

Hello everyone, I hope that you are all safe and well. This bulletin is a little late this week because I wanted to base it on a very special man who is celebrating a very special birthday today. I'm sure you have all heard of the heroic challenge that **Captain Tom Moore** completed, walking 100 lengths of his garden in the run up to his 100th birthday and aiming to raise £1000 for the NHS. [This](#) news report shows just how much he has achieved, with fundraising this morning at just over £30million! So, today, Captain Tom is motivating me to set you all a challenge...it doesn't have to be about fundraising (although well done if you do!) but as it is the start of a new month tomorrow, let's all try to set ourselves a fun challenge to help us through lockdown. I'll encourage staff to get involved too and we'll share our successes with you via Class Charts announcements. Here's a few things you could try at home...

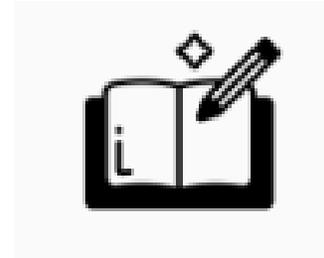


How about giving yourself a physical challenge you can do from home? The PLANK CHALLENGE will strengthen your core muscles, improve your posture and help prevent injuries when we come out of lockdown. A quick look online will give you an idea of how to do it



You could also learn a new skill online, there's so much out there from [origami](#) (here's one I made earlier!) and [drawing](#) to learning a new [language](#)

Or how about something less active? Use online [writing prompts](#) to help start a short story or interview a relative (remotely of course!) and use that to write a story or short play



Remember, these are really difficult times and we've been at home for a while now. If you are struggling at all, you just need to get in touch, either via the Class Charts well-being button or by sending an email into school. Staff are checking daily and will be happy to chat via email or give you a ring. Checking in with your friends and family is important, as is talking about your feelings. If you're feeling a bit down, chances are someone else will be too, so remember to ask how people are really doing. Look after yourselves and take care, Mrs Smith 😊