



## The Weekly Bulletin

*A message from Mrs McCluskey*

I cannot thank you enough as parents for the all support you have shown the school. Please keep sharing all the lovely things you are doing. I've been popping in to the Google Classrooms and seeing that children are learning to cook, ride bikes and do amazing art work- well done.

I hope you have enjoyed all the videos the teachers have been making, and I am hoping that our Lenham Primary music video will be released this week.



We want to support you in the best way that we can. Many of you are working from home and trying to support your children with learning, or are trying to support more than one child. It is hard! If we can help in any way we would like to. If you are having problems logging on please contact [Ittech@lenham.kent.sch.uk](mailto:Ittech@lenham.kent.sch.uk) and Mr Smith will try and help.

If you need help with anything else please email the office or myself and we will try and help.

*Can we just remind you to keep an eye on your children when they are using the internet as online safety is your responsibility outside of school*

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*We have approximately 75 enhanced volunteers who help provide a support network around our community.*

Our volunteers will continue to....

- Collect paper prescriptions and take to surgery. **If you contact us**
- Deliver the prescriptions from surgery to chemist. **If you contact us**
- Deliver medication to home addresses **If you contact us**
- Shop for the most vulnerable groups to get essentials. **If you contact us**
- Provide a support network via our telephone. **We can then contact you**
- Provide local people to talk to "listening ears" **If you contact us**

Contact Tom & Jan **01622 859412** or [sams.uplands@gmail.com](mailto:sams.uplands@gmail.com)

**STAY HOME PROTECT OUR NHS AND KEY WORKERS SAVE LIVES.**

Our group functions with the support of others for which we are grateful, including financial contributions from MBC, our county councillor Shellina Prendergast, and local donations. The Parish Councils continue to offer advice and guidance throughout and provide us with the necessary safeguards, to follow.

If anyone wishes to donate please make a contribution to the account being used for this purpose, used to fund Lenham Festival amongst other things.

**Harrietsham and Lenham Parish Residents Association (HELPERS)**

**sort code 08 92 99**

**Account 65271434**

**[www.harrietshamandlenhamcovid19support.co.uk](http://www.harrietshamandlenhamcovid19support.co.uk)**

Harrietsham and Lenham villages community support

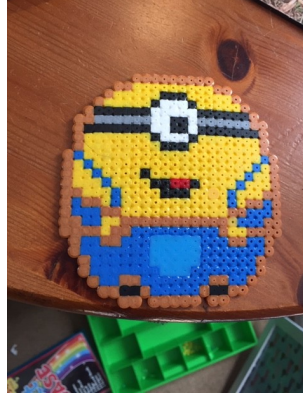
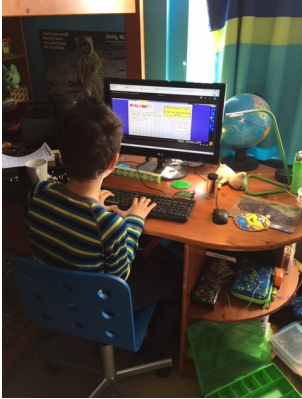
Supported by Harrietsham and Lenham Parish Councils

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Can we say a huge thank you to all the staff for what they are doing in these uncertain times. Samuel has enjoyed his Easter break, but was keen to get back onto google classroom to do his learning and message his friends. He has done well getting into a routine and enjoys seeing the assemblies to find out what is going on. He told me this morning he enjoyed his teachers, Mrs Killick and Ms Travis talking through the work too. So again thank you, they have both been fantastic messaging the children on google classroom which he loves too. Even in the Easter break which is lovely. We have enjoyed country walks, art and also Samuel has got back into Hama beads creations !

Big thanks again. Stay safe xxx the Brett family

### **MORNING ZUMBA**

**Whilst this photo was taken before the world changed, we are so glad that we can still come together on social media and do Zumba together. One of our parents spoke to the Kent Messenger about our daily exercise routine and we are delighted to share the link with you!**

<https://www.kentonline.co.uk/maidstone/news/keeping-fit-and-active-during-lockdown-225813/>



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THE LENHAM  
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## PRIMARY SPORTS PARTNERSHIP

Dear children (and teachers, parents and carers),

I hope you're all keeping busy and have made it out into the lovely sunshine. I've missed seeing your smiling faces and teaching you PE over the last few weeks so have thought up a few ways we can still do some fun activities from home.

Each week I will send out a new "virtual" PE challenge for you to practice (challenge one is on the next page). All the challenges will use basic equipment that you should be able to find around your house and can be completed inside or outside. Just make sure you have enough space and that you don't break anything... yourselves included! Try to improve on your score throughout the week then ask an adult to email me with your name\*, school and best score on Friday. We will then have a virtual competition, I will put all of the scores together over the weekend and send out the results on the Monday along with next week's challenge. There will be a top 3 awarded for every year group across all the schools that I teach in, these children will receive a "virtual certificate". We don't want the adults to miss out so they are more than welcome to join in, top 3 adults will be awarded a certificate too!

If you would like to share any photos\* or videos\* please ask an adult to email them to me, if we have enough we will put together a weekly video of your achievements. My e-mail address is

**[a.cavanagh@thelenham.viat.org.uk](mailto:a.cavanagh@thelenham.viat.org.uk)**

Looking forwards to seeing you all soon!

Best wishes,

Mrs Cavanagh

Primary PE co-ordinator The Lenham School

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### Virtual Competition Week 1



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#### Top tips

- Keep your eyes on the "ball"
- Keep your "taps" small
- Move your feet



#### Equipment

- Hard back book (your bat)
- Rolled up pair of socks (your ball)

Find the right size book for you. Most of the time a thinner bigger book will be easier and a heavier, smaller book will be more difficult.

#### Challenge...

Using a book as your bat and a pair of socks as your ball, how many times can you bounce the socks on your book without dropping them? If you drop them, start back at zero and try again. This is quite a tricky challenge, use the top tips to help you. If you're finding it too difficult, try changing your equipment.

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Here is a huge list of resources which you may find useful:

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

LEGO challenge: <https://thatbricklife.com/lego-challenge-30-days-of-play-calendar/?fbclid=IwAR16QF6YEV1g7swWwjmoYtzO7eQc2ERI0MiW7ZPEHRuw2GU5K46WI8TOLCk>

Art books: <https://thatbricklife.com/lego-challenge-30-days-of-play-calendar/?fbclid=IwAR16QF6YEV1g7swWwjmoYtzO7eQc2ERI0MiW7ZPEHRuw2GU5K46WI8TOLCk>

Plays: [https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online\\_51198.html?utm\\_source=facebook&utm\\_medium=email&utm\\_campaign=18march2020&fbclid=IwAR3HdjzEAAWGNvwexQ5XkkajIKACdJkpNhR8VW68s4F9FtSMDLAoifKbleE](https://www.whatsonstage.com/london-theatre/news/stage-shows-musicals-opera-free-stream-online_51198.html?utm_source=facebook&utm_medium=email&utm_campaign=18march2020&fbclid=IwAR3HdjzEAAWGNvwexQ5XkkajIKACdJkpNhR8VW68s4F9FtSMDLAoifKbleE)

BBC teach: <https://www.bbc.co.uk/teach/live-lessons/primary-live-lessons/zmc9jhv?fbclid=IwAR19eGrftwxhvoZavK3XNrZusQYc5OulsM-bEbBqdRYM2JsOgv9phup2FQE>

BBC bitesize (primary and secondary): <https://www.bbc.co.uk/bitesize/articles/zb9ppg8>

literacy activities 9-12: <https://literacytrust.org.uk/family-zone/9-12/>

BBC sounds / podcasts /and for children: <https://www.bbc.co.uk/sounds/category/childrens>

Link to more resources: <https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home?fbclid=IwAR3a8A8Sr7dds3dqLQtRaVz7ITqhwlfk414p6PF4KRRHcscUw1eldpKPRU8>

(check out: Expeditions app, Kent Wildlife, Languages (BBC Languages), Dyson challenges, Virtual tours

DUOLINGO app for languages

Coding <https://code.org/athome>

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Khan academy: [https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAIJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh\\_-P-WmksHAzbsrk9d/pub](https://docs.google.com/document/d/e/2PACX-1vSZhOdEPAWjUQpqDkVAIJrFwxxZ9Sa6zGOq0CNRms6Z7DZNq-tQWS3OhuVCUbh_-P-WmksHAzbsrk9d/pub)

### Virtual field trips:

[https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku\\_w/mobilebasic?fbclid=IwAR1\\_aWODHd-yrlZsfOGzCTeOUoQQMPx3906Fs6islbPxzef3yfBQ8oFJkz0](https://docs.google.com/document/d/1SvldgTx9djKO6SjyvPDsoGlkgE3iExmi3qh2KRRku_w/mobilebasic?fbclid=IwAR1_aWODHd-yrlZsfOGzCTeOUoQQMPx3906Fs6islbPxzef3yfBQ8oFJkz0)

[https://www.e-learningforkids.org/?fbclid=IwAR32EF17KCKgq92uPKBrBLj\\_4o6i\\_8Kmst7mOXXxcqw84Og5CEsNMg4Y6ml](https://www.e-learningforkids.org/?fbclid=IwAR32EF17KCKgq92uPKBrBLj_4o6i_8Kmst7mOXXxcqw84Og5CEsNMg4Y6ml)

- BrainPop
- Curiosity Stream
- Tynker
- Outschool
- Udemy
- iReady
- Beast Academy (Math)
- Khan Academy
- Creative Bug
- Discovery Education

### YouTube Channels:

- Crash Course Kids
- Science Channel
- SciShow Kids
- National Geographic Kids
- Free School
- Geography Focus
- TheBrainScoop
- SciShow
- Kids Learning Tube
- Geek Gurl Diaries
- Mike Likes Science
- Science Max
- SoulPancake

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\*Scholastic has created a free learn-from-home site with 20+ days of learning and activities.  
<https://classroommagazines.scholastic.com/.../learnathome.html>

\*Go on a virtual tour of these **12 famous museums**.  
<https://www.travelandleisure.com/.../museums-with-virtual-tour...>

\*List of thinking games by grade: <https://allinonehomeschool.com/thinking/>

**\*Free learning websites:**

<https://www.starfall.com/h/>

<https://www.abcya.com/>

<https://www.funbrain.com/>

<https://www.splashlearn.com/>

<https://www.storylineonline.net/>

<https://pbskids.org/>

<https://www.highlightskids.com/>

<https://kids.nationalgeographic.com/>

<https://www.coolmath4kids.com/>

<http://www.mathgametime.com/>

<https://www.uniteforliteracy.com/>

<http://www.literactive.com/Home/index.asp>

<http://www.sciencekids.co.nz/>

<https://www.switchzoo.com/>

<https://www.seussville.com/>

<https://www.turtlediary.com/>

<https://www.e-learningforkids.org/>

**#StaySafe**

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