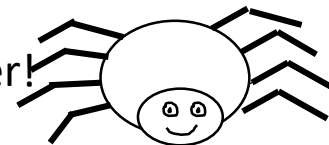


Use curved lines (bending towards the centre) to join each section together. Alternatively you can use straight lines if it is easier!



Keep going until you join back to your first line. Then take your pencil off. Hop down a space and do the next lot of joins inside. Keep going until you get to the middle.

Try making webs in different colours! Remember to add a spider!



Year 1, reward yourself!

Create and decorate your own reward chart.
 Make sure you plan a small reward once you achieve 3 stickers/marks/stars and a bigger reward for 6 or more.
 Small rewards could be 5 minutes colouring time with your adult, a game of cards or a snack.
 Bigger rewards could be hosting a football championship in your garden, playing a board game or baking some delicious cakes.
 Ask your adults permission when creating your chart and **enjoy earning your rewards!**

Wellbeing Activity

Dear King Athelstan family,

If you are bored, frustrated or feeling sad, there is always hope, it's not all bad. We're all in lockdown, families together, but always remember - it won't be forever. The Nurture team miss you, so very much, always caring for you and staying in touch.

Best wishes

Mrs Whooley, Mrs O'Connor & Mrs Ramkissoon

XXX

Star reward chart

How many stars can you get? Stick them on the chart below!

My name is _____

Day	My stars				
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					

