

# Maybury News

*Believe. Succeed. Achieve.*

## Home Learning Newsletter

This week we have welcomed back more children from Nursery, Reception, Year 1 and Year 6, as well as our key worker children. We have also dropped off lots of new books and learning packs to the children working so hard from home. If you need a new book, please make sure you tell your teacher by Monday as we will now be moving to delivering to houses once a week. Also remember to keep sending us your photos so we can celebrate your fabulous home learning and new creative hobbies .

### World Ocean day 8th June and National Refill Day 19th June

On the week of World Ocean Day, we recognise the benefits of the ocean and the creatures that live there. Did you know that the ocean produces over half of the world's oxygen and absorbs 50 times more carbon dioxide than our atmosphere and many medicinal products come from the ocean, including ingredients that help fight cancer, arthritis, Alzheimer's disease, and heart disease. On Friday 19th June, it will be national refill day. Look at the staggering plastic facts on the right. Could you challenge yourself to use less disposable plastic bottles and refill a bottle instead ?

We now use an estimated **7.7 billion** plastic bottles every year in the UK.

An estimated **700,000** plastic bottles are littered every single day in the UK.

There are now over **159** plastic bottles for every mile of beach in the UK.

### Times Table Rock Stars

The table below shows the winners for our previous TTRS competition. Well done to Seahorses who won overall with a massive 55,360 points! The next competition, which will run until 15th June, will be a girls verses boys competition! Remember the more times you play, the more points you will get.

Class	Score	Verses	Score	Winners
Seahorses	55,360	Dolphins	4,960	Seahorses
Angelfish	29,332	Jellyfish	4,800	Angelfish
Manta Rays	14,555	Sea Turtles	6,339	Manta Rays

### Why is my wellbeing important?

Last week we thought about the 7 benefits of exercise. This week we are concentrating on the importance of having good wellbeing—both during lockdown and when normal life resumes. Most of the resources are taken from the following website and may be of use for parents and careers: <https://www.mind.org.uk/information-support/for-children-and-young-people/>

Having good wellbeing can help you to:

- feel and express a range of emotions
- have confidence and positive self-esteem
- have good relationships with others
- enjoy the world around you
- cope with stress and adapt when things change.

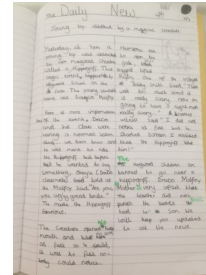
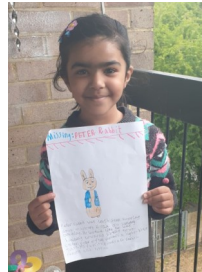
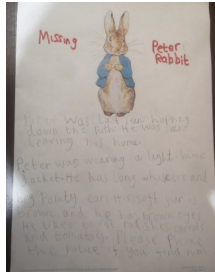


# Home learning Newsletter

## How can I look after my wellbeing and have good mental health?

- **Get creative**

New research conducted by a man called Conner at the University of Otago, found that people who were more creative on one day *still* experienced more flourishing and positive emotions like energy, enthusiasm, and excitement the next day. The children below have been creative with their drawing and writing. How can you be creative this week?



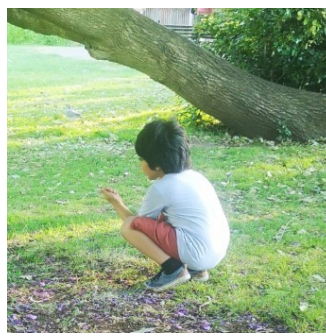
- **Learn something new**

Being at home more often than usual is a perfect time to learn a new skills and it is great for your mental health because it focuses your mind on something positive. Vihaan and Vivaan have started learning to play the piano in their spare time. Perhaps you could learn to sing a new song, learn to juggle or maybe learn a new language.

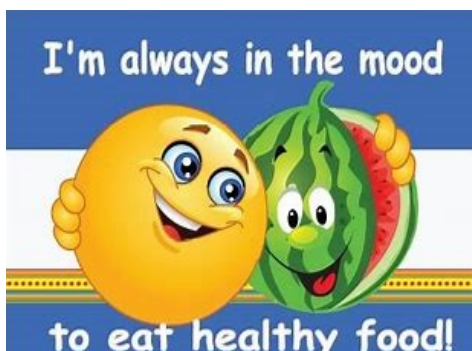


- **Be active**

There are so many ways to stay active. You might like to take a walk in the park, do yoga at home or maybe even swim in the sea. The natural chemicals that are released by your body during exercise are great for making you feel good!



- **Eat healthily**



Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best. This means eating a wide variety of foods in the right proportions, and eating the right amount of food and drink. Make sure you are eating your 5 fruit and vegetable portions a day and try to avoid eating too many sugary and fatty goods. Remember that your fruit and vegetables can be fresh, frozen, canned, dried or juiced.

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- **Get enough sleep**

The NHS recommend that you should be having 10-12 hours sleep (the exact amount depending on your age.). If you are struggling to get to sleep or feel tired in the morning : try to avoid screen time up to an hour before bed; try reading or listening to relaxing music; turn lights down low; and you could try to focus on slowing down your breathing. More sleeping tips can be found on the NHS website: <https://www.nhs.uk/live-well/sleep-and-tiredness/healthy-sleep-tips-for-children/>



- **Help others**



Helping around the house is not just helpful for your parents and careers, research also shows acts of giving and kindness can help improve your mental wellbeing by creating positive feelings. Acts of kindness could include: helping with the cleaning and tidying; saying thank to people in your household; and listening carefully when another person is talking.

- **Do things you enjoy**

Taking time to do something you enjoy is also important., particularly if you are feeling a bit sad. Perhaps you could read a comic, listen to your favourite song or jump on your trampoline.



- **Connect with others**



Connecting with others is so important when you don't see your friends and wider family every day. With adult permission, try to stay connected using video calls, emails, telephone calls and maybe even sending a letter or postcard.

- **Do things to help you relax**

Reading a book, playing with your favourite toy, having a warm bath or listening to music (to name just a few things) can help you relax. Relaxing helps your mind to switch off and your body to recuperate.



- **Ask for help if you need it**



Remember that we may not be meeting you face-to-face each day, but we are still here to help you. Your teachers are still checking and responding to their emails daily. Please do contact us if you need any support or speak to another trusted adult.

## Keep in contact

Keep sending home learning photos to: [homelearning@maybury.surrey.sch.uk](mailto:homelearning@maybury.surrey.sch.uk). Only send photos and videos if you are happy for them to appear on the newsletter and website. Remember to keep checking the website every day to find the new home learning for that day—these are a guide for what you can do but don't worry if you don't complete everything.