

The Pinner Park Poet



Special
Edition

Volume 1 | Special Edition 21 | Friday 1 May 2020

Happy May Day!

Happy May Day! May Day is an ancient festival of Spring and a traditional spring holiday in many European cultures. Dances, singing, and food are usually part of the festivities. In the UK the Spring bank holiday is usually on the nearest Monday – but this year it has been moved to next Friday to tie in with the commemoration of VE Day.



In the late 19th century, May Day was chosen as the date for 'International Workers' Day', also known as 'Labour Day'.

This year's 'Workers' Day' will be very different for many workers. For our key workers, it will mean continuing to brave challenging circumstances to keep the nation healthy and active. For many of us, including our children, it will mean working from home.

On this 'Workers' Day' we want to celebrate all our key workers and home workers – adults and children. Working together you are all doing the job you need to do to get through these difficult times. We salute you!

Best wishes,

Nick Waldron

Headteacher

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<http://pinnerpark.harrow.sch.uk>



VE Day – 75th Anniversary – This Week's Community Challenge

This year marks the 75th anniversary of VE Day. The bank holiday has been moved to Friday 8 May to match the date of the first VE Day, so that the nation can commemorate this anniversary together.

VE Day itself was a celebration of the end of war in Europe. The first VE Day was a brief pause in the difficult and challenging times before getting back to the task of rebuilding the country.

VE Day is also a time of remembrance. It is about paying tribute to the service and sacrifice of the entire Second World War generation, from British, Commonwealth and Allied Forces to evacuees and those who served on the home front.

Of course, many of the national and local events linked to VE Day have been cancelled or postponed, but we still want to mark this national event together. As we face some challenging times as a country, now more than ever it is important to unite in recognition of service to the nation, just as communities did 75 years ago.

We are proposing a 'Street Party at Home'. Street parties were a feature of the very first VE Day and have been a part of national commemorations ever since. We can't have a 'street party' this year, but we can create our very own 'Street Party at Home'. Now is the time to bake a cake, raise a glass, decorate your house, wave a flag and join together with our community in commemorating this significant event.

We felt that this is a great opportunity for the Pinner Park community to be connected and together. We'd love you to send in your photographs – we'll create a video compilation of our Pinner Park 'Street Party at Home'.

There is some further information, web links, recipes and craft ideas on our school website:

<https://pinnerpark.harrow.sch.uk/veday.html>



VE DAY
75TH ANNIVERSARY



This Week's Challenge – My Best Work Gallery - Now Online

This week we asked you to share some of your learning with us.

Thanks to everyone who has sent us a pic. It is lovely to see the range of home learning you have been doing.

You can take a look at the online gallery here:

<https://pinnerpark.harrow.sch.uk/news-blog/home-learning-gallery>



Benefit-Related Free School Meals - UPDATE



The vouchers, which cover last week, this week and next week, have now been sent out by text and email.

If your child is eligible please check your email and texts. If you have not received your voucher, please do get in touch with us.

To find out whether your child qualifies for free school meals, and hence whether you could receive a voucher, please fill in the details requested on the [Free School Meals Eligibility Checker](#).

Instrumental Lessons with Harrow Music Service

Harrow Music Service has set up some remote 'lessons' for instrumental students using an online learning platform called 'Charanga Yumu'. We cannot replicate a live lesson, given that the children learn in groups, but it is hoped that the weekly progressive lessons follow as closely as possible to their normal small-group lesson, for children to follow at home.



This week, the Pinner Park office team have been making contact with the parents of all our instrumental students to give the individual log in details for the learning platform. We have also sent out some general information by School Ping and/or email.

Pinner Park Online



We now have 28 videos on our channel, over 7,000 views and more than 100 subscribers.

You can see our videos here:

<http://pinnerpark.harrow.sch.uk/pinner-park-online>

Don't miss another video! [Subscribe to our YouTube channel here](#).

Support for Parents

Free advice and support for families is available from Harrow's Children's Centres. Take a look at these flyers – further information here: <https://www.facebook.com/harrowcc>

1:1 Appointment only advice sessions available

Do you need some support, advice and guidance?

We can offer some top tips for:

Challenging behaviour
Toilet learning
Routines
Weaning
Sleep routines
Sibling rivalry
Home schooling

And many more

FREE SUPPORT ADVICE & GUIDANCE

Appointments will be done either by Zoom video or a telephone call

When?

20 minute time slots available every

Monday: 1 – 3pm

Wednesday: 9.30 – 11.30am

NEW DAY ADDED - Thursday: 9.30 – 11am

How to book a time slot?

Send an inbox Facebook message with your full name, contact number and e-mail address, a practitioner will be in touch to book you in.



FREE - Oral Health support and advice on the phone



Top tips on when to start brushing

Top tips on when how to start brushing

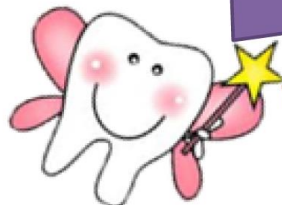
Top tips on how to encourage brushing



www.facebook.com/harrowcc

To arrange a telephone appointment send a Facebook inbox message including the following info -

Oral health advice – your name, the age of your child & your contact number



Staying Active – PE at Home!



It is important to stay active!

It isn't be possible to replicate the PE lessons we have in school, which include gymnastics, dance, athletics, games and swimming. However, it is important to stay physically active.

Remember that you can take one form of exercise a day - for example a run, walk, or cycle (but this can only be with members of household). There are lots of things you can do at home to get those bodies moving!

Real PE at home – Free Access!

Real PE at home includes an online programme which supports families to be active, play and learn together. It includes a programme specifically for children in Early Years and Key Stage 1 with 12 themes, 6 areas, over 250 activities and challenges and 1000s of hours of fun and activity. This programme is great for family play and fun. For children in Key Stage 2, there are carefully selected personal best challenges, skills and games designed for the home and garden.

Daily and weekly guidance is provided for both programmes in addition to an option to choose your own themes and activities.

There are so many benefits to being active, not only to our physical wellbeing but also to our emotional and mental health, especially in such testing times for all of us. We hope that the ideas help support you and your family to stay fit and healthy in the coming months. Here are the details to access real PE at home:

The website address is: <https://home.jasmineactive.com/login>

Parent email: parent@pinnerpark-9.com

Password: pinnerpark

These log in details are particular to our school so please don't share them with others.



Active May!

You don't need online access to enjoy physical activity. Why not have a go at these activities – one for each day in May!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Have a go at each of these daily activities to help you stay active while you're at home! Remember it is important to stay active and healthy!				1 Do some star jumps: Bronze: 20 times Silver: 30 times Gold: 50 times	2 Create your own obstacle course and time yourself doing it!	3 Do your obstacle course again and try to beat your time!
4 Hop on the spot: Bronze: 5 times Silver: 20 times Gold: 40 times	5 Do some shuttle runs: Bronze: 10 runs Silver: 30 runs Gold: 50 runs	6 Play a throw and catch game: Bronze: 10 catches Silver: 30 catches Gold: 50+ catches	7 Step jumps – find a step and jump up and down on it safely: Bronze: 10 times Silver: 20 times Gold 40+ times	8 Dribble a ball of any size: Bronze: 20 times Silver: 50 times Gold: 100 times	9 Do some dancing with your family! Choose a Zumba Kids or a Just Dance video and have a dance!	10 Choose a song and create your own dance routine for the song! Perform it for your family.
11 Clap and throw – throw a ball and clap: Bronze: 3 claps Silver: 5 claps Gold: 8+ claps	12 Have a jog around: Bronze: 5 minutes Silver: 10 minutes Gold: 15 minutes	13 Practice balancing on right leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	14 Sit ups! Bronze: 5 sit ups Silver: 10 sit ups Gold: 15+ sit ups	15 Skiping (or just jumping!): Bronze: 1 minute Silver: 3 minutes Gold: 5 minutes	16 Find a Yoga video to do on Youtube. Do it with your family.	17 Create your own 5-10-minute yoga routine. Teach it to the people at home.
18 Keep ups – see how many times you can kick a ball up: Bronze: 5 times Silver: 10 times Gold: 20+ times	19 Tuck jumps – see how many you can do in a row Bronze: 5 jumps Silver: 10 jumps Gold: 20 jumps	20 Practice balancing on left leg: Bronze: 1 minute Silver: 2 minutes Gold: 3 minutes	21 Wall ball – throw a ball off a wall catch it: Bronze: 5 times Silver: 15 times Gold: 30+ times	22 Catch a ball with your OTHER hand: Bronze: 10 catches Silver: 20 catches Gold: 30 catches	23 Create your own target game! Find some soft things to throw and a target.	24 Teach the people at home your target game and see who scores the most points!
25 Squat – count how many squats you can safely do in a minute: Bronze: 10 Silver: 15 Gold: 20+	26 High knees – how long can you do high knees for? Bronze: 20 seconds Silver: 40 seconds Gold: 1 minute	27 Toe touches – how many times can you touch a ball with your toes? Bronze: 5 times Silver: 10 times Gold: 20+ times	28 Tennis keep ups – using your hand/racquet, can you hit a ball up? Bronze: 10 times Silver: 20 times Gold: 30+ times	29 Hopscotch – how long can you hopscotch for before you're tired? Bronze: 10 seconds Silver: 30 seconds Gold: 1 minute	30 Create your own fitness circuit at home! Choose some of the activities from this month to put in your circuit. Time yourself!	31 Challenge the people in your house to do your circuit or ask someone to make one for you! Try to get a better time!

Pinner Park Primary School

VE DAY

75th Celebration
8 May 2020



STAY AT HOME STREET PARTY!

Let's Go For It Pinner Park!

Decorate your house red, white and blue and enjoy
an afternoon tea or picnic (in your house or garden).
You can even get dressed up in red, white and blue!
Remember to send us a picture!

