



Arnbrook Healthy Challenge

Week beginning 4th May 2020:

Social: I shared with other people.

Nutrition: I ate fruit. <http://bit.ly/NHS-5aDay>

Activity: I did 30 mins activity everyday outside of school.

Technology: I took a break and moved around after 30 minutes.

Sleep: I tried to stay in my bed all night.

Please remember to:



Weekly Reading Challenge

Drop everything for 10 minutes and read with your child every day!

This week's reading challenge is focussing on poetry. Your challenge is to have a go at reading and performing the poem "The Ning Nang Nong" by Spike Milligan. The poem can be found here: <https://childrens.poetryarchive.org/poem/on-the-ning-nang-nong/> You can record yourselves reading it and send it in or just share it with someone at home.

Weekly Sports Challenge



ACTIVITY

- Complete as many kick-ups as possible.



MAKE IT EASIER...

Use a bigger ball, use a balloon, drop the ball onto your foot to start.

MORE OF A CHALLENGE

Use a smaller ball, use an obscure object that you can find, use alternate feet even time you kick the ball.

EQUIPMENT NEEDED

- Football (or rolled-up socks, toilet roll, paper ball)

MAKE IT INCLUSIVE

Try doing as many kick-ups possible whilst sitting down, use the head, or hands to keep the ball up.

Interact with us on ClassDojo at least once a week.



15mins



How can you demonstrate honesty throughout this challenge?

Demonstrate honesty by counting the number of keepy-ups correctly

LEAD OTHERS

Challenge your household. Do keepy-ups as a team.

Freebies

There's so many websites, games and ideas online at the moment. Here's a few things we love, that you might too. This week's focus is on: VE Day 75 – Friday 8th May.

[National Sing-a-Long](#)

[Remembrance in Nottinghamshire](#)

[Keep Calm & Bake](#)



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Talk to us if you have any worries or concerns.



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Don't forget, for our virtual toast, all you need to do is record a video of your children and/or family saying: 'To those who gave so much, we thank you' & send in to: office@arnbrookprimary.net and we'll create our very own special Arnbrook Toast the Nation to share with you all.

Awesome Arnbrookers!

Check out our fantastic home learners of the week below.
Well done everybody!

Badgers	Jenny	Super letter formation practice.
Foxes	Nma	Completing all her phonics challenges and sending a video of herself reading to her teacher!
Oak	Melodie	An incredible family tree – amazing research.
Ash	Reece	Brilliant multiplication work.
Maple	Bryher-Rose	Completing all the work set by her class teacher!
Rowan	Paige	A brilliant drawing of her family.
Hawthorn	Taylor	A superb family tree – well designed and presented.
Chestnut	Junaid	Another incredible family tree ☺
Cherry	Frankie	Completing all work set to a high standard.
Pine	Kyle	An amazing, detailed story.

Our special messages

Click the link to view our special message to all children and families of Arnbrook. <https://www.arnbrookprimary.net/our-school/our-message-to-the-children/>

A huge thank you to all children and families who've been sending us some lovely messages over the last few days as part of the national 'Thank a Teacher' day on 20th May.

We are proud to serve our local community and are proud that our school community is showing how we are stronger together every day.