

NEWS

APRIL ISSUE 2020

FRIENDS OF HIGHFIELD

Hope you are all keeping well and safe!
Getting used to our new 'normal'.

Some of you may be settling into a good routine, some of you might be struggling....everyone is finding their way in their own way. Don't be too hard on yourself if you are finding it difficult to juggle everything at the moment....it's really hard, and there is no manual or training to help us to do what we are all trying to do right now!
We will all get there in our own way and in our own time....

UPCOMING EVENTS

Free Daily Learning from various celebs:

9.00am - PE with Joe Wicks

https://youtu.be/6v-a_dpwhro

10.00am - Maths with Carol Vorderman

www.themathsfactor.com

11.00am - English with David Walliams

<https://www.worldofdavidwalliams.com/elevenses/>

12.00pm - Lunch (cooking with Jamie Oliver)

<https://www.jamieoliver.com/features/category/get-kids-cooking/>

1.00pm - Music with Myleene Klass

<https://www.youtube.com/channel/UCQh2wgJ5tOrixYBn6jFXsXQ>

1.30pm - Dance with Darcey Bussell

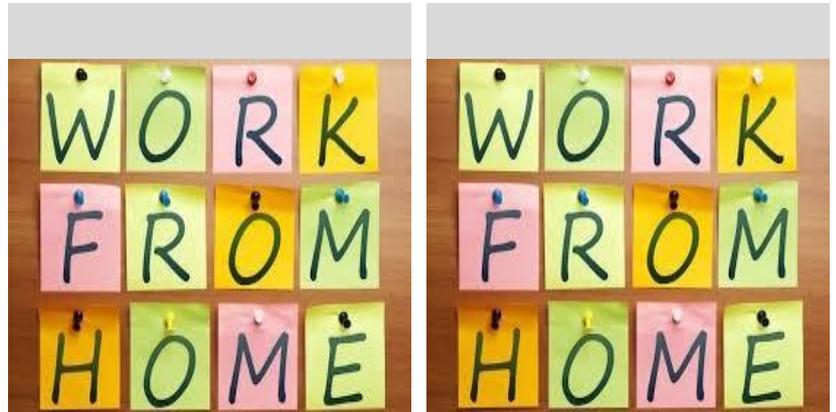
<https://twitter.com/diversedancemix/status/1241098264373592065>

2.00pm - History with Dan Snow (free for 30-days)

<https://tv.historyhit.com/signup/package>

4.00pm - Home Economics with Theo Michaels
(Mon/Wed/Fri)

<https://www.instagram.com/theocooks>



Working from home tips....

- ✓ Get changed out of your pyjamas every morning. It'll help get you in the right headspace for work and you won't get caught out on last minute video calls
- ✓ Take frequent breaks so you don't burn out. You're probably not *actually* working 100% of the time when you're in an office anyway. So replicate this at home.

Any Tips?

If you have any tips you would like to share with the wider school community at this time, please do get in touch.

I would love to include any recommendations in our next Newsletter.



Freezer Foods...

Here are a few recipe ideas that you can batch cook and freeze in smaller portions for another day:

- Spaghetti Bolognese (sauce)
- Chilli
- Tomato based Pasta Sauce
- Soups
- Curries
- Fruit Crumbles

Keeping the kids entertained

This is a good link from Sky news with topical educational programmes for kids to watch ranging from Reception age to Year 6:

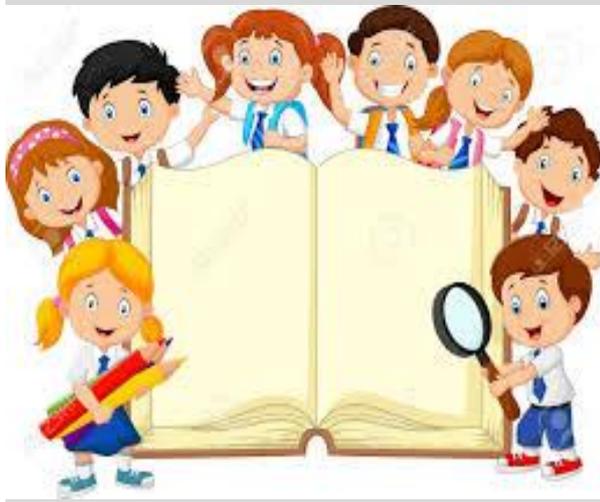
<https://news.sky.com/story/coronavirus-the-shows-to-help-childrens-learning-while-schools-are-shut-11962915>

Download the 'Twinkle' App which offers a range of learning resources.

Also check out:

Science with Professor Brian Cox, Robin Ince & Guests

<https://cosmicshambles.com/stayathome/upcoming-schedule>



FUNDRAISING UPDATE

The Friends of Highfield have assigned some funds to help some of our most vulnerable families at this difficult time.

For more information contact us at the below email address or you can contact us through your Class Rep.

JOIN US AT OUR NEXT MEETING
NO MEETINGS UNTIL THE SCHOOL RE-OPENS

Combat Social Isolation...

Try scheduling regular 'tea breaks', where you can catch up with colleagues for a 'chit-chat' and a cup of tea 'remotely'. Applications like Zoom can facilitate multiple people on video call for up to 40 minutes for free. So you could even schedule 'remote' lunch breaks with your colleagues if you really wanted to. This will help to keep people socially connected at a time when social distancing is being encouraged. More importantly this will help to improve your mental wellbeing and reduce feelings of social isolation.



Thought of the month.....

'We need to redefine community and find a variety of ways of coming together and helping each other'
Sharon Salzburg

parentkind.org.uk

is brimming with articles for parents, to help you support your child's school life and learning, and it's open to everyone!



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