

The Pinner Park Poet



Special
Edition

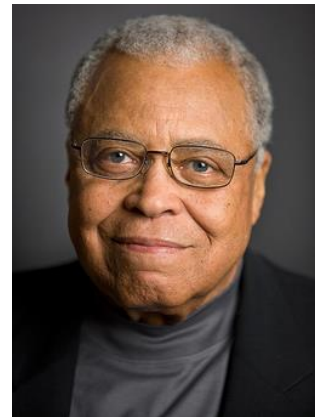
Volume 1 | Special Edition 22 | Monday 4 May 2020

Happy Star Wars Day!

Today is known as Star Wars Day, when fans all over the world celebrate George Lucas' Star Wars films. The date was chosen for the pun on a famous Star Wars catchphrase. 'May the Fourth' recalls the well-known phrase from the Star Wars films, 'May the Force be with you'.



James Earl Jones (pictured) is the actor who was the voice of Darth Vader in the Star Wars films. He is regarded as one of America's most distinguished and versatile actors, and is also known for his voice roles as Darth Vader in the Star Wars films and as Mufasa in The Lion King. His voice is deep and gravelly, but it wasn't always like that.



As a child, Jones had a pronounced stutter. He was born in Mississippi and his father left the family shortly after Jones was born. When he was five, Jones was sent to live with his grandparents in Michigan, but during that time, he developed a stutter that was so severe that he refused to speak. For eight years, until he went to high school, he hardly spoke.

At Jones' new school, his English teacher took an interest in him and helped him to overcome his stutter. The teacher discovered that Jones had a gift for writing poetry and helped him to do so, encouraging him to read out his own poems for others to appreciate. This strategy gave Jones confidence and was the tool that unlocked his silence. He would go on to become one of the greatest actors in American history, winning many prestigious awards.

James Earl Jones transformed his weakness into his greatest strength. I think this is inspiration for us all.

May the fourth be with you,

Nick Waldron

Headteacher

Childcare for this Week



We remain open for the children of those key workers who are unable to look after their children at home. If you need childcare, contact us through the school office. Please note that we are not open on Friday (as demand for places was very low).

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’. Please send one or two photos (no more please!) to: share@pinnerpark.harrow.sch.uk by 6pm on Sunday 10 May.

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

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

Pinner Park Online – Monday Assembly Online



Our Monday assembly is now on our video channel to view.

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](#).

Home Learning – Week 5 Learning Project – ‘Environment’



We're so pleased that everyone is making such a good effort with the home learning.

We know that it is not easy to teach children at home – many members of our staff team are discovering this too!

The weekly projects have a good range of activities which can be used flexibly during the week – working around your working pattern, availability of tech devices, your child's learning style and so on. Please don't become anxious or stressed about this – simply do your best!

Our latest 'Learning Projects' (Week 5) are now [available online](#). The theme for this week is 'Environment'.

[White Rose Maths](#) and [BBC Bitesize](#) have a new set of daily lessons for this week. Many parents are finding these really useful. If your child is in Year 1 or Reception, the [daily phonics sessions](#) continue.

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.

KEEP UP TO DATE ON OUR WEBSITE
<http://pinnerpark.harrow.sch.uk>



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



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 Skipping (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!