

FLORA NEWS



Ms Elven's Blog

During the Christmas holiday period, I was looking for a challenge to get myself through at least a month of lockdown when one of my running group told me about RED January. Whilst the RED stands for Run Every Day they suggest that it can be any form of physical exercise for the whole month. How difficult could this be given that I already run 5 times per week so I only needed to incorporate 2 additional days of exercise each week.

New Year's Day has always started with a double parkrun for me and whilst parkrun is currently on hold it didn't stop me getting out and running through two of my local parks as I would have done normally. So, on day 1 I had run 10km, now I just needed to plan the rest of the month!

I downloaded a calendar from the website, <https://redtogether.co.uk/red-january/>, to keep me motivated throughout the month. When school resumed on 4th January I stepped Mr Finney with his plan to run a live exercise session every school day with the pupils at 12noon. I decided at this point I would join in each Friday either from home or school depending upon my day. I even wore my fancy dress last Friday. I also used Joe Wicks and Kelly Holmes on Monday to make up a full week of exercise as I could fit these in around my day.

By the 28th of the month my legs were really starting to feel tired and were aching, especially as I had a tumble on a run on 27th, but at least I managed to pause my Strava whilst I was flat out on the pavement. As I was running with a friend on Saturday 30th, I knew I couldn't let them down and we had planned a cross country run as this is much kinder to our joints. What we didn't realise was that one of the paths was flooded, as the lake had burst its banks, so we decided to take a detour and ended up ankle deep in mud instead.

During the month, I was also completing running challenges which had been set by my club as well as a virtual run from Land's End to John O'Groats (LEJOG 2021), and I am currently at Bridgwater, Somerset. I decided on the final day I needed to end the month in the way I had started, so that meant another 10km. This ended up being one of my slowest 10km runs to date, but the feeling of euphoria when I had completed the challenge was overwhelming.

My statistics for the month came in as:

Runs -	34/129kms
Walks -	4/30kms
Fitness -	8/157mins

RED January supports the UK charity Sport in Mind, that uses sport and physical activity to improve the lives of people experiencing mental health problems. As January ended we have moved straight into Children's Mental Health Week, which is all about expressing yourself, so perhaps Mr Finney should have saved the fancy dress until today!

Value Award Winners

Nursery: Aaliyah G, Zalman, Alex V, Aliya M, Alex Y & Marwan

Reception: Maryama

Year 1: Lou & Ramah

Year 2: Suraya

Year 3: Malachi

Year 4: Emilia, Rashid, Eldana & Efrata

Year 5: Eloise, Jacob, Maddie Aaliyah, Marley & Mila

Year 6: Kamarni

PE: Eloise – Y5

Music: Samira - Y4

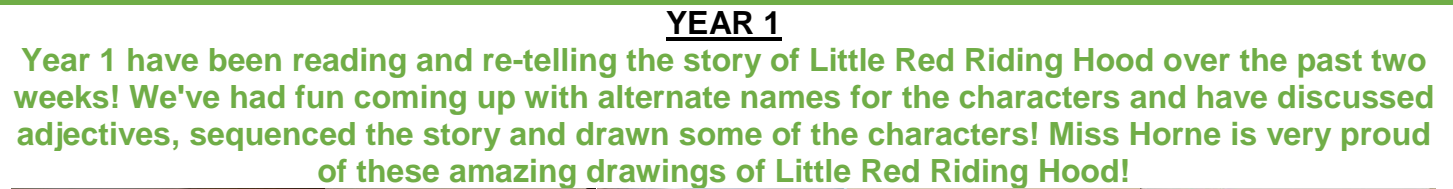
On Monday, you will be emailed a survey, asking for parents' thoughts regarding remote learning. It will not take you too long to complete and we really would appreciate your feedback. Thank you in advance for your continued support.

NURSERY

Nursery have been making lots of creative things this week. They made alien puppets, cooked lots of healthy foods and did amazing writing using the phonics sounds they have been learning. Ms Owolabi is extremely proud of the level and standard of work from Nursery class and here are a few examples of work. A big shout out to all of the children for doing amazing writing in their zoom lessons and their home learning books!



Last week, Reception read the story of ‘SuperTato’ and made wanted posters to try and catch the Evil Pea! We also made our own super fruit and vegetables and shared them in our live well-being session. Well done Reception!



Year 1 have been reading and re-telling the story of Little Red Riding Hood over the past two weeks! We've had fun coming up with alternate names for the characters and have discussed adjectives, sequenced the story and drawn some of the characters! Miss Horne is very proud of these amazing drawings of Little Red Riding Hood!



YEAR 2

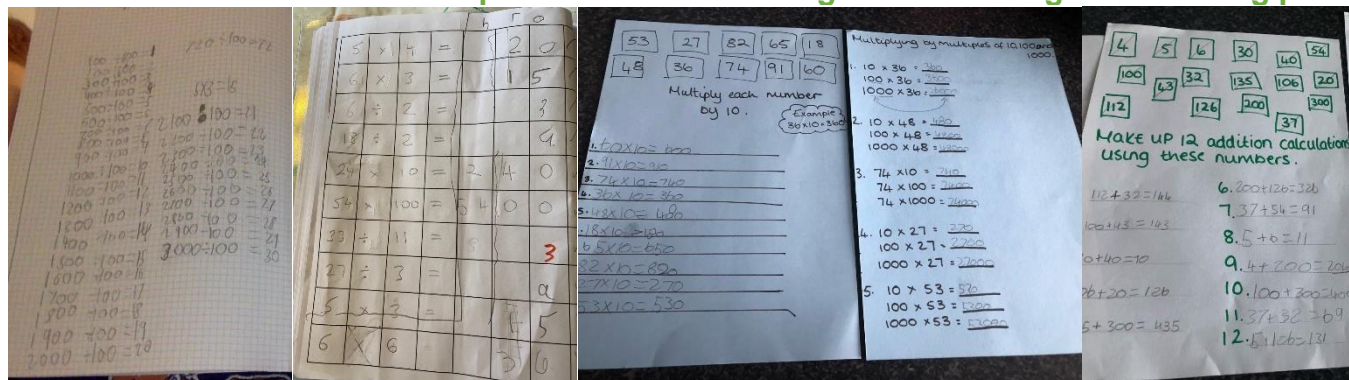
As it's Children's Mental Health Week, Year 2 have been looking after ourselves this week. We've taken some time out to do the things we love most and to have some mindful moments.

Here are some of hobbies we have that relax us:

1. Ruby-Lily did a 'colour your breath' activity. She listened to her breathing and used the pen to draw a line to represent her breath.
2. Deeqa took some time out to practise her tree pose and as you can see, she seems really pleased!
3. You can see Loaira concentrating hard on her masterpiece. Loaira loves practising her art skills to make herself, and others smile.
4. Shahad loves Sonic the Hedgehog! She was so excited to take part in some Sonic the Hedgehog yoga this week!
5. Suraya is in a deep meditation here... I wonder where her mind is? It looks like she's relaxing on a beach in the sun!

**YEAR 3**

This week in Maths we have been exploring multiplication and division facts. The children in Year 3 have worked extremely hard and are becoming experts in this area. They even beat Mr Carter on TTrackstars! Here are some pictures of the amazing home learning that is taking place.

**YEAR 4**

Mrs Sultan and Mr Beidas would like to give a massive shoutout to Emilia, Rashid, Eldana and Efrata for joining their live sessions every morning with such enthusiasm and an eagerness to learn. We are so proud of the progress they are making - keep up the good work!



YEAR 5

Year 5 have produced some beautiful artwork for the 'A View from a Window' project.



YEAR 6

Here is some brilliant artwork from Lily, Nadine, Jana and Xela. This is what they envisioned as a view from a window.

