



# Newsletter

**2020/21 Issue 13 – Friday 18th June**

## **Year 1 & 2 Visit the Botanic Gardens in Cambridge**

There is a danger of this sounding like a normal newsletter this fortnight.

On Wednesday this week, Year 1 & 2 visited the Botanic Gardens in Cambridge to support their Scented Garden project.

During the day, they thought about the story of Handa's Surprise and talked about where in the world the different fruits come from. They spent time in the sensory garden, where they were allowed to collect samples of different plants which they like the smell or feel of. There was also the chance to find some of the plants which give us different medicines today, or that were thought to have medicinal properties in the past. Finally, they visited some of the poisonous plants – and, of course, this time, were not collecting samples!

It all sounds that a great visit. My thanks go to Mrs Stanley for organising the visit, Mrs Sharred for accompanying and the army of parent helpers who supported too. I am so pleased that we have some visits back on our calendar.



## **Swimming**

Swimming is well and truly underway and I am pleased to say that the new levels don't seem to be having a detrimental effect on the children – I don't think anyone has noticed.

Please can I remind you that children need swimming hats (to stop hair getting into the filters) and children cannot wear any jewellery in the pool. Earrings need to be removed on swimming days if children cannot do this themselves.

## Classroom Environments

On our training day on the 7th June, all staff worked hard to improve the learning environments in the classroom. With so many Covid changes over the last year (sitting in rows, not being able to share resources, having to quarantine a large number of items), we felt it was time for a bit of a revamp now that restrictions are slowly lifting. We are very pleased with the results and it was a joy to see everyone working together on this common aim following a year with everyone in their very-own bubble!



Obviously, Covid restrictions are not completely relaxed yet, and the delay to the next step was announced this week. But it does feel in school as though we are starting to think a little more about the normal things.

### Congratulations to...

- Nyall (Year 1) who has achieved his 50m swimming certificate.
- William (Year 5) who has passed his next Tang Soo Do grading and is now 'senior orange'

If you have anything you would like celebrating in our Congratulations to section, please email me at [head@fowlmere.cambs.sch.uk](mailto:head@fowlmere.cambs.sch.uk) with the subject, 'Newsletter'.

### Reminders

- I notice that we are back into some variable weather. Please can you make sure your children are prepared for sun, rain, wind or hail each day! Whatever the forecast promises...

### Dates for your diary

<b>Thursday 24th June</b>	Class 4 Trip to Grafham Water
<b>Thursday 1st July</b>	MVC Transition visit to Year 6 (a teacher is visiting us as children can no longer visit MVC)
<b>Friday 2nd July</b>	New Class Visits for children
<b>Thursday 8th July</b>	MVC Transition Visit to Year 6 <b>NEW</b>
<b>Friday 9th July</b>	New Class Visits for children
<b>Thursday 22nd July</b>	Year 6 Leavers' Assembly
<b>Thursday 22nd July</b>	Last Day of Term

## **PTFA Reminders**

### **100 Club**

There is still time to get involved in the 100 club.

- £5 per month - draws on last Friday of each month (except August - double draw in September)
- 1st prize £70, 2nd Prize £42, 3rd Prize £16.80, 3 x 4th Prize £8.40
- Each month there is a £119 donation to PTFA

Follow the link below to join and be in with the chance of winning.

<https://forms.gle/gWZ8Hw4RbFy8qrfg7>

### **PTFA Tri-Activiti-lon**

Get sponsored to do 3 activities for an amount of time and every child who enters gets a medal. There is further information at the end of the newsletter.

<https://forms.gle/9pSzdDb1iHcGML2P9>

Stay safe and well.

With best wishes

Mr Philip Atkin

**Headteacher**

## Fowlmere School PTFA - FUND RAISING EVENT

### Fowlmere School Tri-activiti-lon



#### On Your Marks...

Get ready to take part!

Fowlmere School PTFA – Tri-activiti-lon is a fantastic way to bring our school community together while we are apart and everyone is welcome to join in, so get your family and friends involved too!

All sponsorship monies raised will be supporting Fowlmere School, but you do not need sponsorship to take part, we would love as many families to join in as possible and everyone who submits their Google form to tell us what they have achieved gets a medal. <https://forms.gle/9pSzdDb1iHcGML2P9>

Sponsorship can be given as a donation via our Just Giving page with the additional option of leaving a message of support so please share our link far and wide! - Fancy getting a team page together you can do this too: <https://www.justgiving.com/crowdfunding/fowlmeretri-activiti-lon>

Feel free to email any pictures to the PTFA email: [ptfa@fowlmere.cambs.sch.uk](mailto:ptfa@fowlmere.cambs.sch.uk), these will be used to advertise the event on the PTFA facebook page and to email out to parent of pupils.

**Get Set...** Warm up - Don't forget to warm up before you start, if you need some ideas have a look at Go Noodle and Cosmic Kids, Joe Wicks also has set warm up and warm down videos.

- Go Noodle <https://www.youtube.com/user/GoNoodleGames>
- Cosmic Kids Yoga <https://www.cosmickids.com/category/watch>
- Joe Wicks <https://www.youtube.com/user/thebodycoach1>

**Go!!!.....** Choose three of the following exercises to create your own triathlon, grab a timer and get going!

Running – Cycling/Scooting – Skipping – Jumping – Hopping – Dancing

(Further details over the page)

#### Suggested Timings:

Early Years: 1 minute per exercise – 3 minutes in total

Key Stage One: 2 minutes per exercise – 6 minutes in total

Key Stage Two: 3 minutes per exercise – 9 minutes in total

Adults: 5 minutes per exercise – 15 minutes in total

You can increase or decrease your timings if you wish, but please keep yourselves safe!

*While participating in the Fowlmere School Tri-activiti-lon please be mindful of social distancing measures for the safety of yourself and others.*

**Create Your Own Tri-activiti-lon – What Will You Do?**



### **Running, you could:**

- Run on the spot (add ducking and jumping to add to the fun!)
- Run around a circuit
- Run like your favourite character

### **Cycling/Scooting, you could:**

- Air cycle (on your back, lift your legs and move them in a pedalling action)
- Ride your bike/scooter

### **Skipping, you could:**

- Skipping without a rope (elbows by your side, arms out and rotate your wrists, jump when your hands are at the lowest point)
- Skipping with a rope (can you cross skip or skip backwards?)

### **Jumping, you could:**

- Jump on the spot (straight jumps/kangaroo jumps/star jumps/froggy jumps)
- Show jumping (set up obstacles for you to jump over)

### **Hopping, you could:**

- Hop on the spot
- Hop around a circuit (add in a basket of toys, to collect!)

### **Dancing, you could:**

- Dance in your favourite style (tap/floss/street/ballet/disco)

Be inspired!

Come up with your own exciting variations on our activities.

There are lots of videos on YouTube which could help you to develop skills like dancing, skipping and cycling. The NHS 10-minute-shake-ups have some fun ideas too to make your hopping, jumping and running challenges even more enjoyable!

<https://www.nhs.uk/10-minute-shake-up/shake-ups/judys-hopathon>

<https://www.nhs.uk/10-minute-shake-up/shake-ups/pumbaas-hippo-hops>

<https://www.nhs.uk/10-minute-shake-up/shake-ups/baloos-ball-super-skills>

<https://www.nhs.uk/10-minute-shake-up/shake-ups/jumping-with-destiny>

<https://www.nhs.uk/10-minute-shake-up/shake-ups/dashs-ball-skills>

<https://www.nhs.uk/10-minute-shake-up/shake-ups/simbas-jungle-skills>

