

<p>It is always important to wash your hands to get rid of dirt and germs and to help you stay safe from becoming ill. At school we have been learning a song to help us remember to wash our hands really well and for long enough to get rid of the germs. It is to the tune of 'Row, Row, Row Your Boat'. See if you can join in at home and teach your family!</p> <p>“Wash, wash, wash your hands, make them nice and clean, On the fronts and on the backs and fingers in between, Wash, wash, wash your hands, ‘til the germs have gone, Fingertips and round your wrists and don’t forget your thumbs!”</p>	<p>Before our school closed, the children had a visit from our local fire brigade. The firemen gave us some great advice about fire safety. Never touch matches, call 999 in an emergency, and if your clothes ever catch fire, stop, drop and roll!</p> <p>Fireman Sam has some great 'Safety in the Home' clips on YouTube. When you have watched them, see how many ways to stay safe you can remember. Can you think of any other ways to stay safe in your house or when you are out and about?</p>	<p>I know most of the children have access to the internet through a tablet, laptop, PC, phone, Xbox or other games console. Although these are great resources, we need to make sure our children learn to use them sensibly and know how to stay safe, even from a young age. The links below give access to a range of information for parents and some stories and activities about Smartie the Penguin who is learning how to stay safe online.</p> <p>https://www.childnet.com/parents-and-carers https://www.childnet.com/resources/smartie-the-penguin https://www.childnet.com/resources/smartie-the-penguin/fun-smartie-the-penguin-activities</p>	
<p>How many different ways can you practise writing your name this week? Here are some suggestions but I am sure you can think of some fun ways yourself!</p> <p>Use a range of writing materials – pen, pencil, crayon, paint. Go outside and use chalk to write on the ground or a wall. Use water and a large paintbrush to go over the chalk and wash it away!</p> <p>Put sand or a layer of anything you have in a tray and write your name with your finger or a brush.</p> <p>Use a squeeze bottle of water or a water pistol to write it in water on the ground outside.</p> <p>Show us your ideas on Twitter or 2Build a Profile!</p>	<p>Colour in the boxes to show which activities you have done. 😊</p>		
<p>Patterns are all around us. Read the story 'Pattern Fish' by Trudy Harris, or watch it on YouTube. Notice the different kinds of pattern there are – colours, shapes, actions, movements, noises. Encourage your child to predict what would come next in each repeating pattern.</p> <p>Can your child make their own simple repeating pattern using two objects, actions or noises?</p> <p>For extra challenge, use three or more objects, actions or noises!</p>	<p>Summer is here and we are seeing the sun more often, and even on days that are cloudy, the sun can still be harmful. Watch 'George the Sun Safe Superstar' and talk about how you can stay safe and enjoy the sunshine.</p> <p>Can you draw a picture of you playing in the sun? What might you add to your picture? A hat? Sunglasses? Sun cream? Or even your shadow?</p>	<p>Have a scavenger hunt to find objects beginning with the sounds m, a, s, d, t. Write each sound then ask your child to collect as many objects as possible for each sound. Count them to see which sound has the most objects attached to it, and which has the least.</p>	<p>Watch Jack Hartman's 'Pump up the Pattern' video. Can you follow the exercise pattern he is making?</p> <p>Maybe you can make up your own exercise pattern for your family. Don't forget to stay safe by stretching and warming up before exercise 😊</p>

Don't forget there are so many opportunities every day to practise counting, sorting, measuring and to look at shapes and patterns, as well as reading stories, chatting and learning new words, talking about feelings and emotions, and enjoying time together! 😊 And we would love to see what you have been up to, so please share your photos and experiences by sending them to 2Build A Profile, either reply to the email you have received with your child's electronic learning journal, or email inbox@2buildaprofile.com. Keep playing and have fun! 😊

<p>Help your child to write numbers to 10 somewhere outside in chalk, to make a large number line. Encourage them to use correct number formation using the Ten Town rhymes (on the home learning page of the school website). Play some games, 'Here We Go Round the Numberline', jumping on different numbers in and out of order, counting forwards and backwards as they jump along it, jumping on a number one more or one less than a given number. For extra challenge, add or subtract by jumping along or back on their number line!</p>	<p>Go outside into the garden, or stop somewhere when you are out for a walk. Ask your child to sit down with you and close their eyes, and be as still as possible. Encourage them to focus on their breathing and be conscious of when they are breathing in and out. Ask them to think about what they can feel, what they can smell, what they can hear. This is a lovely mindfulness exercise to help you live in the moment and appreciate what is around you, and also a great activity to develop your child's listening skills and sensory discrimination.</p>	<p>Our story of the week would have been 'The Rainbow Fish' by Marcus Pfister. Read this story together or listen to it on YouTube and talk about how the Rainbow Fish feels at different points in the story. Talk to your child about what makes them feel happy. Ask them to draw a happy face, then draw some of the things that make them happy around it. Scribe for your child to provide labels for their drawings to model how we write words, or support them to try and write their own labels. Choose some of the things that make them happy to do together.</p>	
<p>Spend some time playing your favourite games together – board games, card games, family games – anything! My favourites are 'Snap', 'Dobble', 'Snakes and Ladders' and 'Kerplunk'. Send in a photo of you playing your favourite game, and don't forget to take turns and have fun!</p>	<p>Colour in the boxes to show which activities you have done. 😊</p>		<p>Play 'Fred Says...' Fred Frog cannot speak like we do and always sounds words out instead. Pretend to be Fred Frog and give your child instructions using 'Fred Talk' to see if they can hear the sounds in words, for example, "Can you s-i-t?", "Can you c-l-a-p?" or "Can you get me a b-a-g?" This is a vital skill in preparation for reading! For extra challenge, ask your child to pretend to be Fred Frog and give you instructions, breaking down the words into sounds.</p>
<p>R.E. Appreciate God's wonderful world. Light a candle and listen to some music or sing together (He's Got the Whole World in His Hands, or It's a Wonderful World). Say a prayer of thanks for everything God has created and make a promise to help look after our wonderful planet.</p>	<p>Physical exercise is vital for our well-being. Ask your child what their favourite exercise is – it could be riding their bike, dancing, running, football, going for a walk, climbing – anything at all! Spend time together doing the exercise they choose.</p>	<p>There are lots of craft activities which can encourage mindfulness and help to promote well-being. This link has some lovely activities to do with the children. I love the mind jar and the mindfulness wand. Which will you choose to do? https://www.mindfullittleminds.com/5-fun-and-easy-mindfulness-crafts-your-kids-will-love/</p>	<p>Do 'Dough Disco' with Shonette Basson using a ball of play dough or salt dough to give hands and fingers a good workout. Try the new Dough Disco video on YouTube, and really try to use all of your fingers to pat, push, squeeze, roll and squash the dough! Do some gardening or go on a nature walk. Notice any changes in your surroundings in summer. What else changes in summer? What is the weather like? Is it lighter or darker when you get up and go to bed? What creatures can you see and hear? Think back to Spring, Winter and Autumn and compare the different times of year.</p>

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