



## DIARY DATES

### February 2021

#### Feb 1<sup>st</sup>-5<sup>th</sup>

Children's Mental Health Week

#### Feb 1<sup>st</sup>

10:30 live assembly with Mrs Gallagher

#### Feb 4<sup>th</sup>

Mr Miller Live PE  
09:00 Nursery  
09:45 Year 2  
10:30 Reception  
11:15 Year 1

#### Feb 9<sup>th</sup>

Safer Internet Day

#### Feb 8<sup>th</sup>

10:30 live assembly

#### Feb 10<sup>th</sup>

19:30-20:30 Virtual eSafety Talk for Parents

#### Feb 11<sup>th</sup>

Mr Miller Live PE

#### Feb 15<sup>th</sup> – 19<sup>th</sup>

Half term

#### Feb 22<sup>nd</sup>

Nursery Online Admissions Open

#### Feb 25<sup>th</sup>

20:00 Raising Boys – seminar with Steve Biddulph

### March 2021

#### March 2<sup>nd</sup>

Virtual 'Meet the Headteacher' Open Session – Nursery 2021/22 admission

#### March 4<sup>th</sup>

20:00 Raising Girls – an online seminar by Steve Biddulph

## 29<sup>th</sup> January 2021

Another beautiful sunrise to end the week and we hoped you all enjoyed the snow last weekend.

It seemed to bring a welcome (& very cold!) breath of fresh air for all. We have loved seeing all the fantastic snow creations and fun the children had. Photos that were sent in are included in the newsletter.



## RSPB Big Bird Watch



This weekend is the RSPB Big Birdwatch. The teachers have uploaded information on Google Classroom and you can also access more info [here](#).

## Ready Reads

Berkhamsted Library is open for Ready Reads. To access this free service simply [join online](#) when you visit [Hertfordshire Libraries website](#). You will receive a temporary membership number, which can be used to access the online eBook and eAudio library [BorrowBox](#).

Library membership will enable your family to take full advantage of [Ready Reads](#) – 'we select you collect'. All you need to do is fill out the online form with details of the type of books required and collect them. If you are unable to

access online services, please phone 0300 123 4049 and a member of the library service team will be able to help you.

## Side entrance works update

The works have begun and are scheduled to be completed early next week.

## Children's Mental Health Week

Next week is [Children's Mental Health Week](#). This year's theme is 'Express Yourself'. Mrs Gallagher will be focussing on the five ways to wellbeing at her assembly on Monday and talking about what we can do to develop good mental health.



## Boundaries and routines course

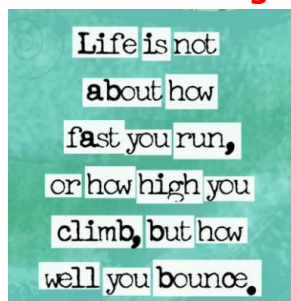
Dacorum Family Services are running a free 'Boundaries and Routines' course on Wednesday 24<sup>th</sup> of February from 10:00-11:00. The flyer with booking information is attached to this ParentMail.

## Google Classroom notification

We hope the children are enjoying receiving their personal feedback on the work they are submitting. If you have not already done so, we recommend switching on 'receive notifications' in settings. This will then notify you every time a comment is sent.



## Pause for thought



## School learning

All of the children in school had fun on Monday and Tuesday using their artistic skills to build snowmen in their playgrounds.



Reception also enjoyed some fossil making using coffee, flour and salt this week. Here are Kush and Harry preparing their fossil mixture.



## Remote learning



The teaching staff continue to enjoy all of the children's work being sent in. Here are Elwood and Josh in Rabbits enjoying some this week's assignments.



Please remember to send any pictures you are happy to share in the Newsletter to [admin@swinggate.herts.sch.uk](mailto:admin@swinggate.herts.sch.uk).

## Wellbeing in Action

### Snowman sandwich balls



Ingredients (makes 1 snowman):

- 2 slices white bread
- Filling of your choice

Equipment:

- Large round cookie cutter
- Cling film
- Edible marker pens
- Snowflake sprinkles to decorate (optional)

Method:

Start by cutting a circle in a piece of bread, using the biggest circle cutter that will fit on the slice.

Lay out a piece of cling film on the counter top or a chopping board.

Pop your circle of bread on top.

Drop your filling into the middle of the bread. Spread over a little cream cheese and a small dollop of raspberry jam.

Be careful not to use too much filling as otherwise it may escape when you roll it up. Gather the sides of the cling film in your hand, so that the bread folds up on itself.

Tighten the cling film, taking care to let the air escape.

Twist the cling film until the bread has formed into a firm ball.

Unwrap the cling film and carefully remove the sandwich ball.

Repeat with a second piece of bread to create the other half of the snowman.

Using the edible marker pens, draw a snowman face on the smooth side of one of the sandwich balls and some black dots for buttons on the other.

Place the two sandwich balls together on a serving platter or plate to form a snowman. Add a hat or bow tie if wanted.



## Mindfulness

A mathematically-themed mindfulness activity

### HIIT Maths

- 1 push up
- 2 jumping jacks
- 3 squats
- 4 jumping squats
- 5 burpees
- 6 mountain climbers
- 7 high knees
- 8 lunges
- 9 sit ups
- 10 plank

Complete the pyramid in ascending order then descending.

How many exercises have you completed in total?

#### Extension:

If jumping jacks takes 10 seconds, and each exercise is 10 seconds longer than the previous, what is the total exercise time?



## Snow fun!

We loved seeing the pictures of the children enjoying last weekend's snow. Here are some of the pictures we received.



## And finally...

We were disappointed to hear that schools will not be returning after half term. Our remote learning provision will continue.

All the staff and I are really enjoying seeing the children's fantastic work. We miss you all and hope that you will be back at Swing Gate on 8<sup>th</sup> March. The Government should be confirming this date with two weeks' notice.

Stay safe.

*Francesca Gallagher (Mrs)  
Headteacher*