

The Pinner Park Poet



Special
Edition

Volume 1 | Special Edition 23 | Wednesday 6 May 2020

Keep on Running...

No-one could run a mile in under 4 minutes until this day, 6 May, in 1954. On that day, 25-year old Roger Bannister ran a mile in 3 minutes 59.4 seconds in Oxford. It was a very significant achievement. Many thought that he had achieved the 'impossible'.

Personal bests are about achieving your potential. They are about being the best that you can be and doing the best you can do. They're about your personal ambitions and your personal sense of achievement. They may be shown by little improvements or occasional leaps forward, but, when they do happen, they make you feel great!

Personal bests happen when we take the same steps Roger Bannister took. First, we choose what we want to improve.

Next, you need to put some effort into what you want to achieve. That's the hard part, isn't it? Yet, any ambition is surely worth it. No pain, no gain, as the saying goes.

Finally, it's often good to involve others, for their support, advice and company. They'll also be there to congratulate you when you achieve your new personal best!

Sir Roger Bannister was asked if he considered running the four-minute mile to be his proudest achievement. His reply was, 'No'. He valued his contribution as a neurologist to research on the human nervous system far more. It's like that with personal bests, too. We achieve one, but there are always others we can aim for. Ambitions never end.

Be ambitious! Achieve your personal best!

Best wishes,

Nick Waldron

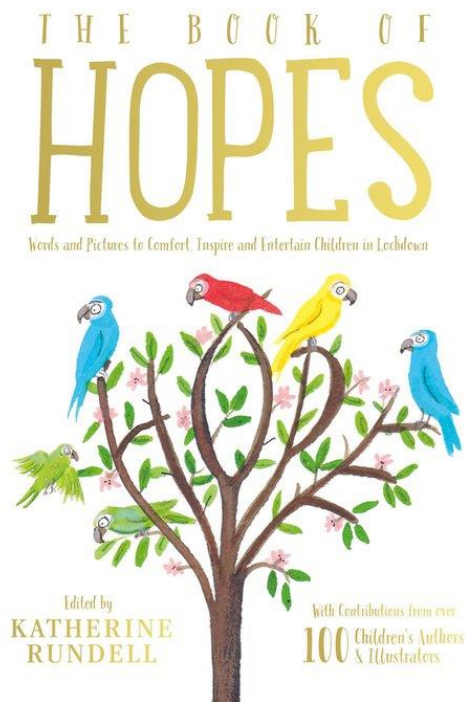
Headteacher



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Book Recommendations



The Book of Hopes

Award-winning children's author, Katherine Rundell, has launched 'The Book of Hopes: Words and Pictures to Comfort, Inspire and Entertain Children in Lockdown'.

Completely free for all children and families, the collection of short stories, poems and pictures has contributions from more than 110 children's writers and illustrators, including Lauren Child, Anthony Horowitz, Greg James and Chris Smith, Michael Morpurgo, Liz Pichon, Axel Scheffler, Francesca Simon, Jacqueline Wilson – and Katherine herself.

The Book of Hopes aims to comfort, inspire and encourage children during lockdown through delight, new ideas, ridiculous jokes and heroic tales. There are true accounts of cats and hares and plastic-devouring caterpillars; there are doodles and flowers; revolting poems and beautiful poems; and there are stories of space travel and new shoes and dragons.

Each story is short, under 500 words, so it is ideal for a daily read. You can read 'The Book of Hopes' here: <https://literacytrust.org.uk/family-zone/9-12/book-hopes/>

How NOT to go to School

Parsley Miblewood is a home-schooled child who sees herself as something of an expert on "How to NOT go to School".

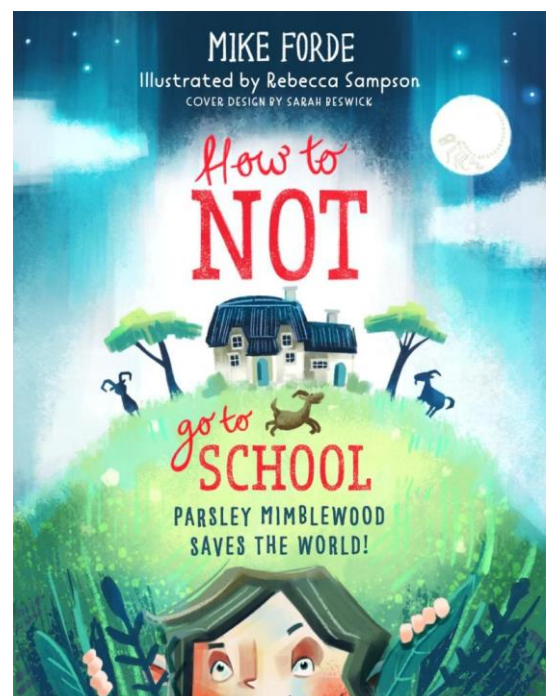
The story follows her daily whimsical adventures along with her 11 animals and 7 imaginary friends.

Each chapter explores an issue that might be weighing on children's minds at the moment such as dealing with emotions, missing friends and feeling cooped up.

At the end of each chapter, there are prompts and questions to support you to discuss these issues as a family.

You can download the book here:

<https://parsleymiblewood.wordpress.com/>



KEEP UP TO DATE ON OUR WEBSITE
<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'. 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 – More Bedtime Stories



We have some more bedtime stories for you to view on our channel.

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



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!