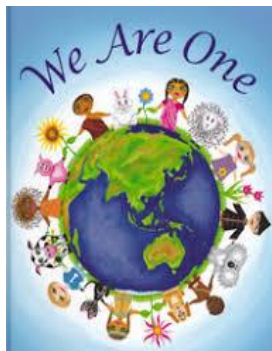




19th June 2020



After only three weeks the children who have returned to school have settled into their new routine exceptionally well. Lunchtime is a fun experience; the children are having a picnic style lunch in their classrooms before going out to play.

They are really enjoying their packed lunches made by our wonderful school cooks, Shelley and Fay.

I am delighted that, due to the prompt and efficient way the children arrive and leave the school, the start and end times of the day have been adjusted to allow more time at school. Thank you to all parents and carers for your support with this. Here is a reminder of the timings:

- Squirrels 08:30 – 14:50
- Owls 08:35 – 14:55
- Rabbits 08:40 – 15:00
- Hedgehogs 08:45 – 15:05.

PAUSE FOR THOUGHT

"If you don't know where you want to go, then it doesn't matter which path you take."

- from Alice in Wonderland by Lewis Carroll.



Message from our friends

At Swing Gate School we are very lucky to have some amazing 'after school' clubs and 'in school' workshops. This week our very good friend, Mr Miller, has sent a short message to share with you all.



"Hello, everyone, I hope that you are all well. First, I would like to say how much I am missing you all and cannot wait to do PE with you again. I can imagine how exciting it has been for some of you returning back to school. I can also imagine how difficult it has been for some of you not being able to see your friends and go to school yet because of the lockdown. However, I have been hearing that not only you have been learning from home but you have been doing Mr Miller's Cool Skillz videos on YouTube. For that, I would like to say a BIG thank you for taking part. Just to let you know that I am well and have been keeping busy during lockdown as I am preparing the most exciting PE lessons which are going to be bigger and better. I look forward to seeing you all again soon."

Mr Miller

Guess Who?



This week we have someone preparing a delicious meal. But who is it?

Last week's picture was of the lovely Rocco who belongs to Mrs Britton.





Home & School Learning

As children are working both at school and home at the moment, I thought it would be a nice idea to share pictures from both learning environments. Please continue to send photos for use in the newsletter, to the office email marked FOR NEWSLETTER. This week:



Renu from Voles has been busy making instruments from recycled items. I'm sure they sound amazing Renu.



Zac from Foxes has been enjoying nature in various ways including doing lots of walking, surrounding himself with nature and appreciating the simple things in life. That is an amazing bug house Zac.

Rabbits class have also been inspired on a nature walk this week in their outdoor area, finding and identifying leaves on the playground.



Miss Ayres and the children noted the school has a surprising variety of trees.



Ernie from Hedgehogs chose to make a poster with as much information as he could find about hedgehogs. Fantastic fact-finding Ernie.



Lois in our Butterfly Bubble wrote a clever riddle – can you guess the animal she's describing?

What am I?
Scaly skinner,
River liver,
Green scaler,
Fish hunter,
Slow swimmer,
Hungry explorer,
Cold blooder,
Sharp teether.

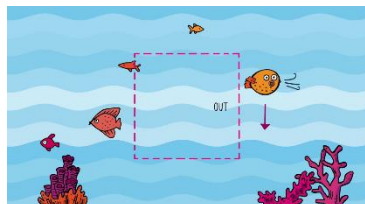
The answer is.... a crocodile.



Darcy, Eliza and Florence from Hedgehogs, Rabbits and Owls have been busy exploring action words

from the Sayeeda the Pirate Princess story, with added pictures. Fantastic work girls.

Mental Wellbeing



Square breathing

Watch the clip below to find out

about square breathing:

[KIDS MEDITATION - SQUARE BREATHING \(Focus & Calm\)](#)

Nutritional Wellbeing

This week is a recipe perfect for a Father's Day Breakfast.

Baked Dippy Eggs



Ingredients

- 1 large slice of ham
- 8 small spinach leaves
- 8 cherry tomatoes
- 4 eggs
- 1 piece of cheese
- 4 slices of bread, toasted, buttered and cut into dippers to eat them

Method

1. **Ask a grown-up helper** to switch the oven on to 180C/160C fan/gas 4. Put 4 ramekins in front of you. Cut the ham and spinach into strips with your scissors. Put some in each ramekin.
2. Squash the cherry tomatoes in a bowl using your fingers. Spoon 2 tomatoes and some juice into each ramekin.
3. Break an egg into a bowl. Scoop out any pieces of shell with a spoon, then tip the egg carefully into the ramekin. Do the same with the other 3 eggs.
4. Grate the cheese and sprinkle some on top of each egg. **Ask a grown-up helper** to put them in the oven on an oven tray 15-18 minutes or until the egg white has set.

And finally...

I wish to send a special message to the children that are still at home and unable to come to school yet, for many different reasons. I hope that you will all be able to visit Swing Gate before the end of term and I look forward to seeing your lovely faces then.

We will continue to update you on our future plans, which are greatly dependent on staffing and guidance from the Government and Herts County.

I hope you and your families continue to be well. Stay safe!

*Francesca Gallagher (Mrs)
Headteacher*