Red Nose Day

Friday 19th March is Red Nose Day this year. The staff and I have discussed possible ideas to do, whether we have returned to school, or in the event of the Prime Minister extending the home learning in this area beyond March 8th.

We have decided that in order to help everyone raise a smile, as well as raise some money for Comic Relief, we are going to create our own joke book!

Therefore, we are asking that all children, with the help of their parents, contribute a joke towards this book. Our staff will also contribute jokes too.

Their jokes do not need to be their own, just one that makes them laugh (no matter how awful it is!). However, they do need to be suitable for a primary school-aged audience, so please consider this before sending them to me.

Please send all your amazing jokes to me by **Tuesday 9th March**. Do this via the admin email address: admin@ashdon.essex.sch.uk

To get their creative juices going, how about these to get you inspired?

What did the grape do when it was stood on? Let out a little wine!
I used to work in a shoe-recycling shop. It was sole destroying!
Why did the scarecrow win an award? Because he was outstanding in his field!

If your children also want to submit any pictures to use as illustrations within the book, then they may do so. These might be a picture related to the joke that they are submitting, or maybe a picture of people (or creatures) laughing.

I will then collate the jokes into a PDF file and send this electronic book to parents who make a donation to Comic Relief (it is suggested to give £1 per child, but you are welcome to give more). Please do not send any money at this time, until you receive instructions on how to make your donations via our school, which we will share much nearer to Comic Relief.

I am really looking forward to reading all of your jokes.

Snow Alert

For those families bringing their children into school at this present time, please be aware snow is predicted over the coming days. Whilst we will do our best to remain open, our staff travel from a wide variety of locations and distances. If the school is forced to close on Monday, then I will try to get a closure message on front page of our website by 8:15 am.

Physical Activity

The Uttlesford School Sports Partnership continue to provide ideas for you to try at home with your children.

You will find their latest ideas, including a competition, on the next few pages of this newsletter.

Caring
Challenging
Celebrating

FITNESS FUN FEBRUARY

CHALLENGE – Can you be active every day in February?

Complete the calendar by writing in the activity you do each day.

- How many different types of activity can you include?
- Try to include some activities that raise your heart rate – these ones make you feel hot and sweaty, and make you breathe harder and faster.
- Can you try something new?
- Can you get your family involved?

Here are some ideas of different ways to be active in February:

Skipping

Roller skating

Make an obstacle course

Online dance classes

Just dance

Yoga

Football

Cycling

Nature walk

Tennis skills

YouTube fitness activity videos

Try some of these YouTube pages for ideas!

Loughborough Keep Kids Active

Youth Sport Trust After School Sport Club

PE Bowman

Coach Corey Martin

Teacher Mister Alonso

Cosmic Yoga

Marcus Rashford Celebrity Supply Teacher (BBC)

FITNESS FUN FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th	Saturday 6th	Sunday 7th
Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th	Saturday 13th	Sunday 14th
Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th	Saturday 20th	Sunday 21st
Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th	Saturday 27th	Sunday 28th
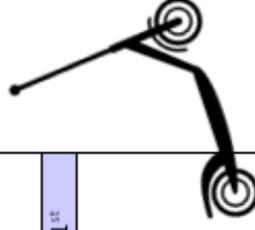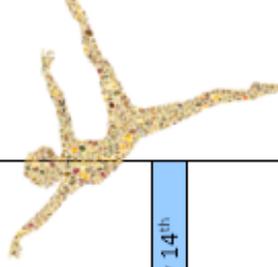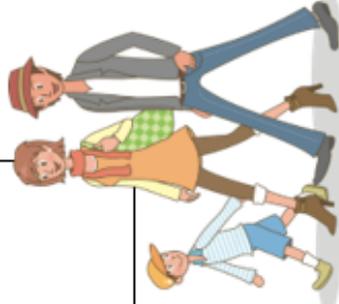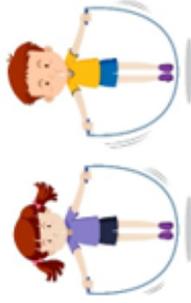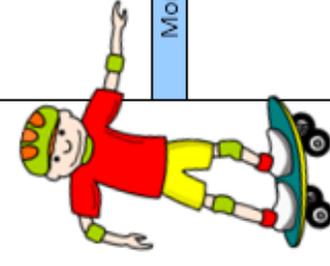
RAINBOW SCAVENGER HUNT

Can you spot something of each colour whilst out walking? What are the most interesting things you can see for each colour? Write or draw what you see.

RED	ORANGE
YELLOW	GREEN
BLUE	PURPLE
PINK	BROWN
WHITE	BLACK