

Dear Year 5,

We hope you have enjoyed the 2nd week of the Summer term. For those of you not in school, we are making phone calls to each of your families to make sure you're all ok; it has been lovely to hear how those of the families we have spoken to so far are getting on and we will try to speak to all of you over the next couple of weeks. It sounds like you are doing some fun and creative activities with your families - as well as trying to fit a bit of school work in too! Well done Year 5, we know how hard it can be; it can certainly be harder to focus or motivate ourselves sometimes when we are at home rather than school but try not to worry too much - do what you can and try your best.

It is good to take time to think about your emotional well-being too. There are lots of mindfulness and meditation activities you can find online (try the Thrive and Well-being Activities tab in the school closure activities on our school website), as well as things like colouring in or breathing activities. You could try the 5 finger starfish activity. For this, you need to close your eyes and with your index finger, start at the base of your thumb on the other hand and trace around your fingers as you slowly breath in and out. Move your finger up the side of your thumb, then fingers as you breath in and down the other side as you breath out. You can go back and forth for 5 minutes to help feel relaxed and calm. The most important thing during this time is to make sure you and your family are all happy and healthy, both in mind and body.

Over the last few weeks, we have been spending a lot of our time using things like FaceTime and Skype to keep in contact with our friends and families; we know some of you have been doing this too and we think it is a great idea. Some of you have even been writing good old fashioned letters to each other! Although we might not be socialising in a way we are used to, it can have many benefits for you and is good fun catching up with friends so we definitely recommend it if you can.

If you haven't already looked at the White Rose website, they have a special home learning page that has daily lessons and activities that are linked to the Maths work we would usually be doing in school, so give them a try. They come with a video, an activity and answers. Miss Jordan has even been using them a bit in her household.

We are still missing each and every one of you - stay safe,  
Mr Rimmer, Mr Mansfield and Miss Jordan 🌈



All Year 5 children

All over Newcastle upon Tyne

Tyne and Wear

England

United Kingdom