

# The Pinner Park Post

Special Edition



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## Kindness Matters

Mental health problems can affect anyone, at any time. Mental health is everyone's business. This week is Mental Health Awareness Week - it's a week to raise awareness, and to support one another.

The theme for this year is 'Kindness Matters'. One thing that we have seen all over the world is that kindness is prevailing in uncertain times. We have learnt that amid the concern and anxiety, there is also community, support and hope.

Kindness can transform our schools, places of work, communities and families.



Let's continue to be kind as a school. We don't need a special week to be kind. We do it day in, day out at Pinner Park! We're helping to shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable.

Be kind. Kindness matters.

Best wishes,

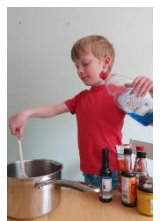
*Nick Waldron*

Headteacher

## Book Covers – Last Week's Prize Challenge

Thanks to everyone who submitted an entry into our book cover competition last week.

We're busy sorting through the entries and we'll put them all onto our website for you to see. Once we've chosen our winners, we'll let you know!



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## Possible Expansion of School to More Pupils in June

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We know you've seen in the news that schools may be able to welcome more students from 1 June, starting with nursery, reception, year 1 and year 6 pupils. The government will only do this provided that the '5 key tests' justify the changes at the time. There will need to be some significant progress in the coming weeks to enable this to happen.



It's a very unsettling time for us all, but rest assured that we're going to be doing everything we can to make sure we're ready to receive these year groups if it's safe for our school to extend our provision in the coming weeks or months.

Although we do not know if we will be able to welcome more children back to school (this will depend on the Government's scientific advice), we are creating a detailed action plan that we'll share with you as soon as possible so you know what the school's reopening will look like in practice.

In our plan we will consider the actions that we can take to reduce the risk to children, staff and families. This will include limiting group sizes (and not permitting any contact between groups), and we may need to schedule children (in those year groups) to be in school for some days each week so that we can manage the increased number safely.

I want to reassure you that we're not going to be pressuring anyone to send their children to school. We'll keep you updated with all our preparations for making sure the school is as safe as possible, so you can make an informed decision. We will ensure that you have the latest guidance for children with medical conditions, and those who live with vulnerable family members.

In the meantime, the school is still open only for vulnerable pupils and the children of critical workers. We know some employers will be encouraging you to return to work, but we're not in a position right now to extend places to other children until we receive further government guidance.

We'd like to thank you for your continuous support in helping your child learn from home. We'll keep you updated once we know more about when schools will be able to reopen for other year groups.

If your child will remain at home beyond 1 June, we'll continue to support you and them with home learning, and meal vouchers for those eligible. Please do continue to stay in touch with us – we are here to help.

Please continue to follow the Government's advice and help to control the virus. This means you must:

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance if you go out
- Wash your hands regularly

Thank you, once again, for your continued support.

**We will give you further information about our plans for widening access to school later this week. Please be patient as we work hard to plan how we can implement the Government's guidance for Pinner Park.**

## Home Learning – Week 7 Learning Project – ‘Celebrations’



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 7) are now [available online](#). The theme for this week is 'Celebrations'.

[White Rose Maths](#) and [BBC Bitesize](#) have a new set of daily lessons for this week. Many parents are finding these really useful. We have sent the White Rose Maths worksheets home by School Ping (Years 1 – 6). If your child is in Year 1 or Reception, the [daily phonics sessions](#) continue.

## 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](#).



## Harrow Bike Club Logo Competition – Help us get a Winner!



Nikki, one of our Year 5 students, has entered a competition with Harrow Bike Club to design their logo. Her design has made it to the top 4 and there are now 2 weeks for people to vote. Well done Nikki!

It would be great if the entire Pinner Park Community voted for her design (pictured left).

To vote, you simply need to 'like' her logo design on the Harrow Bike Club Facebook Page:

<https://www.facebook.com/photo/?fbid=290606979007503&set=pcb.290610835673784>

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



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