

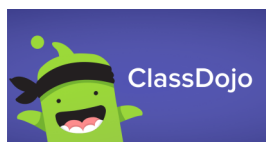


ROKEBY PRIMARY SCHOOL NEWSLETTER

17th June 2020

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I hope that you have all had a wonderful week. Many of you have been taking part on our online Zoom Summer quizzes, it has been fantastic to see you all. Remember your class teachers will post a message on the classdojo story with the date and link for the quiz. Again a massive thank you for all your messages and photos via class dojo. Don't forget to visit our Rokeby Youtube page for online stories and our weekly challenges.

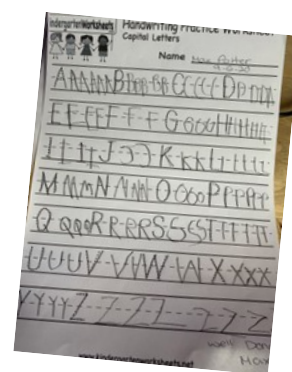
Thank you to all parents and children for following social distancing during the morning drop off and afternoon pick up.

Please remember if you are in the key worker group, Nursery, Reception, Year 1 or Year 6 and have been coming to school and you are unwell on your 'bubble' school day could you please ring the office to let the school know on 01788 814399.

Have an amazing week and keep safe.

Your teachers have been sent so many wonderful photos and messages via class dojo, please keep sending these through to your teachers. Each week we are including as many as we can on our newsletter.

Have a look at some of the wonderful photos that you have been sending to your teachers of your home learning and feeding ducks.



The key worker group have been busy having a seaside themed week, and have been busy making under the sea themed crafts.



Class teachers for September 2020

In September, as well as welcoming some new faces to our Rokeby team, we will be welcoming back Mrs Daniel who will be returning from her maternity leave.

The class teachers for the year groups are listed below.

Nursery - Mrs Lunn

Reception Mrs Willoughby (Monday to Wednesday) Mrs Leech (Thursday and Friday)

Year 1 Miss Palmer

Year 2 Mrs Brindley (Monday to Wednesday) and Mrs Daniel (Thursday and Friday)

Year 3 Mr Kay

Year 4 Miss Doughty

Year 5 Mr Marks

Year 6 Mrs Allan

Ms Woodhill will be non-class based continuing her fantastic role as Rokeby's SENDCo.

Finally, we will be saying goodbye and good luck to Miss Cox who will be starting a new teaching post closer to her home and to Mr Atkinson who will be starting a new venture, we wish them all the very best.



Fun 5 MINDFULNESS ACTIVITIES for children
by Big Life Journal

- "JUST ONE BREATH" BREATHING ACTIVITY**
 - Find a relaxing place, sit comfortably, and set a timer for one minute.
 - Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.
 - Take another slow deep breath, imagine the air moving down into the lungs and back up.
 - Take one more deep breath and hold for a moment, then release it.
- CREATE A GLITTER JAR**
 - Finding a jar or plastic bottle and allow your child to decorate it however they like.
 - Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
 - Seal the lid and you are ready to go.
- HEARTBEAT EXERCISE**
 - Ask your child to stand up and either jump up and down or do jumping jacks for one minute.
 - At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and their breathing feels.
- GOING ON A SAFARI**
 - Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.
 - Notice the bugs or the birds. Take a moment to kneel down and touch the earth.
 - Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.
- TENSE AND RELEASE MUSCLE RELAXATION**
 - Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing.
 - Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.
 - Continue moving up the body for more relaxation.

Big Life Journal - biglifejournal.com



Visit our School website
www.rokebyprimaryschool.co.uk
for letters and online learning links for every year group updated weekly in the school closures learning from home section.



Don't forget that on Classdojo there are more mindfulness activities and videos for you to use
<https://>



Please remember that we are here for all of our families. Please do not feel alone. If we can support in any way then please contact us on Class Dojo or you can email:
RokebyFamilySupport@stowevalley.com