

# Kenmont Primary School Newsletter

## SPRING EDITION 3

Friday 29th January 2021

Value of the month: **Hope**

### Whole school assembly

It was great to see 78 attendees at the whole school assembly today. Thank you to the children for keeping their microphones and cameras off. Whole School Assembly meeting links will be shared via ParentPay and Google Classroom each week.

In the assembly today, Miss Stokes mentioned the 28-Day February Fitness Challenge. We are challenging you to stay active and healthy this February. Each day you have a new challenge to complete that focuses on your wellbeing. On page 2 you will find the challenge. Please cross off or highlight which challenges you complete. You do not have to complete them on the right day or in the order written down. The most important thing is to have fun, try your best and feel good! Miss Stokes will be doing a live workout at 2pm on Monday 1st February - it will be recorded for those who cannot attend. The live workout link is: <https://meet.google.com/diq-ckwb-rse>

### CBeebies Space Week

<https://www.bbc.co.uk/cbeebies/curations/space-week>

### Parent-Teacher Consultations

Consultations will be taking place after the half term break, further information will be shared. We will be running the consultations virtually.

### Free School Meals

We are asking all families to please check or confirm their eligibility for free school meals, especially if circumstances have changed since the pandemic.

All Kenmont families should visit [www.lbhf.gov.uk/benefits/student-benefits-and-grants](http://www.lbhf.gov.uk/benefits/student-benefits-and-grants) and complete the online form if applicable. Families entitled to FSM will be sent supermarket vouchers for the lockdown period.

### Value of the week certificates

**Nursery:** Alana, for growing in confidence and having lots of conversation with her peers and teachers. Alana is doing fabulous learning. Thank you being great at 'P.E. with Joe Wicks'.

**Reception:** Oscar, consistently putting 100 percent effort into all the tasks he is given.

**Year 1:** Rayyan, for consistently working hard, submitting his work and remaining positive.

**Year 2:** Emily, for working hard, helping others, being positive with her learning and checking in on others.

**Year 3:** Rose, for completing some of our Google classroom learning as well as her own home workbooks and extending her learning by going on bird watching nature walks, bike rides and getting creative making a tin can alley with her mum.

**Year 4:** Robin, for bringing such a positive vibe to online learning and helping her peers.

**Year 5:** Mo, for displaying incredible effort and focus throughout his home learning work and producing some excellent writing. Showing hope for the future!

**Year 6:** Jackson, for his positive online engagement.

## Kenmont February Fitness Challenge! How many can you complete?

<b>Day 1</b>	Take part in the live workout session with Miss Stokes and Coach Alex.	Day 2	Breathe mindfully for 2 minutes. (think about chime time in school)	Day 3	Complete 3 Just Dance routines.	Day 4	Meditate for 4 minutes.	Day 5	Eat 5 portions of fruit and veg.	Day 6	Create a fitness routine with 6 exercises.	Day 7	Do one of Miss Stokes' 7-minute Yoga videos.
<b>Day 8</b>	Pick an object up from the floor without using yours hands 8 times.	Day 9	Drink 9 cups of water through the day	Day 10	Throw an object in the air and catch it 10 times in a row without dropping it.	Day 11	Touch your toes 11 times.	Day 12	Complete 12 squats.	Day 13	Move continuously for 13 minutes.	Day 14	Go for a family walk (or a family workout) that is at least 14 minutes long.
<b>Day 15</b>	Do 15 burpees. (Watch Coach Alex's video of how to do them)	Day 16	Do 16 sit ups.	Day 17	17 minutes of fresh air.	Day 18	Balance a book on your head for 18 seconds.	Day 19	Do 19 star jumps.	Day 20	Do one of Coach Alex's 20-minute lessons	Day 21	Touch the floor and jump 21 times.
<b>Day 22</b>	Side step between 2 items 22 times.	Day 23	Clap and Catch 23 times.	Day 24	Do 24 step in, step outs.	Day 25	Balance on one leg for 25 seconds.	Day 26	Speed bounce each way 26 times.	Day 27	Do 27 Star Jumps.	Day 28	Complete 28 minute exercise disco with Miss Stokes and Coach Alex.

### Big Garden Birdwatch

It is the Big Garden Birdwatch this weekend. To participate, you simply pick any time between 29th and 31st January to spend an hour watching the birds in your garden, and then tell us what you have seen.

Of course, there is always the chance that you do not see anything during your birdwatch, but that is still useful information. If you are not sure what type of bird you have seen please look at the sheet below, which can also be found at <https://www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird>. You can submit your results online at [rspb.org.uk/birdwatch](https://www.rspb.org.uk/birdwatch) until 19th February.

# Spot it! Birds and mammals

Grey squirrel

Ben Hall (rspb-images.com)



Blue tit

Ray Kennedy (rspb-images.com)



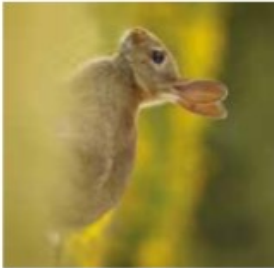
House sparrow

Ray Kennedy (rspb-images.com)



Rabbit

Ben Hall (rspb-images.com)



Blackbird

Ray Kennedy (rspb-images.com)



Carton crow

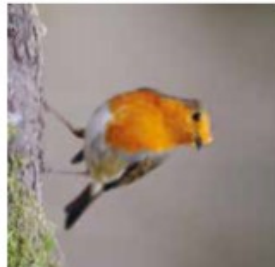
Nick Upton (rspb-images.com)



Seen something else? Draw it!

Robin

Ray Kennedy (rspb-images.com)



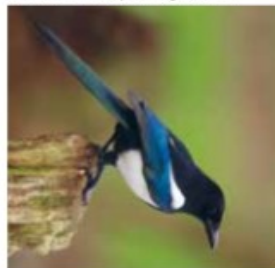
Black-headed gull

David Norton (rspb-images.com)



Magpie

Ben Andrew (rspb-images.com)



Woodpigeon

Andy Hay (rspb-images.com)



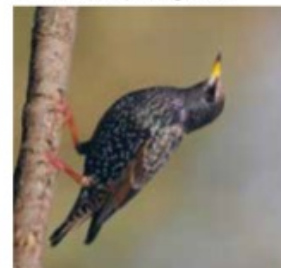
Song thrush

Ray Kennedy (rspb-images.com)



Starling

Ben Andrew (rspb-images.com)





Kenmont Primary School

## Kenmont Safer Internet Day Competition Due date: Tuesday 9<sup>th</sup> February 2021

This year in the UK, Safer Internet Day explores reliability online. The internet has an amazing range of information and opportunities online, but how do we separate fact from fiction. Safer Internet Day will be celebrated globally with the slogan:

***Together for a better internet.***

### Competition details:

Design a poster that spreads awareness about the importance of staying safe on the internet.

### Your poster could include:

- Slogans
- Bright colours
- Poem
- Important messages
- Pictures



### Submitting information

Submit your poster to google classroom before or on **9<sup>th</sup> February 2021** and winner will be announced during Friday's assembly

**Good luck!**

**From**

**Miss Hawkes**

# Children's work

## MAGPIES

Winter bowed farewell days ago.  
All the delicate buds are now leaves,  
Which sprouted in the spring wild.

From when the spring dwells  
A magpie is singing  
Singing in the morning  
Singing in the mercurial evening  
And singing in the rising sun.

Sometimes the myriad morning sky,  
Is filled by an airy tune  
But still a dream of finding a loving mate  
Burns on in his little heart.

By Max, Year 5