**Week beginning: Monday 18/05/20**

Dear All,

I hope that the ability to get outside more often is helping! You may have seen that Sonia has posted a message on the website about the latest plans for the rest of this term but if not here is the link below.

<https://osborneschoolwinchester.com/2020/05/14/parent-carer-update/>

**Half-term** It is rather surreal to realise that the week beginning the 25th of May is the half-term break. Sonia has said that she would like this week to be treated as a holiday. However she understands that you may well want activities set. I am therefore not planning to set activities that week unless you email me for them. I am more than happy to do this. Please do not feel under any pressure not to ask for activities!

**Zoom** Just a reminder that if anyone wants a Zoom chat with anyone from Osborne, I can help to arrange it. Also if you like a sing then:

Monday 1pm Makaton Choir

Wednesday 12pm Rubik’s Cube

If you want to be included email Mr D! I am not sure yet if they will run during half-term.

**Keep in touch** Also please can I just remind you of Sonia’s request (see <https://osborneschoolwinchester.com/2020/04/06/covid-19-and-end-of-term-update-from-the-headteacher/> ) that you keep in touch with us as we are required to keep in touch with all our parents to check that everyone is keeping ok and well. Just a brief one or two word response would be fabulous just so we know and can pass onto Sonia that you are all ok. Thanks to all of you that have contacted me to date.

**Reports** Thanks to all those that have sent me the pupil contribution for their school report. If you have not done so already can you please send these as soon as you can? I have again attached the document containing the relevant prompts. If I don’t receive these by the end of Friday 22/05 then I can’t guarantee they will be in the final report.

This week’s learning activities for all classes will be focused on ‘kindness’ as it is Mental Health Awareness Week. As always the suggestions below for learning are a menu of activities that you can chose from if you so wish. If you want any further advice or different tasks, then please email me.

If you want other activities then please contact me. I have left last week’s activities below as I thought it might be of use to you.

Best wishes,

Adam M.

**Learning activities for ‘kindness mental health week’**

Section 1

The following link takes you to their pack of ideas:

<https://www.mentalhealth.org.uk/sites/default/files/MHAW20-Supporter-Pack_Final.pdf?bblinkid=223651646&bbemailid=21853546&bbejrid=1505691564>

I have looked through it and I would say the following pages are the relevant ones for 16AM:

P.9 It focuses on contacting family and friends. I am happy to host Zoom chat for those from our class who are interested. I propose 11:30 am on Tuesday 19/05/20.

P.11 This is a page of suggestions about helping out at home with household chores. If your young person is resistant to this idea perhaps an encouraging word from me may help during our Zoom chat? This may prove to be a long-shot I know but worth a go? Let me know.

P.13 Mentions making a donation to a foodbank. Perhaps your young person could help you choose what to buy?

P.17 focuses in part on being active. Mulitple suggestions here, again with some focusing on helping others e.g. gardening, cleaning

P.17 also mentions quizzes which could be done as a family – I would also say that use of Google is not cheating but a way of helping your young person to access the answers and practise their research skills, with your support of course.

Section 2

There may also be resources located on a new location on the website dedicated to mental health. It will be with the other subjects such as English, Maths etc. Scroll down there until you come to the mental health section. Of course it may not be there. This has been an idea suggested by a teacher at school but I am not sure it will be on the website.

Section 3

If they don’t appear and you want extra ideas, look at 9EN/LM’s class page. They are likely to have a range of mental health ideas.