



# Sandford Hill Primary School Newsletter



Thoughtfulness and Respect

Week 19- Fri 29<sup>th</sup> Jan 2021

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## TOGETHER ACTIVE



Another lockdown finds us once again searching the internet for creative ideas on how to stay active. To save you time on Page 2 you'll find everything in one place for you to access. This go to guide will help you choose the right resources for your child's interests. The table can be used to narrow the activities by age, venue, what you want to achieve from the activity and even equipment.

The activities aim to contribute to daily 60 active minutes, provide competitive opportunities for young people both personally, locally and nationally and improve physical, emotional and social wellbeing, We hope you find the guide useful and easy to use.



### Resplendent Reader

Our KS2 children are still able to access Accelerated Quizzes at home to check their knowledge of the book they have read. Since lockdown began at the beginning of January, 64 children have quizzed and to the right are the top 5 word counts. Well done to them and a fantastic effort by all, so remember - Just Keep Reading!

Many congratulations also to Lucas Campbell who became a word millionaire (as of 5<sup>th</sup> January). As Lucas is not in school to receive his certificate, Mrs Carney kindly bought him a book as a reward and had it delivered to his house. Well done Lucas.

Accelerated Reader Quiz	Word Count
Brooke M	778,008
Tristan D	486,036,
Jack T	372,087
Lucas C	272,141
Sebbie G	229,475

### Birthdays

Wishing all these children a very **Happy Birthday** this weekend and next week:

- Seren C
- Parker F
- Bellamy M
- Jack E
- Eli H
- Thomas H
- Arman H
- Winnie M
- Faith A
- Lacey-J A
- Niamh B
- Kaiden A
- Riley W



### Year 6 Maths Rockstars Competition

Excitement is mounting and maths brains are warming up in readiness for the start of the Y6 TT Rock Stars competition which begins on **Wednesday 3<sup>rd</sup> February** at 9:00 a.m. The children will have from 7:00 a.m. until 7:00 p.m. every day until Tuesday 9<sup>th</sup> February at 3:00 p.m., to try and score points. The Y6 children can play any game on TT Rock Stars and as long as they are answering the questions correctly, their points will go towards our school score. There will be a medal for two children at our school, the person who shows the best effort and the person who scores the most points.

So Y6, keep practicing now, ready to face the challenge next week and let's get Sandford Hill Primary near the top of the list for Stoke-on-Trent schools.



### Headteacher's Star Awards

Congratulations to these children who were given this week's Head Teacher's Star Award.

Class	Award Winner	Class	Award Winner
Nursery	Lucas V Shea T Edie C Pyper J	Y3	Chloe T-W Ava H-N Bentley D
Reception	Tommy C Caleb M Oakley-James J	Y4	Lexi-Jean B Lucy M Alfie G
Y1	Jack H Mia C Amelia G	Y5	Caleb J Jayden W Evie-Rose M
Y2	Harper-Lee C Ollie W Theo C	Y6	River P Skye Z Callum H

### Health and Wellbeing

#### Challenge Yourself

As part of our school vision to nurture independent and ambitious learners, we are always encouraging our children to challenge themselves in everything that they do. Challenges don't always have to be at school. They can be in any aspect of life and are a great way of setting small, achievable goals. It is important to remember that what may be a challenge for one person, may not be a challenge for another. Because of this, there is only one person that can truly set a challenge for yourself. YOU!





**TOGETHER ACTIVE**  
Staffordshire & Stoke-on-Trent



**GO TO GUIDE FOR PE, SPORT AND PHYSICAL ACTIVITY**

ACTIVITY	SCHOOL	HOME	PRIMARY	SECONDARY	LIN K
#ThisIsPE campaign <u>Yorkshire Sport</u>	✓	✓	✓	✗	<a href="https://bit.ly/3icS5NI">https://bit.ly/3icS5NI</a>
Primary_PE Activities <u>Youth Sport Trust</u>	✓	✓	✓	✗	<a href="https://bit.ly/3nKa9jc">https://bit.ly/3nKa9jc</a>
After School Sport Club <u>Youth Sport Trust</u>	✓	✓	✓	✓	<a href="https://bit.ly/3ihpZAU">https://bit.ly/3ihpZAU</a>
60 Second Activity_Challenges <u>Youth Sport Trust</u>	✓	✓	✓	✓	<a href="https://bit.ly/2LR7wPy">https://bit.ly/2LR7wPy</a>
Wonder Woman 1984 <u>Youth Sport Trust</u>	✓	✓	✓	✗	<a href="https://bit.ly/3bBBLEP">https://bit.ly/3bBBLEP</a>
Family_Activities <u>Youth Sport Trust</u>	✓	✓	✓	✓	<a href="https://bit.ly/39qHNWd">https://bit.ly/39qHNWd</a>
Funetics <u>England Athletics</u>	✓	✓	✓	✗	<a href="https://bit.ly/3nBUBhz">https://bit.ly/3nBUBhz</a>
Chance to Shine <u>English Cricket Board</u>	✓	✓	✓	✓	<a href="https://bit.ly/2LkxPO9">https://bit.ly/2LkxPO9</a>
<u>British Dodgeball</u>	✓	✓	✓	✓	<a href="https://bit.ly/2XAG1Mr">https://bit.ly/2XAG1Mr</a>
Bee Netball Resources <u>England Netball</u>	✗	✓	✓	✗	<a href="https://bit.ly/39xgMQH">https://bit.ly/39xgMQH</a>
Bee Netball Videos <u>England Netball</u>	✓	✓	✓	✗	<a href="https://bit.ly/3nHfGHk">https://bit.ly/3nHfGHk</a>
Tennis Training_for Kids <u>LTA</u>	✓	✓	✓	✗	<a href="https://bit.ly/2XFfZle">https://bit.ly/2XFfZle</a>
#ThisIsPE Secondary_PE <u>Youth Sport Trust</u>	✓	✓	✗	✓	<a href="https://bit.ly/38E5gEa">https://bit.ly/38E5gEa</a>
Athletics at Home <u>England Athletics</u>	✓	✓	✗	✓	<a href="https://bit.ly/3oJD48f">https://bit.ly/3oJD48f</a>
Active at Home <u>Rugby League</u>	✓	✓	✗	✓	<a href="https://bit.ly/3sqfRu0">https://bit.ly/3sqfRu0</a>
Lockdown Tennis Drills <u>LTA</u>	✓	✓	✗	✓	<a href="https://bit.ly/2LRG6J1">https://bit.ly/2LRG6J1</a>
<u>Kidz Bop Classroom</u>	✓	✓	✓	✗	<a href="https://bit.ly/2LA32wZ">https://bit.ly/2LA32wZ</a>
<u>Popsugar Fitness</u>	✓	✓	✓	✗	<a href="https://bit.ly/3oZ3GT8">https://bit.ly/3oZ3GT8</a>
<u>Coach Corey Martin Games</u>	✓	✓	✓	✗	<a href="https://bit.ly/3oZGynm">https://bit.ly/3oZGynm</a>

ACTIVITY	SCHOOL	HOME	PRIMARY	SECONDARY	LINK
<a href="#">BBC Supermovers</a>	✓	✓	✓	✗	<a href="https://bbc.in/3bJuwL8">https://bbc.in/3bJuwL8</a>
<a href="#">Cosmic Kids Yoga</a>	✓	✓	✓	✗	<a href="https://bit.ly/3bO8aYQ">https://bit.ly/3bO8aYQ</a>
<a href="#">9 Things</a>	✗	✓	✓	✗	<a href="https://bit.ly/3iINyW">https://bit.ly/3iINyW</a>
<a href="#">Just Dance</a>	✓	✓	✓	✓	<a href="https://bit.ly/2M56jUz">https://bit.ly/2M56jUz</a>
<a href="#">Fortnite Dance</a>	✓	✓	✗	✓	<a href="https://bit.ly/3iw048l">https://bit.ly/3iw048l</a>
<a href="#">#ThisIsPE SEND Activities</a>	✓	✓	✓	✓	<a href="https://bit.ly/39lBv49">https://bit.ly/39lBv49</a>
<a href="#">The FA SuperKicks</a>	✓	✓	✓	✗	<a href="https://bit.ly/39J5wkA">https://bit.ly/39J5wkA</a>
<a href="#">Go Noodle</a>	✓	✓	✓	✗	<a href="https://bit.ly/39J7j9i">https://bit.ly/39J7j9i</a>
<a href="#">BBC Supermovers</a>	✓	✓	✓	✗	<a href="https://bbc.in/3bJuwL8">https://bbc.in/3bJuwL8</a>
<a href="#">Cosmic Kids Yoga</a>	✓	✓	✓	✗	<a href="https://bit.ly/3bO8aYQ">https://bit.ly/3bO8aYQ</a>
<a href="#">PE with Joe Wicks</a>	✓	✓	✓	✓	<a href="https://bit.ly/3im9aot">https://bit.ly/3im9aot</a>

## MENTAL HEALTH DURING LOCKDOWN

Lockdown can have a huge impact on our mental health, regardless of our age or individual circumstances. Here are a few tips to cope and keep healthy whilst in lockdown.

