



BENTLEY C. E. PRIMARY SCHOOL

Easter Activities



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Divine Chocolate National Poetry Competition

Get creative and write a poem about cocoa and chocolate!

We run the annual Divine Chocolate Poetry Competition, now in its 18th year. We have categories for children and adults.

This year's theme: **Where does the chocolate journey begin?**

Here are some ideas to tackle the theme:

Cocoa grows on trees

The key ingredient in chocolate is cocoa. Most of the cocoa you eat comes from the rainforests of West Africa, where poor farmers tend their cocoa trees on small family farms. This is where the chocolate journey begins.

The journey through history

Among the Mayans and Aztecs of Central America where cocoa originated, cocoa beans were so important they were used as money. Nobles drank cocoa at royal feasts. In modern times, chocolate has come to symbolise romantic love and luxury.

From bean to bar

Cocoa comes from the seeds of cocoa pods, which grow on the cocoa tree. Farmers harvest the cocoa, ferment it and dry it out in the sun, and then send it to factories to be made into delicious chocolate.

Into the future

Changing weather patterns make it harder to grow cocoa, driving cocoa farmers to move and cut down the rainforest for new farms, which makes climate change worse. Through Fairtrade, we can support cocoa farmers to farm in a better way and protect the forest.

Want some inspiration about cocoa and the rainforest? Watch our short film Guardians of the Rainforest on our website.

Remember this is the Divine Poetry Competition – if you write about chocolate products, don't write about other chocolate companies!

The winners will be decided in June by a judging panel including guest judge Onjali Raúf, author of *The Boy at the Back of the Class*, a story of friendship, hope, and the importance of kindness.

Are there prizes?

Yes! You get a film of your poem being read by this year's guest judge, Onjali Raúf, winner of the Waterstones Children's Book Prize 2019. You get book tokens. And lots of delicious Divine Chocolate goodies!

How to enter the Poetry Competition

The closing date is: **5th June 2020** and go onto to our website to upload your entry.

Audible has released hundreds of its audio books for free

Free audiobooks include novels narrated by Thandie Newton and Dan Stevens.

<https://www.radiotimes.com/news/radio/2020-03-20/audible-just-made-hundreds-of-titles-completely-free-to-help-during-coronavirus-crisis/>

Talking to your child about coronavirus

Leading young peoples' mental health charity, Young Minds have prepared this excellent advice for talking to young people about coronavirus.

<https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

National Trust aims to lift lockdown spirits with #BlossomWatch

Charity asks people to emulate Japan's hanami custom and share images on social media.

<https://www.nationaltrust.org.uk/features/blossom-watch>

Celebrity Masterclasses for Young People Studying at Home

Routine is really important for working at home or supporting the students still heading into schools. Many celebrities are hosting classes and we've compiled a whole days routine that could be used.

<https://www.yesfutures.org/post/celebrity-masterclasses-for-young-people-studying-at-home>

The Scouts launched an online activity platform 'The Great Indoors'

There's a whole host of resources the Scouts have released for free which students can do at home during isolation, take a look!

Top tips for empowering students at home

We have prepared a list to help you support young people's personal development while they learn at home, focusing on empowering your learners.

https://www.scouts.org.uk/the-great-indoors?utm_source=twitter&utm_medium=traffic&utm_campaign=staticcopy2

See Yann – virtually!

Whilst you cannot go to Church this Easter let Yann and the team continue to inspire and speak the word of God virtually through their online posts.

<https://www.benbinfro.co.uk/>

Science Resources for Primary and Secondary

<https://www.stem.org.uk/home-learning>

If you would like to buy some further workbook resources for your children;

https://thenationalcurriculum.com/learning-at-home/?utm_campaign=1720704_Copy%20of%20Learning%20at%20home%20-%20Covid%2019%20-%20March%2020&utm_medium=email&utm_source=The%20National%20Curriculum&dm_i=2RN8,10VPC,2WKA45,3W8P5,1#phonics

If you have Lego, download the printable 30 day Lego challenge

<https://www.freehomeschooldeals.com/free-printable-30-day-lego-challenge-instant-download/>

www.field-studies-council.org

FSC Primary Aged Activities: Maps

1. Create a sound map

What to do

Find a place outdoors or where you can hear the outdoors like your garden, doorstep or a safe open window. Mark a cross in the centre of the paper to show where you are. Sit still and listen carefully for a few minutes to all the sounds you can hear, then draw them on the paper to show what they are and where the sound is coming from.

Talk about your map with someone once you've finished:

What might you hear?

Listen out for birds, the wind, cars, leaves, aeroplanes and more.

What was your favourite sound?

Which sound did you like the best and why?

Were there any sounds you didn't know?

What was new and do you know where it came from?

What to do

Using your memory, draw a map of your local area, marking on places and features. Think about your nearest shop, river, school, church or park as well as other places you know well.

You can use colour to represent natural features like fields, hills or lakes differently to constructed ones like roads and bridges.

www.field-studies-council.org

2. Map your local area

Summary:

How well do you know the place you live? Create a map of the local area.

You will need:

- Paper
- Pens and pencils, including colours

What to do

Using your memory, draw a map of your local area, marking on places and features. Think about your nearest shop, river, school, church or park as well as other places you know well.

You can use colour to represent natural features like fields, hills or lakes differently to constructed ones like roads and bridges.

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Scavenger Hunt

What to do

In your garden or a safe outdoor space collect as many of the following in your tub/bowl as you can:

- Something wet
- Something noisy
- Something old
- Something heavy
- Something shiny
- Something dry
- Something quiet
- Something new
- Something light
- Something dark
- Something you would like to keep
- Something that can blow in the wind
- Something you have never seen before
- Something that smells nice
- Something beautiful
- Five shades of green

Make something from your finds

With the scavenged items create a sculpture or picture. Can you invent a new species of creature? Or replicate a beautiful landscape you have seen?

DESIGN AN ECO-HERO COMPETITION

Dear Parents

A few weeks ago, I came into your child's school and delivered an assembly to launch a competition to design an Eco-Hero. Since then, you will have been sent a letter about how to enter the competition. I have now extended the deadline until when schools reopen thus giving children a lovely long time to complete their entry.

From delivering my assemblies, it is really clear that the children are very knowledgeable and passionate about the issues facing our planet. I hope that they now feel empowered to make changes, however small they think they are. Changes we talked about include using reusable water bottles; switching off devices and lights when not in use and picking up litter.

ACAN – Alton Climate Action and Network – was formed in June 2019 with the aim of bringing people together to do something positive for the planet and our community. Since then, many amazing initiatives have been set up within our community – Alton Repair Café and the Community Cupboard. Coming soon we also have the ACAN Community Hub which will be based at Alton Community Centre as a central place for groups, activities and events for all ages. In addition, we are still hoping to host the Eco-Fair at some point in the future – sadly it has had to be postponed due to the Coronavirus.

I hope that your child will enter the competition and think about how they can become an Eco-Hero.

I look forward to seeing your entry. Good Luck.

Best Wishes

Emma Jones (ACAN)

<http://www.altonclimatenetwork.org.uk/>

Wellbeing

We recognise that the current world-wide situation may be increasing stress for families and with the news that schools are closing for the foreseeable future there are some really useful organisations that can help you at this difficult time.

It may also be helpful to think about ways to support yourself and model these to your children including:

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy or learn something new.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

Family Lives Offers advice and support for parents with any age child with a helpful website packed with resources and information and a free, confidential phone line. Tel: 0808 800 2222 www.familylives.org.uk

Young Minds Help and support for the emotional health of children and young people including useful tips on how to talk about the current health situation. Parents Helpline - 0800 802 5544 <https://youngminds.org.uk/blog/talking-to-your-child-about-coronavirus/>

Hampshire CAMHS- For both adults and Young People <https://hampshirecamhs.nhs.uk/>

When the Tension Goes –identify how you feel and decide what am going to do about it: <https://whenthetensiongoes.com/>

Childline – A good range of online support for Young People <https://www.childline.org.uk/toolbox/calm-zone/>

Citizens Advice East Hampshire You can get free advice online or call 0800 144 8444 (8am-6pm Mon-Fri) from highly trained volunteers can help with many issues from employment, benefits, housing, debt etc. www.citizenadvice.org.uk

If you have a concern for the welfare of a child, then you can contact your local Children's Services for your area or in an emergency call 999.

Hampshire Children's Services Public Line: 0300 555 1384

PE/Physical Activity

Keeping fit and active is really important, particular at a time when many of us may have to stay at home for longer periods. Below is a list of websites that children can use to get themselves up and moving!

GoNoodle <https://www.gonoodle.com/> GoNoodle engages children with movement and mindfulness videos.

Cosmic Yoga www.youtube.com/user/cosmickidsyoga Yoga videos designed for 3+

Smiling Mind <http://app.smilingmind.com.au/> Short audio sessions to help with mindfulness

BBC Super Movers <https://www.bbc.co.uk/teach/supermovers> Fun curriculum linked resources to get your child moving while they learn.

Joe Wicks

https://www.youtube.com/results?search_query=joe+wicks+workoputs+for+children If you are looking for ways to keep active indoors – why not try out the wide range of workouts for children with the Body coach, Joe Wicks? The children love them! He is also doing a live workout for children at 9am. A great way to start the day.

Jumpstart Jonny <https://www.jumpstartjonny.co.uk/home> Fun and energetic videos to get your body moving.

BBC Supermovers - www.bbc.co.uk/teach/supermovers

iMoves - <https://imoves.com/imovement-signup> In order to get free resources for your family, you just need to follow the link and sign up.

Change 4 Life - www.nhs.uk/change4life/activities

My Activity Passport - www.gov.uk/government/publications/my-activity-passport

NHS Get Active Your Way - www.nhs.uk/live-well/exercise/get-active-your-way/

Active Kids Do Better - www.activekidsdobetter.co.uk/active-home These are simple 15 activities that you can do as a family.

Our own Mr Malphant videos – see school website

Online Safety

In this booklet, and on our website, we have provided links to many websites. While we have looked at all of these, we cannot check every one in detail or follow every link or pop-up.

Introduce the following rules to help your children safe online:

- Children should be supervised whenever they are online. Computers and tablets should **not** be used in children's bedrooms.
- Teach your child to close the screen and get an adult if they see anything online that upsets them.
- Put parental controls in place
- Remind your child about not sharing personal information online
- Use safe search engines such as swiggle.org.uk or kids-serch.com
- Do not allow your child to use live-streaming sites unsupervised

It is important that your children can stay in touch with their friends at this time. We are aware that some children have access to chat apps and are in groups. Lots also have opportunities to talk via Xbox live and PlayStation. Please help them to make good choices and be kind when using these. If something happens that upsets them, show them how to 'leave a group' and encourage two way phone calls or private messaging between them and one of their friends at a time.

Be careful with online chatrooms such as Zoom and House Party as there have been some issues reported with these recently. As long as you are with your child and supervising you will be aware of any problems and can talk about it with them.

Useful websites:

Internet Matters www.internetmatters.com Lots of great advice on keeping your child safe online

Child Exploitation and Online Protection. <https://www.ceop.police.uk/ceop-reporting/> Use this link to report sexual exploitation, grooming or abuse online to the police.

Thinkuknow <https://www.thinkuknow.co.uk/> Brilliant website with advice for children and parents and games for ages 4+

Parent Zone <https://parentzone.org.uk/> advice on digital family life

Reading Resources

We always say at Bentley that becoming a good reader all you need to do is read, read, read! Our pupils all enjoy being read to so read funny stories, scary stories, silly stories, adventure stories – whatever your child enjoys. Read online, use Audible books (see page 3) or have family story on the go. Just... KEEP READING!

Book Trust <https://www.booktrust.org.uk/books-and-reading/have-some-fun/storybooks-and-games/> lots of lovely interactive books to read online or watch with signing.

Oxford Owl <https://www.oxfordowl.co.uk/for-home/find-a-book/library-page/>

Ceebies <https://www.bbc.co.uk/cbeebies/stories>

Phonics for Year R and KS1

We always recommend RWI (Read Write Inc) <https://www.ruthmiskin.com/en/> because we use this at school and they have lots of videos currently on Youtube.

Cued articulation (google it for some great videos) is also great to help children see how to pronounce the sounds.

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

<https://www.phonicsplay.co.uk/> - free access due to Coronavirus
username:march20 password: home

<https://www.phonicsplaycomics.co.uk/>

