

# Newsletter 18

Friday 5th February 2021

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## Express Yourself

The mental health and wellbeing of the children and staff is always at the forefront of everything we do at school as we know that if children aren't emotionally secure and happy they are unable to reach their full learning potential. This year Children's Mental Health Week has been more important than ever as we are acutely aware of the impact the current lockdown is having on the mental health of children. However, as the patron of Place2Be, the Duchess of Cambridge has stressed there has never been a more important time to talk about parental wellbeing and mental health too. We know how hard it is to prioritise your own needs when dealing with the stresses of home learning but we hope you have taken the opportunity to find ways to follow the theme of the week and 'express yourself' creatively too. Whether it is drawing, writing poetry, photography, dance or music, do take some time for yourselves as we really do need to be the very best versions of ourselves for the children in our care.

Mrs Howell

## The Art Room at Place2Be



Art is a creative tool which can be used to develop resilience and help us to connect with others. Place2Be has an Art Room team who are specialists in using art to enhance children and young people's wellbeing. The team has created a series of free projects for primary aged children to make at home or school together with parents, carers or school staff. These creative projects can help adults and children to nurture their relationship whilst having fun making art together. Each project offers space to explore an engaging theme through stories, art and conversation with the aim of encouraging children to create something they want to make.

<https://www.place2be.org.uk/our-services/parents-and-carers/coronavirus-wellbeing-activity-ideas-for-families/activities-from-the-art-room/>

## Monday Morning Assembly with Mrs Howell

It was wonderful to see so many of you joining me for a quick doodle in my assembly on Monday. Here is my doodle.

I hope you will all be able to join me at 9.15am this Monday. The teachers will post the link on Teams on Monday morning.



## Care and Learning Centre

Are you a critical worker needing childcare over the February half term break?

Even though school will be closed, the Care and Learning Centre Holiday Club will be operating every day from 8.00am for the children of critical workers.

A range of themed days are planned with a large range of activities including building bug viewers and hotels, launching balloon rockets, pebble decorating, nature walks, scavenger hunts, making biscuits and smoothies together with lots of making and drawing competitions. For more information please contact the Care & Learning Centre on: [clcoffice@monkfieldpark.cambs.sch.uk](mailto:clcoffice@monkfieldpark.cambs.sch.uk) or by telephoning 01954 273301.

## Life in the Stone Age

We may be learning remotely using technology we couldn't have dreamed of even 20 years ago, but Year 3 decided to re-wind time by 12,000 years to visit the Stone Age for their WOW day this week.

Returning to the time of woolly mammoths, stone implements, simple clay pots and open fires, the children both at home and in school became hunter-gatherers for the day. Their aim—to find out what it was really like for people living before the advent of farming, domesticated animals and the discovery of iron working.

Working together the children had a range of activities to choose from including: fashioning a spear head, designing and producing their own clay or salt dough jewellery, making a stone age axe head and making a stone age fruit salad from ingredients that our prehistoric ancestors would have foraged for. Everyone agreed it was their best ever lockdown learning day which was wonderful to hear.



## Virtual Super Sport Camps



**NORWICH CITY FC**  
REGIONAL DEVELOPMENT  
PROGRAMME



This half term, Norwich City Football Club will be teaming up with AMOR Fitness to provide boys and girls with a fun filled free week of half term activities.

They will be launching a series of brand-new Super Sport Camps which will involve a variety of activities such as dance, singing and drama, fitness fun, football and multisports for families across Cambridgeshire, Suffolk and Peterborough.

Boys and girls from the ages of 4 to 16 are invited to attend Super Sports Camps and participate in the following activities for free.

**Football** – Ages 7-14 Boys and Girls sessions: a fun football training session you can follow from your screen.

**Goalkeeping** – Ages 7-14 Boys and Girls: Catch, throw and dive your way through the week with our keeper coaches.

**Canary and Mini Kickers** – Ages 4-6 Boys and Girls: themed football fun and games to put smiles on faces.

**Dance** – Ages 4-16 Boys & Girls: Pop, drop and lock their way through a variation of dance routines.

**Singing & Drama** – Ages 4–16 Boys and Girls: act and sing the day away

**Fitness Fun** – Ages 4–16 Boys & Girls, but Mums and Dads and anyone else in the household are encouraged to get moving, support your child and get a fun filled fitness session. This can be part of your steps or 30 minutes of exercise for the day.

When: Monday 15th February 2021 until Friday 19th February 2021

Times: 10:00am – 2:00pm

How to book: go to

<https://www.canaries.co.uk/rdp/news/2021/february/virtual-super-sport-camp>

Sign Up: Please book on the sessions you would like to attend throughout the week, but ensure you read carefully the sessions and age groups. The sessions will be capped at 100 places, and 24 hours prior to the start of that session the booking page will close.



**We must  
keep on protecting  
each other.**



**HANDS**



**FACE**



**SPACE**

