

Dear Parents/Carers,

Although the weather hasn't been particularly kind to us this week I hope you have found the time to spend some time outside – we are so blessed to live in such a lovely part of the country.

Earlier this week someone sent me a link to a piece of music and what a difference it made to my day. I'm no expert but I do know music is very powerful.

Spend sometime over this next week listening to your kind of music – sing along and maybe even get up and dance 😊 Share your favourite piece of music with a friend.....

Let's hope the weather improves over the weekend so that we can all spend more time outside next week.

Take care and stay safe

Kind regards,

Mrs Swift



Wild Art Competition

<https://www.rspb.org.uk/fun-and-learning/for-kids/rspb-kids-competitions/wild-art/>

The RSPB are once again teaming up with the Cameron Bespolka Trust to bring you WildArt 2020, and this year we're even bigger! We're on the lookout for talented young artists to enter our exciting competition.

What to do


Create a piece of art inspired by nature – let your imagination run WILD! There are 2 categories to choose from this year – REAL LIFE – entries using the more traditional approach of paints, pastels, acrylics, pens or pencil. And our new GO WILD category – for those of you who want to 'go wild' in every sense of the word. To enter this category, experiment with textiles, sculpture, recycled and eco-friendly materials, collages – anything goes!

To Enter

Please email a photo of your artwork to competitions@rspb.org.uk with the heading **WildArt 2020 Competition**, and don't forget to tell us your age and category selection! If your submission makes the shortlist, we'll be in touch with further details after the competition closes. WildArt is split into three age groups: under 8s, 8-12, and 13 years and over.

30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1	Day 2	Day 3	Day 4
You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.
Day 5	Day 6	Day 7	Day 8
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.
Day 9	Day 10	Day 11	Day 12
Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.	Dr. Who hires you to build a new TARDIS.
Day 13	Day 14	Day 15	Day 16
You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.
Day 17	Day 18	Day 19	Day 20
Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.	The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.
Day 21	Day 22	Day 23	Day 24
You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.
Day 25	Day 26	Day 27	Day 28
Design and build your dream bedroom.	You are elected ruler. Build a flag for your land.	Aliens are invading and you need to build a war robot to defeat them.	The aliens have taken over. They are impressed by your robot. They want you build one for them.
Day 29	Day 30		
You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile	What was your favorite day?	

STEM

Try 8 illusions that'll confuse your body, and investigate your sense of proprioception in this fun experiment for families!



<https://www.youtube.com/watch?v=5KMnZfAvlBQ>

By doing eight different illusions that trick your understanding of your own body, you learn how your senses work, and how they can be confused by conflicting information. In the process, you learn how your senses combine to create the full perception we have of the world.

RAINBOW SCAVENGER HUNT

RED	ORANGE	YELLOW
GREEN	BLUE	PURPLE
PINK	GRAY	BROWN
BLACK	WHITE	TAN

First, talk about colours with your child. What colours do you see in the room around you? What is your favourite colour? You could even read a book about colours. Head outside or even just hunt around your home. Have your child look for something that matches each colour on the page and DRAW it!

STAIR CLIMB CHALLENGE!

Have fun, increase the amount of activity you do a day, and help your health...take the Stair-climb challenge.

Challenge yourself to climb a famous landmark or really go for it and get striding up one of the tallest summits on the planet!

Here's how:

Click on the link for the details

https://www.nhsggc.org.uk/media/213470/haw_challenge_stair_climb.pdf

Virtual buildings	No of steps	No of flights
Millennium Dome, England	320	21
Sydney Opera House, Australia	425	28
Clifton Suspension Bridge, England	490	33
Big Ben, England	632	42
Forth Rail Bridge, Scotland	680	45
BT Tower, Birmingham, England	997	66
Blackpool Tower, England	1,036	69
Seattle Space Needle, USA	1,164	78
Canary Wharf Tower, England	1,600	107
Petronas Twin Towers, Malaysia	2,860	190
CN Tower, Toronto, Canada	3,500	233

See if you can encourage family members to get involved...

Think about the good feelings you experience when you are active and how much you have accomplished.



MISSION VERY POSSIBLE!

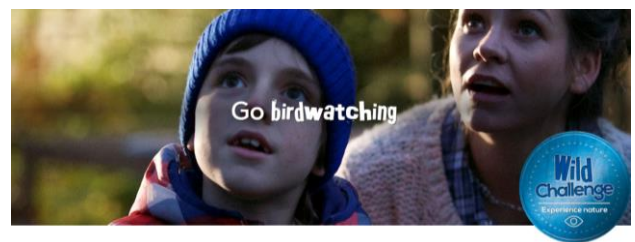
• FLATBREADS

350 g self-raising flour , plus extra for dusting
1 teaspoon baking powder
350 g natural yoghurt

1. Add all the flatbread ingredients to a mixing bowl and mix together with a spoon, then use clean hands to pat and bring everything together.
2. Dust a clean white surface with flour, then tip out the dough.
3. Knead for a minute or so to bring it all together.
4. Divide into 12 equal-sized pieces (roughly the size of a golf ball).
5. With your hands, pat and flatten the dough, then use a rolling pin to roll each piece into 12cm rounds,
6. Place the griddle pan on a high heat, then once hot, cook each one for 1 to 2 minutes on each side and puffed up, turning with tongs.



Mindful Moments- Birdwatching



Spread your wings into the wonderful world of birds. Stick your beak out, use your eagle-eyes and get spotting! What can you see near you?

Our gardens, countryside and even towns and cities, are full of amazing birds.

Find a comfy spot to perch at home looking out of your window over your garden, neighbouring park or even just the trees in your street and see what you can spot!