



Principal's Message Week Beginning 23rd March 2020

Tuesday 24th March

Good morning everyone,

Last week was a strange week boys and girls, we were in school and off school and now we are off again but for a much longer time. We all need to get used to a new routine and a new way of planning our day and working. Week 1 work is up in the class folders and your teachers will also directing you to new and exciting things to do and learn.

This week we are going to look at how to keep active both inside and outside our homes. The weather has been nice for a few days but today is a little bit cooler and certainly not as sunny. It is however still a good idea to go out to the garden or go for a walk to get some fresh air, please just remember to stay away from others.

Here are some links to a few resources for getting some exercise in your homes. Out of the Ark have a new action song for each day of the week, so you can sing and move, Gary from Core Kids NI, and who many of you know from school is having a live family workout every morning ...at 11 am. Body Coach Joe Wicks is also having a PE class at 9.00am so you could even do all three!!!

Links below:

<https://www.outoftheark.co.uk/ootam-at-home/...>

<https://www.facebook.com/corenicorekids/>

<https://www.thebodycoach.com/blog/pe-with-joe-1254.html>

Thursday 26th March

Can you believe it's Thursday already boys and girls.

This week in addition to the school work you have been completing we have been encouraging you and your whole family to keep exercising - be in the garden or in the house, so we hope everyone has either had a go at the Out of the Ark action songs or the daily workouts from Core NI or Joe Wicks daily.

Today I have added a new poster for Children's Yoga just so you can mix it up a bit or use it as part of your quiet time in the afternoon.

Just as important as physical health is how we feel on the inside. During the last 7-10 days all our lives have changed. We have new routines and are trying to get used to a new way of spending our days.

It is important we talk to the adults at home about how we are feeling and remember our PATHS Control signals, Calming Down strategies and Problem Solving techniques. Think what would Twiggie do?

You'll be pleased to know boys and girls that I'm now going to give your parents some things to read and do as well. Grown-ups in the Principal's letters you will find-

- ✓ A story "Why School is Closed" that might help explain things to younger children.
- ✓ Coronavirus Staying Safe story for younger children
- ✓ Some breathing exercises for those who are anxious.
- ✓ Telephone and web support for children
- ✓ 5.Mental Health and Coping with Coronavirus.
- 6.Managing Coronavirus and Anxiety.

Hope you find some of these useful for the whole familyand don't forget to tune into yoga with Anne Monaghan on Facebook if you need a little bit of chill out time!!

Take care everyone.