

Dear Parents and Carers, Children and Families,

Hello July!

As a new month begins, I hope you are all staying well and remaining safe at home. I know we are all adjusting to a new phase of lockdown measures being introduced, however, it is so important we continue to follow government advice to continue to keep our families, friends and community safe.

Last week, we welcomed some of Year 5 children back into school. We were so happy to

see them. It still feels very strange for me not to be allowing all children to come back to school. However, throughout this time, I have had to do what I felt was right and in the best interests of the children, parents, families and the staff.

Year 5 have been settling back into the routines of school life, and enjoying seeing the teachers and their friends - even if it has to be from 2 metres away!

As we move through the month of July, we are coming into the season where we would usually be starting to think about sports day and celebrating sporting successes and achievements here at Wren's Nest. With that in mind, why don't you have your own sports day challenge in your garden with your family. I have tried to think about what you can do safely in your garden and have set the following challenges:

1.	Do 10 jumping jacks	
2.	Balance on 1 leg and count to 10, then repeat this and count to 20	
3.	Throw and catch a ball 10 times	
4.	Skipping race or see if you can skip 30 times without stopping	
5.	Have 10 goes at throwing/kicking a ball into a bucket	
6.	Bear crawl race across your garden	
7.	Jumping race/ see how far you can travel in 5 jumps	
8.	Hopping race	
9.	Welly Wanging - have you got a welly that you can throw, but only in the garden?	
10.	Traditional sprint race	

A note from Mrs Abbiss:

Hi Children,

As we approach the end of term, it has reminded me of lots of special, happy memories. Can you guess why?

This is the time of year we celebrate all of your sporting talents in our spectacular Sports Day.

Sadly, this year is going to have to look very different, however I still encourage you to take part in the Sports Day challenge.

As Mrs Parkes has said, why don't you involve your family or friends whilst remaining safe at home? Remember, any form of physical activity is great for your body and mind. I cannot wait to see you all again in the classroom but I also cannot wait to get you out on the field again. For some fantastic P.E sessions. Love, Mrs Abbiss x"



Mrs Parkes' ideas for the week:



- ☺ Remember to exercise daily for at least 30 minutes. Get the whole family involved with a 'Wrenna Workout!'
- ☺ Create a salt dough medal to celebrate sports day using the below recipe.

[How to make salt dough | BBC Good Food](#)

You could create it any shape you want, press objects into it to create texture and paint it when cooked - remember to make a hole in the top before you bake it to put some ribbon through to be able to wear the medal!



I thought I would remind you of some of the activities that we are doing online to support you at home during these unprecedented times. The school website is www.wrens-nest.dudley.sch.uk



The activities on our website include:

- **NEW!!** Fitness challenges 'Hula Hooping' featuring some Year 5 children and some familiar teacher faces - to help us stay fit and healthy!
- **NEW!!** Brain Teasers for all the family!
- **NEW!!** Listening to stories grown-ups have read - Post Office Travels read by Mrs Gallis and many more!
- **NEW!!** School Days during Lockdown - look at what we have been up to
- **Magic Mathematicians** - lots of activities for you to complete at home
- **New!! Get Cooking** - tasty recipes for you to follow at home and to share with the whole family
- **NEW!! Super Scientists** - 'My First Book of Dinosaurs' - Enjoy learning all about magnificent dinosaurs.



We really do hope you take part in and enjoy them!

Please, if you are not on Parent Hub, download the **FREE App** on your phone today! **Please scan the QR code using your camera device on your phone and it will take you directly to the link for the app.**

It is an excellent way to keep up to date with everything that is happening at Wren's Nest, particularly at this difficult time.

It will suggest ideas for you to do at home as well as keep you updated with key information from school.

As always, it remains very important that we continue to support our families during this very uncertain time.

Our school mobile phone is continuing to be held either by myself or another member of the Senior Leadership Team and is a way of contacting us, should you need to, so we can provide you with appropriate help and assistance.

The mobile number is: 07858 986604

Take care of yourselves, **PLEASE** remember we are here if you need us.

Love, Mrs Parkes x

