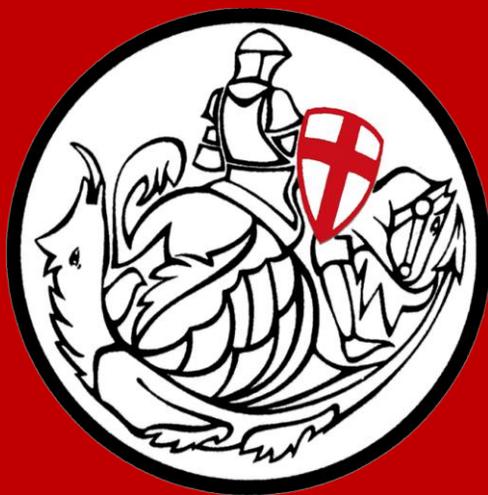


Saint George's Church of England Primary Phase Weekly Newsletter



Term 3 – Week 4
Friday 29th January 2021

Dear Families,

You will undoubtedly have heard in the news that schools will not be reopening until 8th March at the earliest and how this will look, we do not yet know. We will keep you informed of any updates as we receive them.

Remote learning will continue up until the point where the Government inform us otherwise. As always please contact the school office if you have any further questions.

For those parents with children in school, Kier have asked me to make you aware that there will be a **crane in operation next week, on Tuesday 2nd February**. Kier will section off part of the carpark as before and direct traffic on and off the site. Please bear with them at drop off and collection times.

The building is really taking shape; painting is soon to begin, along with some landscaping of the outside areas.

Can I take this opportunity to remind parents with children currently in school, to not congregate at drop off and collection times and adhere to 2m social distancing. Children are also not allowed to ride their bikes and scooters past the first gate and must ensure they are walked down to the bike store. The same applies when exiting school. We thank you for your cooperation.

Have a lovely weekend!



PE on Thursdays



For those in school, as we only have a small number of children per class, **Mr Cunningham will now be teaching PE on Thursdays only**. Please could you ensure that your children attend school in their PE kit every Thursday to avoid having to get changed.

Gravesham Rapid COVID-19 Testing

Gravesham have now got a number of SYMPTOM FREE, rapid-result COVID-19 tests. The following sites are now available for those who DO NOT have symptoms but would like to get a test. This is a very effective way of reducing the spread in those who are Asymptomatic.

Please see the sites that are available below:
Northfleet Youth Club, Hall Road, Gravesend DA11 8AJ
Swanley Youth Club, St Mary's Road BR8 7BU Dartford
Fairfield Leisure Centre, Lowfield Street, Dartford DA1 1JB

[Click here to book a test.](#)



Aletheia

Anglican Academies
Trust

APPEAL FOR OLD LAPTOPS/DEVICES

Can you help?

APPEAL FOR OLD LAPTOPS/DEVICES: CAN YOU HELP

Would you be able to help more students gain access to remote learning and donate any laptops that are no longer in use? Our IT Team will then repurpose those devices and distribute them to families that do not have access to a laptop. We would be extremely grateful for anything that you are able to spare during this difficult time. If you would like to donate, please drop it off to our Primary Phase school office.

[Click the calendar to download!](#)

Our Healthy Year Calendar

Reception/KS1

change 4 life

Try one of these fun activities every week to help your class eat well and move more! Then click to reveal fun facts, jokes and challenges.

Weekly challenges to build healthier habits.

Week 1 How many steps? Count how many steps you need to take to walk around your home or playground. Try with the class! Class challenge! Click to reveal	Week 2 Action rhyme! Create your own healthy rhyme or song with actions. Share it with the class! Class challenge! Click to reveal	Week 3 Number jumps Do activities like jumping, hopping and touching your toes in sets of two, five and ten. Can a kangaroo jump higher than the Eiffel tower? Class challenge! Click to reveal	Week 4 What does your nose know? Can you use your nose to guess what different foods are without looking? You could try this at lunchtime. Class challenge! Click to reveal	Week 5 Time for teddy Choose a teddy or toy from home and draw a picture of them eating something healthy or doing a healthy activity. Class challenge! Click to reveal	Week 6 What's the difference? Think of an apple and an orange (or your favourite fruit) and draw the differences. What is the same about these foods? What is different? Class challenge! Click to reveal	Week 7 Rainbow plate How many different colours can you see in your lunch? Can you name the different fruit and veg on your plate? Class challenge! Click to reveal	
Week 8 Motion maths Dance on the spot to music. When the music stops, balance on one leg or crouch down on two legs. How long can you hold your balance? Class challenge! Click to reveal	Week 9 Fruit and veg We should try to eat at least five different fruit and veg every day. Can you and a partner name five different fruits and vegetables? Class challenge! Click to reveal	Week 10 What's on the menu? Think about what you like to eat. Is there anything new you would like to try? Class challenge! Click to reveal	Week 11 Energisers Each day, one person in the class leads off an energiser activity or routine. Everyone else must follow for five minutes before settling down to work. Class challenge! Click to reveal	Week 12 Food labels Where do you think the red, orange and green could mean on this food label? Class challenge! Click to reveal	Week 13 How much fruit and veg? Remya has eaten one apple and a portion of grapes. How many pieces of fruit and veg has she eaten altogether? How many more does she need to eat today? Class challenge! Click to reveal	Week 14 We love fruit and veg! Find out which fruit and veg are being served every day at lunchtime. Find a whole class fruit and veg diary. Class challenge! Click to reveal	Week 15 High fives In pairs, one partner does an exercise five times. They then sit high five their partner who does it five times. Repeat with different partners. Class challenge! Click to reveal
Week 16 Playing shops Set up a healthy food 'shop' and use scales and bags of vegetables to practice weighing and measuring. Class challenge! Click to reveal	Week 17 Drink smarter Use the Food Scanner app to scan some popular drinks (provided by your teacher). Can you count how many sugar cubes are in each one? Unscramble the letters to find the name of a healthy drink choice. Class challenge! Click to reveal	Week 18 Favourite snacks Think about your favourite snacks. Can you choose or eat a different healthier snack for each day of the week? Class challenge! Click to reveal	Week 19 Stretch and bend Touch your toes and stretch, head tall and stretch or lean to the side with your arms over your head. Can you think of other stretches? Class challenge! Click to reveal	Week 20 Tea party time! Plan a healthy tea party. Make invitations for guests and list them what the healthy menu will be. You could even bring a favourite 'top to the party'. Class challenge! Click to reveal	Week 21 Active travel day Can you bike, swim or walk today? Maybe with an adult, outside or on your journey to school. Class challenge! Click to reveal	Week 22 Hold a stretch Can you hold different stretches for 5, 10 or 20 seconds? Use counting to help you measure the time. Class challenge! Click to reveal	Week 23 Active phonics Your adult will place phonics sounds around the room or playground when they shout out a sound: walk, run, hop, skip or jump to that sound. Class challenge! Click to reveal
Week 24 Action sports With a partner or in a team, can you act out different sports an another team can guess what they are? Class challenge! Click to reveal	Week 25 What's in your food? Use the Food Scanner app to find out how much sugar is in some breakfast foods (provided by your teacher). Can you suggest a healthier choice? Class challenge! Click to reveal	Week 26 Breathe Breathe in through your nose and out through your mouth. Try to focus on your breath for a few minutes and let go of any other thoughts. Class challenge! Click to reveal	Week 27 Shake and wake To start your day, choose a theme (e.g. sport, dance or animal noises). The teacher can call out a related action and then everyone joins in! Class challenge! Click to reveal	Week 28 Where does our food come from? Look at the labels on the packaging of several food types. Whereabouts in the world are they from? You could make a display using pins, labels or drawings on a world map. Class challenge! Click to reveal	Week 29 What's on your shopping list? Draw a shopping list of items you would like to buy for a healthy meal. What did the teacher say had a problem? Class challenge! Click to reveal	Week 30 Eating out What are your favourite healthy foods to eat? Draw your own menu for a healthy cafe that serves your favourites. Class challenge! Click to reveal	

Click 'Sign up' at Change4Life schools to be the first to hear about new resources!

Online Safety

Thinkuknow have some great online safety resources! To access the activities and videos, [click here.](#)

Mental Health Awareness Week

Our mental wellbeing is more important now than ever before. Due to this, The Aletheia Anglican Academies Trust will be sharing lots of mental wellbeing activities and support on their Facebook page everyday next week. Keep an eye out and make sure to get involved! We can get through this together!



Hedgehogs – Isabelle for her amazing art work this week!

Badgers – Issac for working really hard and becoming more confident and outgoing!

Squirrels – ...for persevering with her sentences this week!