



# PARKLANDS- KEEPING CONNECTED

## 23 Mar - 27 Mar

### Issue 1



#### Headteacher's Message

Dear parents, carers and students,

In all my years of teaching I never expected to experience such a challenging and unprecedented situation.

The closure of school doesn't just mean that we need to find new ways of teaching and learning but it impacts on many other benefits of being in school, such as the social aspects and health and wellbeing.

So, we thought it would be good to try and bring some of these things together by producing a 'Keeping Connected' bulletin. Through this we will try and add a few ideas that might help with the challenges brought about by being home based. Of course, we don't know how long the closure will last but we aim to send a weekly bulletin at the start of the week with some helpful tips, ideas and enrichment suggestions.

We would love to hear from you with any suggestions you might have to keep us all occupied and ensuring that our health and wellbeing remains positive. Please send your ideas and any contributions to [connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk) We would also love you to send in any pictures of you trying out any of the activities we publish. It is so important that we keep connected and, even though we have to be apart, we remain together as the Parklands community.

Keep safe!

Mr S Mitchell



# PARKLANDS- KEEPING CONNECTED

## 23 Mar - 27 Mar

### Issue 1



#### Learn a language

The Duolingo House Competition has returned for 2020!

This is a house comp you can still take part in from home. Let's keep up the house spirit from a distance!

Refer to the email sent by Mr Stalker on 21/03/20 for details of how to join in.

*Buena suerte. Bonne chance. Viel Glück. Powodzenia.*

#### Board Game of the week - Scrabble



A fun and enjoyable way to spend time together and learn at the same time. Learn new vocabulary and test your spelling at the same time.

Try varying how you play. Can you play it by using French or Spanish words? How about trying to only make words that are verbs or adjectives? What's the longest word you can make?

Send us a picture of your best / longest word to

[connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)

#### Keep Fit - PE lessons every day

Personal trainer Joe Wicks will be holding live free PE classes at 9am Monday to Friday via his YouTube channel for children of all ages, in a bid to keep everyone moving. The sessions are 30 minutes a day and don't require special equipment and can be done in small spaces at home.

[P.E with Joe" | Daily LIVE workouts for kids | The Body Coach](#)

Why not send us a picture or video of you joining in the PE class from home? We might include it in next week's 'Keeping Connected'.

#### Get reading - Book review

##### **My Family and Other Animals- Gerald Durrell.**

A charming story of a young family who move from England to Corfu in Greece. The central character, Gerry, develops a fascination for animals and we follow his adventures as he builds an exotic animal collection. Packed with humour and described in vivid detail you will be absorbed in Gerry's chaotic and carefree life. I loved it on first reading and have re-read again and again. It's just as enjoyable every time. \*\*\*\*\*

Mrs Aspinall

Send us your recommendations for a good read or a book review?

[connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)





# PARKLANDS- KEEPING CONNECTED

## 23 Mar - 27 Mar

### Issue 1



#### What to watch...

- Follow Katherine Jenkins on Facebook for live concerts from her home.
- We can't go to the cinema at the moment but you might enjoy [Mark Kermode's Secrets of China](#). He explores the key elements of superhero movies, including origins, superpowers, costumes, secret identities, villains and sacrifice, to show why they are so popular with audiences across the world.

#### Get cooking ...

##### Chocolate Cupcakes.

Everyone deserves a sweet treat now and again. Follow this [easy recipe](#) for a tasty teatime treat.



Don't forget to send us pictures of your efforts to:

[connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)

#### Keep smiling

In these trying times we all need a laugh....

What do you call a dog that does magic tricks?

*A labracadabrador.*

My sister bet me that I couldn't build a car out of spaghetti ...

*You should have seen her face as I drove pasta*

To save yourself from reading such corny jokes next week send in your jokes to :

[connected@parklandsacademy.co.uk](mailto:connected@parklandsacademy.co.uk)

#### Audio Books



Audible are making a wide selection of audio books available to stream for as long as schools are closed.

Click on the Audible logo to take you to their site



# PARKLANDS- KEEPING CONNECTED

## 23 Mar - 27 Mar

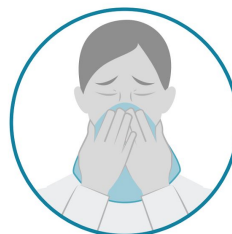
### Issue 1



#### Advice for stopping virus spread



**Wash hands frequently** with soap and water or use a sanitiser gel



Catch coughs and sneezes with **disposable tissues**



**Throw away used tissues** (then wash hands)



If you don't have a tissue **use your sleeve**



**Avoid touching your eyes, nose and mouth with unwashed hands**



**Avoid close contact with people who are unwell**

Source: NHS



### Keep safe and up-to date

The latest coronavirus (COVID-19) information from [Public Health England](https://www.gov.uk/government/coronavirus/covid-19/public-health-england)

### Emotional Health & Wellbeing

The current Coronavirus (COVID-19) outbreak can be scary. It is also unusual for whole households to be together for such long periods of time. These things can be challenging for all of us and affect our mental health. Here's a link to [Mind.org](https://www.mind.org.uk) with some useful tips on how to help your wellbeing.