



Jennett's Park CE Primary School

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Dear Parents& Carers,

Thanks for all the messages. Much appreciated. Don't worry I won't send a long message every day. We'll update the Q&A later for you. Just a message to the children please if you have time.

Morning kids,

I hope you've been good. If you've not started work on the theme of the week RAINBOWS then get going today. Some of you have been focussing on reading, maths and writing - well done. I'd love to see (or hear) a rainbow poem or two sent in. Remember books take you places your body can't go. On the website there are lots of great things to begin to sift through but two brilliant links are free children's books from audible and interactive story scapes from 'now press play'. <https://www.jennettspark.bracknell-forest.sch.uk/school-closure-work-2/>

In school we made a huge rainbow out of scrunched up papers. Can I suggest though you let mum and dad read their newspapers first before you tear into theirs and no cutting up their magazines without asking! Mr Clarke had fun making huge rainbows with PE equipment he told me- I think he had children with him, he may have just been on his own... no seriously he did.

We've got a new school email so you can send in your thoughts to us here at school- school@jennettspark.bracknell-forest.sch.uk. The photos will be in the gallery on the website. As I told your parents and family yesterday we have made a section to answer their questions. More are flooding in so we'll update it as soon as possible. You might want to email in your questions too. We will try to make a q&a (question and answer) of general things you want to know to help you at home. Bear with us and we'll try to answer as many as we can as a team.

Virtual choir- we will get the technology working as soon as possible - everybody now wants online conferences using video technology so the poor company I was talking too were a bit busy. Keep rehearsing song number 1 Stand by me. <https://www.youtube.com/watch?v=BTCfQ6Bb8QE> That one according to some emails is already making your family cry when you sing it. *Air high five team* you know one of my aims in music is to release the energy and emotions we sometimes don't show and make the adults blub. Just sing it nicely though- no inventing new notes or yelling or they'll cry for a new reason.

Ok some songs you already know to rehearse in the background- When I grow up, Million Dreams, Sing, Be the change and Thunder to start you off. Links here. Remember sit up straight and let the air fill your lungs.

<https://www.youtube.com/watch?v=96JDkI2tBhI>



<https://www.youtube.com/watch?v=VReTS-T2c-E>

<https://www.youtube.com/watch?v=FElltXUgItw>

<https://www.youtube.com/watch?v=gK-edW7TSOk>

<https://www.youtube.com/watch?v=wFhs7WVvuXk>

If you've not made a timetable have a bit of fun doing that today. It will help you focus on what's happening for you. Things change day to day sometimes. Life is like that. Like today one of the changes from yesterday was that only the key shops will open. You now need to only go out with family and not in groups. The prime Minister Boris Johnson said last night there are only 4 reasons to be about outside:

- Shopping for basic necessities, as few times as possible
- One form of exercise a day - for example a run, walk, or cycle - alone or with members of your household
- Any medical need, to provide care or to help a person who is sick or vulnerable person
- Travelling to and from work, but only where this is absolutely necessary and cannot be done from home

Our Prime Minister said : "That's all - these are the only reasons you should leave your home. You should not be meeting friends. If your friends ask you to meet, you should say no."

Don't worry if you feel a bit uncertain as to how this news this makes you feel. As I've said before all emotions are ok- it's what you do with them that counts. If you feel anxious or cross or worried that is fine. Some of the adults do too.

The important thing about worry is to name it. That's not saying you should call it a human name, but it is saying you should in your mind say hello to it. In my mind I've got a lovey image that you've now just all called your worry or anxiety a different name like Bob, Flossy or Dexter. Wave at it and sometimes it goes away. I've got a lovely image of you sitting there saying "Hey (insert chosen silly name here) . Are you back again? I'd love to stop and chat but to be honest I've got other things to do. We'll chat tomorrow, I'm busy right now.' Sometimes you have to do something more than recognising it and you have to do something with it. Exercise, meditate, do something creative or sing to let you be peaceful. More on this over the next few weeks.

I've attached a link of a simple paper folder fortune teller you can use if you are worried. This is the simplest video I could find to show the folding. <https://www.youtube.com/watch?v=WpsmrQdN0Do> In yours you could show funny jokes or statements like theirs at the end or you could have challenges . In the example I've attached they say you could have something practical to do.

Keep up the Rainbow- it's really important to be a good friend and neighbour but from a safe distance! When this ends we can start afresh. So enough from me. Have a great day & know you are loved.

Yours sincerely



Mrs Savage.

Headteacher

