

### Keeping Busy

It is important that we keep busy physically and mentally during this time. Here are a few ways that you can keep active alongside the activities on your home learning grid.

**Daily PE lesson with Joe Wicks** on his Youtube channel. (Monday—Friday at 9am) This is great way to start the day!

**Cosmic Yoga**—search this on Youtube to find different workouts. This is great for the children both mentally and physically and allows the children to have some time to be calm.

**The Maths Factor**—This is an app that can currently be downloaded for free created by Carol Vorderman. A great way to make Maths fun.

There are lots of e-books to download on twinkl

- Have a go at creating a rainbow picture to say thank you to all of the people helping our country.
- Maybe you could design a poster explaining how to wash your hands
- Make a daily journal of what you have been doing each day.
- Watch some of the science videos on you tube.
- Find out about the past from history videos for kids.

### Dear parents ...

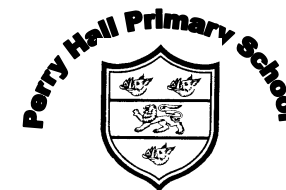
#### Corona Virus updates

All updates can be found on the school website where there is a link to the latest advice from the government.

<https://www.perryhall.co.uk/coronavirus-advice/>  
and  
<https://www.gov.uk/government/publications/coronavirus-outbreak-faqs-what-you-can-and-cant-do/coronavirus-outbreak-faqs-what-you-can-and-cant-do>

# Perry Hall News! Year 1

Thursday 2nd April



A Place to Grow



Hi Everyone - parents and children, I hope you are all well and staying safe. Welcome to our first year group newsletter during the school closure period.

We will be sending a newsletter every couple of weeks to keep you up to date with home learning, celebrate achievements and share news. Send us your photos, pictures, ideas and news through your year group email. We would like every child to contact their teacher at least once a week.

Please get in touch by email or phone if you need us. Missing you all - Miss Kohli

### Hello to everyone in Year 1.

We just wanted to let you know that we are thinking of you and miss you every day.

We hope you are having a lovely time with your family and enjoying the activities that we sent for you to complete. Please e-mail us to say hello and let us know what you have been doing. We would love to see some pictures too! We have been working hard and thinking of new activities for you to do at home.

We will be sending out some more activities and ideas for you next week, but please remember to look at some of the websites or ideas we put in the home learning pack last time.

Hope its not too long before we are together again.

Love from Everyone in Year 1

### School email

Please remember to send us an email on [Ph.y1homelearning@perryhallmat.co.uk](mailto:Ph.y1homelearning@perryhallmat.co.uk)

We would love to see some photos of your activities.

### Here are some useful websites for you to access at home:

<https://readon.myon.co.uk/library/browse.html>

<https://home.oxfordowl.co.uk>

<https://www.youtube.com/user/thebodycoach1>

<https://home.oxfordowl.co.uk/help-child-learn-age-5-6/>

<http://www.pobble365.com/>

<https://www.natgeokids.com/uk>

Practise social distancing



Self-isolate with cough or fever



Wash hands regularly

## Catch it, bin it, kill it

If you need to cough or sneeze



Catch it with a tissue  
Bin it  
Kill it by washing your hands with soap & water or hand sanitiser

You should wash hands with soap & water or hand sanitiser



After breaks & sport activities  
Before cooking & eating  
On arrival at school etc.  
After using the toilet  
Before leaving home

- ✓ Try not to touch your eyes, nose, and mouth with unwashed hands
- ✓ Do not share items that come into contact with your mouth such as cups & bottles
- ✓ If unwell do not share items such as bedding, clothes, pencils & towels

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Executive Headteacher: Miss R Kohli