


Fun facts!



Kangaroos can not walk backwards

DID YOU KNOW?



An Octopus actually has 6 arms and 2 legs, not 8 legs


A group of penguins in the water is called a **'raft'**. But, a group of penguins on land is called a **'waddle'**.

KETCHUP was sold in the 1830s as medicine.



In just the first week of 2021, hundreds of locals in Indonesia have helped to clear 110 tons of plastic off four beaches (equivalent to the weight of 57 cars!)

The dot on top of the letter 'i' is called a tittle.



World's only known white giraffe has been fitted with a GPS tracker to help protect it from poachers as it grazes in Kenya

What have we been doing at home?

Over the coming two months Jessica in Japan Class will walk or run 85km for charity. All sponsorships will help raise funds for Colchester Zoo, which is the largest private zoo in the UK. Go Jessica!



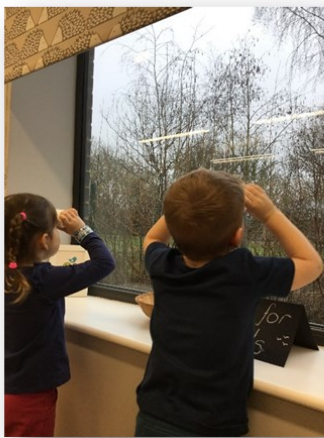
Welcome to the world little one. Warmest congratulations to Miss Sparrow on the arrival of her beautiful girl, Poppy. We cannot wait to see them both.

How amazing! Ewan in India Class got a Blue Peter badge for an incredible bridge that he created. I think that looks as strong as London bridge.



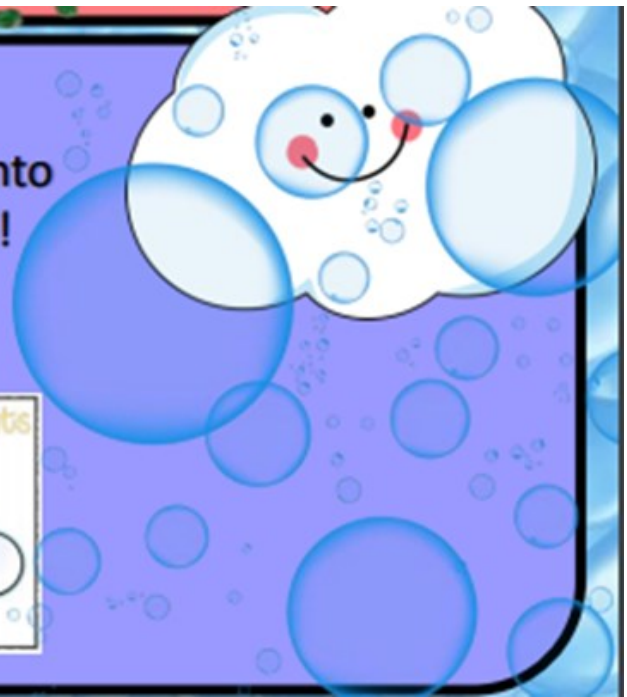
Update from Evergreen...

In Oak Room it has been all about the mud. The mud even made its way into a few Nursery pies. Meanwhile, in Maple room the children have enjoyed making birdfeeders to hang outside. Maple children waited patiently out of the window (with their hand made binoculars) to see what birds their feeders attracted. The variety of birds were amazing. They certainly gave Miss Thurlow a run for her money.



Proud Clouds

Write down reasons that you are proud onto clouds and display them on the window!
Read them and smile!



Chair



Standing tall with a straight spine. Feet shoulder width apart. Lift your arms above your head. Imagine that you are about to sit in a chair and slowly bend your knees.

Feel the strength of your legs as you hold this position for a moment or two.



Dancer

Balancing on your right leg, bring your left leg up behind you as your left hand holds onto your left ankle. Lean your torso slightly forward, stretching your right arm forward to help with balance. Arch your left leg up behind you.

After a few moments, bring your left leg back to the floor and try it again, switching sides.

Frog



Standing with your legs slightly more than hips width apart. Face your feet slightly outwards. Bending your knees, move down into a squatting position. Bring your upper arms to the inside of your knees and place the palms of your hands together.

Balance here for as long as it feels good.

Standing straight, bend your left knee and place your foot on the standing leg, below or above your right knee. Focus on balancing while you lift both arms above your head, gently placing your palms together.

When you are ready, switch sides. This time balance on your left leg.

Tree



yoga POSES for kids

WHOLEhearted
SCHOOL COACHING



Warrior

Standing tall, step one foot behind you, facing it out at a slight angle. Bend your front leg into a lunge position, facing the front foot forward. Lift your arms above your head toward the sky, while keeping the top part of your body also facing forward.

Cow

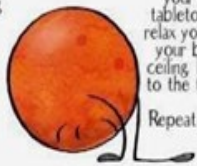
Getting down on your hands and knees, make your back flat like a tabletop. Breathing out, arch your back, letting your tummy sink towards the earth as you lift your head looking forward. Breathing in, return to the tabletop position.



Cat

Getting down on your hands and knees, make your back flat like a tabletop. Breathing out, relax your neck and round your back towards the ceiling. Breathing in, return to the tabletop position.

Repeat this a few times.



Downward Dog

Bending down, place your hands flat on the ground while you step your feet back, turning your body into an upside-down V shape. Reach your heels towards the floor, straightening your legs. Relax your head and neck.

Hold this position for 15-30 seconds.



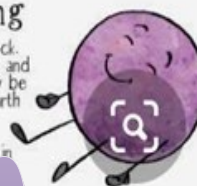
Kite

Standing tall, take a deep breath in as you raise your arms up towards the sky. Place the palms of your hands together. Lean to the right, feeling the stretch on the left side of your body. After a few moments, slowly lean to the left, feeling the right side of your body stretch.

Star Gazing

Lay down on your back. Stretch out your arms and legs, letting your body be supported by the earth below you.

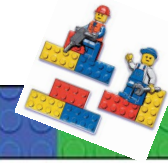
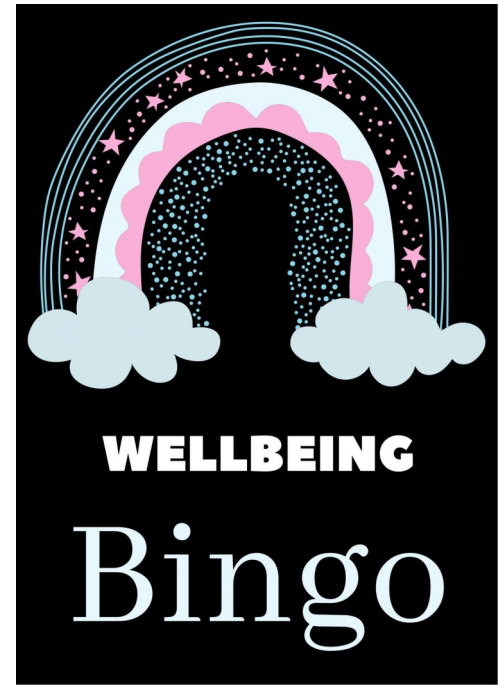
Just rest, breathing in and breathing out.



Can you show us a pose?


In the past week I have...

Sung in the shower 	Played with a furry friend 	Had a good sleep 	Spent some time with my family/friends 
Listened to my favourite tune 	Read a good book 	Watched a great movie/TV show 	Eaten something delicious 
Done some exercise 	Stayed hydrated 	Drawn a picture 	Laughed until my cheeks hurt 
Spent some time in a park 	Danced 	Treated myself 	Visited somewhere new 



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?

Hello Reception and Year 1!

Over in Reception, they have been exploring the text *The Little Red Hen*. All the children thoroughly enjoyed making and tasting the bread. Furthermore, they went the 'extra mile' creating a picture of the hen outside using natural materials.



Watch out! The dinosaurs have hatched down in year 1. Look out for their footprints...



Look at us...

Year 3 have been baking lots this week. Check out Emily's, Poppy's and Lexie's baked goods. Yummy!!

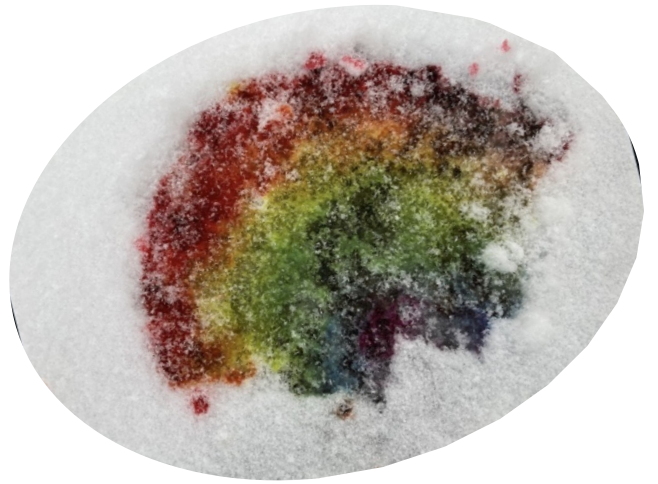


In year 4, they have been decorating biscuits to show their feelings. What a lovely way to articulate how you feel year 4.



A SNOW DAY AT
ABBOTS GREEN





Why don't you try...



How long will your paper chain of kindness be?

Gratitude walk

Go for a walk around your house, garden, classroom or school. Use your senses of sight, hearing, touch, smell and taste to make a list of things you are grateful for. Write them below

The worksheet is titled "Gratitude walk" and contains five large rectangular boxes for writing. Each box is labeled with a sense: "Hear", "See", "Touch", "Smell", and "Taste". The "Touch" box is the largest and is positioned in the center. The other boxes are arranged around it. There are several star-shaped icons scattered throughout the page, and a banner with triangles is at the top.



Mindful at home: a scavenger hunt

Find something bumpy	Find something that tastes sweet	Find something that makes you happy	Find something noisy	Find something soft and fluffy
Find something the color of the sky	Find something that can be used to make music	Write a nice message or draw a nice picture for someone	Show a family member how you take 3 deep breaths	Help a family member
Sit quietly for one minute and pay attention to what you hear and smell	Listen to music you love	Look out the window and notice something you never saw before	Make someone laugh	Find something round
Find something you feel grateful for	Find something that is fun to eat	Find something shaped like a heart	Find something that helps you relax	Find something with a strong smell
Find something you like to look at	Find something that is your favorite color	Find something cold	Give someone a compliment	Find something that smells good

More learning...



This week, Jack from Norway class performed this marvellous poem about rainbows. Jack, you certainly mirrored the rainbow, making us smile and cheer.

A WEB OF DESPAIR

A shifty resident of Weville was arrested last night for involvement of an innocent, young fly's death; He has been sentenced to life in prison after being found guilty of her disappearance.

According to many residents in Weville, Fly was murdered in the large dollhouse last Friday. Police were unable to locate her body but found a large web, many of her things and a note. It read, "HELP".

Spider, who lives in the tenebrous part of Weville, has reportedly been a suspect involved in disappearances of flies for several years but has always avoided being found out - until now. Witnesses and many passers were said to be unanimous in noting many flies having entered his property, never to come out again.

Many have gathered this morning to watch the murderous spider being arrested. Detective Donna Drazonffy



The murderous spider scuttling away into the darkness.

Eye-witness accounts suggest that Fly was last seen entering the spider's house, although she was reportedly owned by her close friends that the spider was deadly. Larry Ladybird, who was a good friend to Fly stated, "oh, I did try to warn her but now she is gone! Fly will definitely be missed".

A passer by had a different opinion however "Well, first of all it's sad to hear

By Logan



By Noah N



WEB OF FLIES



It has been confirmed that spider, from the doll's house in the attic, has been found guilty of the disappearance and murder of fly. He was convicted last Friday in downtown bug city and sentenced to life in prison.

After a thorough search of spiders house a note saying help was later identified by flies' mother as being written by fly. Detective Inspector buzz said, "This was the evidence we needed to put spider away for a very, very long time."

By Amelia

South Africa class have been exceedingly busy impressing Mrs Heath with their tremendous newspaper articles.

'We're going on a bear hunt' was cheered as year 1 learnt that big goals can be split into small steps.



Wow! Year 2 really have been expressing their artistic skills this week. These pictures absolutely pop!



Check out Kenya Class who spent an hour expressing themselves through dance. Miss Morgan really noticed that their confidence rocketed.

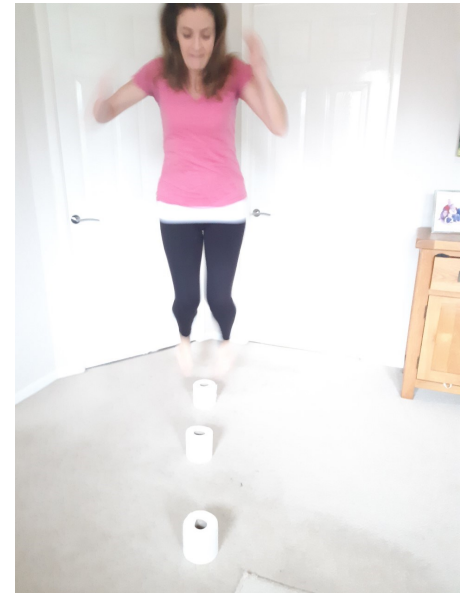
Kenya class and music discovered that P.E could work so well together. They used footballs to illustrate their rhythm and tempo boldly. Let's just say they indisputably explored a variety of genres of music this week.



Mr Newson has been overly impressed with everyone's effort at Abbots Green.



Can you guess what these children's books are?



Mrs Sadler trying to beat year 3 in the P.E challenge. How many can you jump?

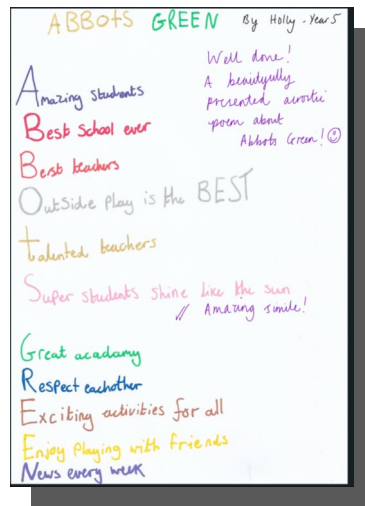
Wow! This week year 6 have been participating in an aeroplane competition. Their optimistic attitudes shined through.



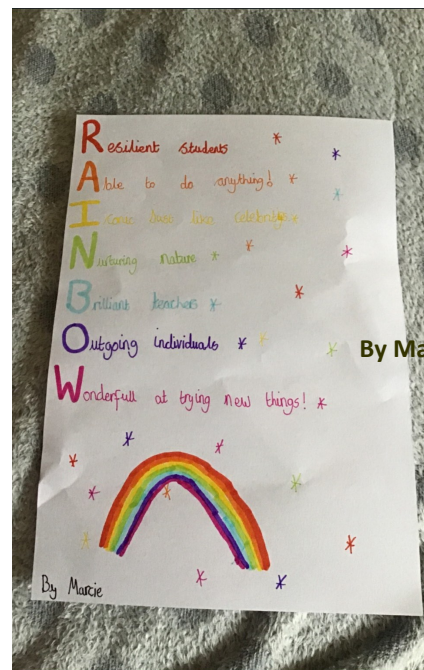
Amazing work from Russia Class - creating acrostic poems to inspire all.



By Harry



By Holly



By Marcie



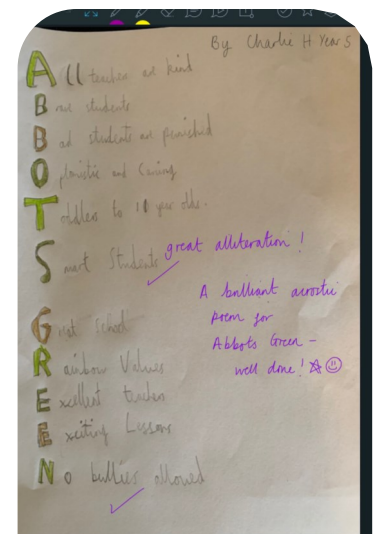
By Chase

Over the rainbow are brighter times, with
Virus free countries for people to enjoy
Everyone stays at home right now to save lives and
Reasonable measures are in place to keep us safe

Teachers are teaching and zooming online
Helping children to learn their work from home
Everything is so strange during this pandemic

Remaining at home means indoor play
Arts and crafts, baking with fun and games
Inside our houses we're safe and warm
Nothing though replaces seeing family and friends
But one day in the future
Once all the vaccines are given
Will be the brighter times for us all to enjoy!

By Chloe



By Charlie H

Rainbow

Daily running
Always keeping fit
It can be hard sometimes
Love running
Year 5 are the best
Miles and miles of running
Is good for our health
Leaping out the door to start
Enjoyment and exciting

By Cole

Respect each other's choices and opinions .
Always optimistic and ready to learn.
Independent students sparkle as bright as stars,
Noticeable.nice.neat uniforms that show who we are.
Believe and you can follow your dream .
Outgoing in every single way,
We are special and unique!

By Esmae



To:
From:

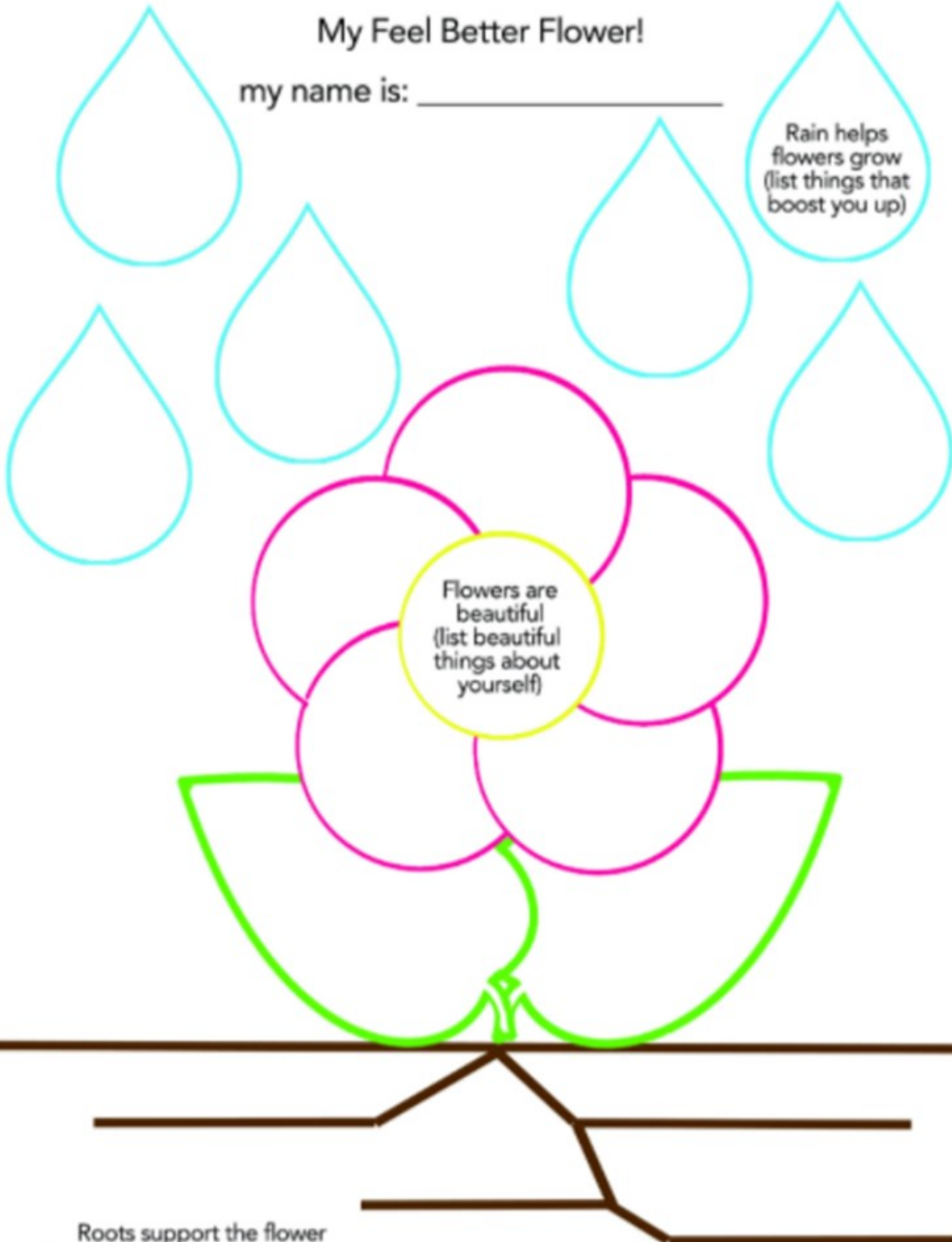
MAIL-A-HUG





My Feel Better Flower!

my name is: _____

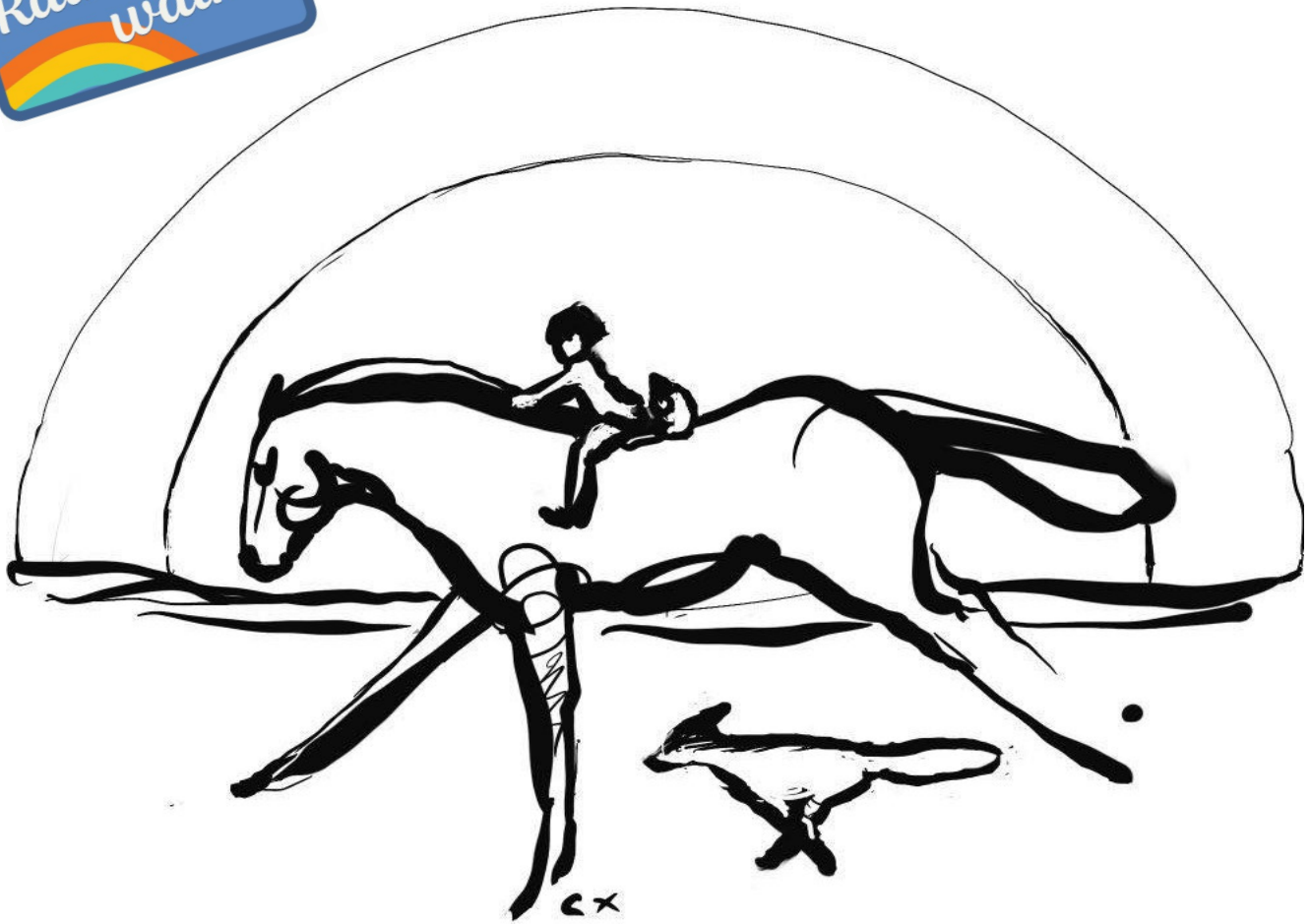


Roots support the flower
(Name people that support you)





Exciting news! Inspired by Charlie Mackesy, we are now commencing the Rainbow Walk. Colour in our rainbow poster and then display it in your front window. How many can we spot in our community? We can't wait to see them all around Bury St Edmunds and beyond. Why not try and add your rainbow values. Spread the word, spread the joy and spread the rainbow!



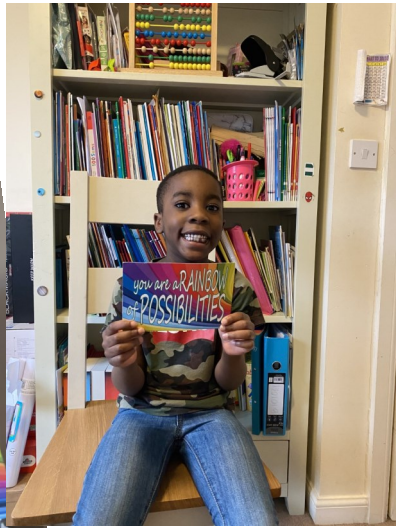
Colour us in with a rainbow!
Love  Charlie

Can you try and present your healthy snack in a creative way?

change 4 life



Proud of my 'selfie'





Create a

GLITTER JAR

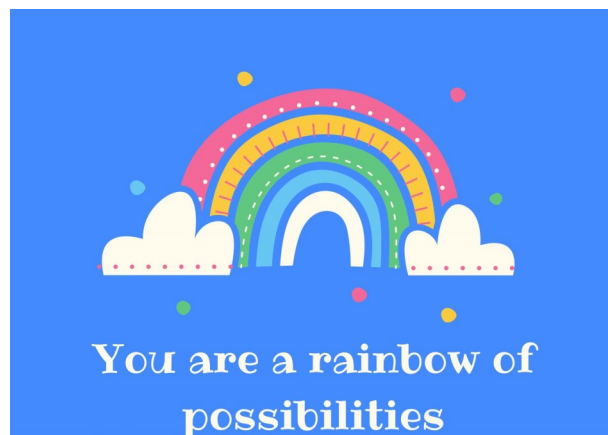
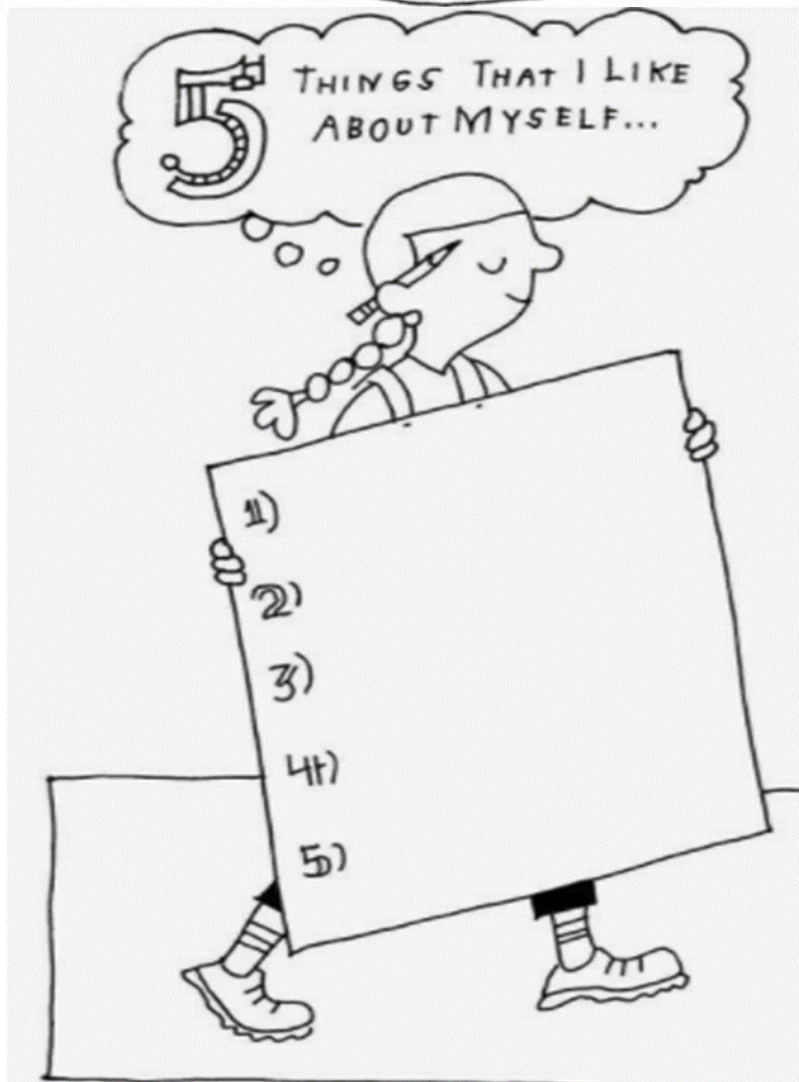
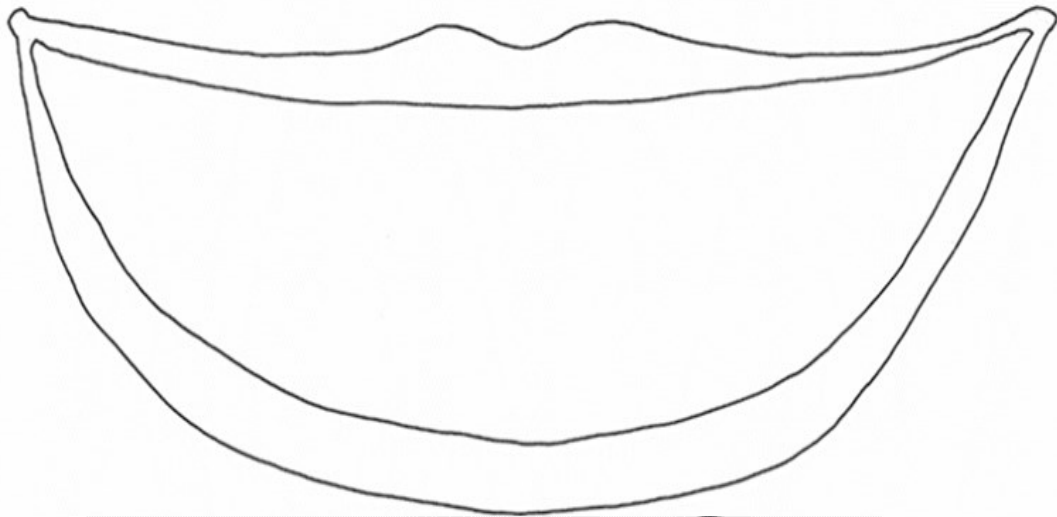
- ★ Finding a jar or plastic bottle and allow your child to decorate it however they like.
- ★ Fill the bottle up 3/4 of the way with water. Next, add clear glue, food coloring, and glitter then shake.
- ★ Seal the lid and you are ready to go.



Truly scrumptious! Year 5 have been energetic, making chocolate bananas on the BBQ. Look at those smiles.



THE SOUND OF LAUGHTER COMES TO MIND WHEN I THINK OF...



The next issue will be out on Friday 5th March 2021.