



Sacred Heart Catholic Primary School

Earlsbury Gardens, Birchfield, Birmingham B20 3AE

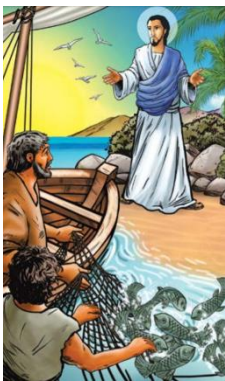
Tel: 0121 356 4721 email: enquiry@sacredheart-sch.net

Executive Principal: Mr. G M O'Hara

22nd January 2021

Dear Parents,

In this Sunday's Gospel, we hear about Jesus starting to gather together the first Christian community. Christian communities (just like families) are never perfect – even Jesus' closest disciples weren't always the ideal set of people. However, everyone works better with others in community. Our schools and parish communities were founded to be places of love, friendship, security and inclusiveness.



“Lord, open my heart, mind and ears to receive your Word.”

One day, as Jesus was walking beside the Sea of Galilee, he saw two fishermen, Simon and his brother Andrew. They were fishing and Jesus called to them, “Come, follow me and I will make you fishers of men: from now on you will be gathering people instead of fish.” At once they left their nets and followed him. Further along the shore Jesus saw two more fishermen, James and his brother John; they were with their father and were mending their fishing nets. “Follow me,” called Jesus. At once they left their father and followed him.

Adapted from Mark 1:14-20 The 3rd Sunday of Ordinary Time, Year B



“Whatever gifts and talents we are given by God are to be shared with the entire community.”

St Baldwin of Canterbury

The Wednesday word is Community

Well-being and mental health- **Feel-Good Friday**

Throughout the current pandemic, we have been reminded more than ever of the importance of mindfulness and wellbeing.

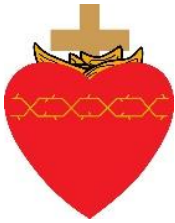
At Sacred Heart we are aware that the current need for schooling at home has potentially increased the amount of screen time your child is receiving. Add to that the strains, worries and concerns of changes in routines, missing friends and working differently, and sometimes it can all be too much.

With that in mind, we have created **Feel-Good Friday**, an afternoon given over to unplugged (non-screen) activities.

Tasks are being planned around art, craft, design, fitness and activities, such as, construction and nature. We will provide you and your children a bank of activities that you can choose from. Children can tick off activities that they have done, take photos, share with their teacher and your class.

Should you have children in more than one year group, please select just one activity for you all to complete. We do not want this to be a stressful time! Please see the ideas at the end of this letter and your child's class teacher will suggest some too- make it a fun family time!





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Certificates this week

The following children have been commended by their teachers and teaching assistants for their wonderful work at home this week.

Eziah, Josephine, Is'Haq, Solihome, Sunni, Lydia and Meliyah

Raffle tickets winners

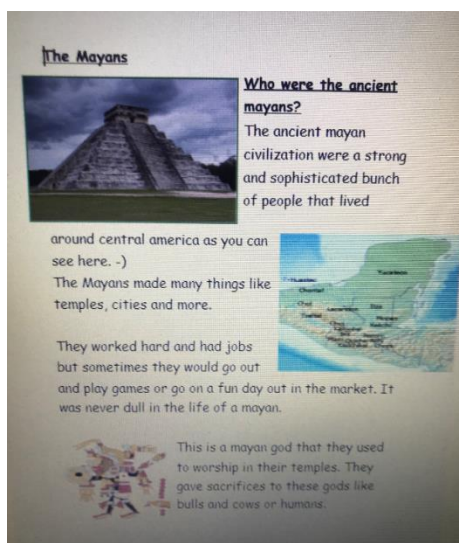
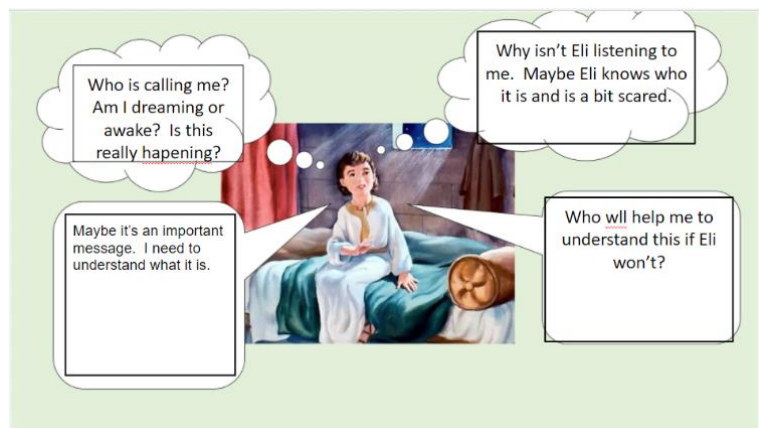
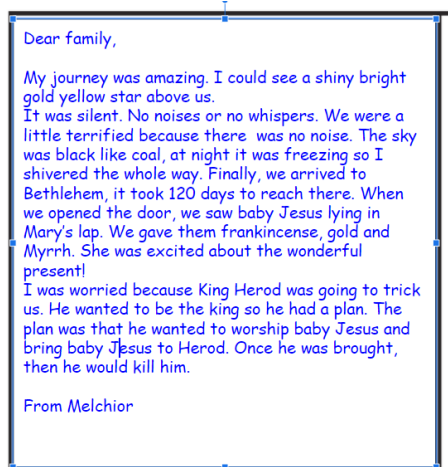
All staff have been adding raffle tickets to their jars for children's effort at logging on at home and 'turning in' work where they can. Congratulations to these children.

Emmanuel, Adeola, Heyab, Lucas, Ezekiel, Adjatae and Troy

Congratulations children- we will make sure you receive your certificate or your £5.00 raffle treat.

Please continue to support and encourage your children to earn their raffle tickets for a chance to win the special prize each week.

Some amazing work from the children at home this week.
Thank you for your continued support with your child's learning.



I am really happy but I don't know why. I think it's because I listen to Miss Callan read *Matilda* to me every day.





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Even more

Non-screen activities you can do at home

Pobble

25
more
ideas!

Recipes are a great way to express yourself and get creative.
Have a go at our 25 food and recipe related tasks!

1 Write a recipe for happiness.

What are the essential ingredients you need to include?



2 Design the front cover of your own recipe book.

What will you call your book and how will you make it stand out?

3 Get revolting!

What is the most disgusting menu you can think of? Design and create your own revolting menu.

4 Make your own chef's hat.

What will you use to make it? Newspaper or something else?



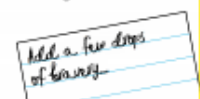
5 What makes a good friend?

Can you write a recipe with the key ingredients?



6 Create a recipe for a superhero.

What do you need to mix together and how would you do it?



7 Make a model of your favourite pizza.

Use bits you find around the house. What toppings will you include? Bottle top pepperoni perhaps?

8 Write a song or rap about your favourite food OR about your least favourite food.



9 Draw a picture of the best dessert you can possibly imagine!



10 What do you need to make a healthy human?

Draw a diagram to explain.



11 Start a food journal.

Write down your favourite meals, ingredients and recipes. Are you eating healthily enough?



12 Imagine you need to make a cake for a special event.

It needs to have 5 layers of different flavours. Design and label how it would look.

13 Word search fun!

Create your own word search using words on the topic of food or cooking, then ask someone to complete it.



14 Imagine you discovered a new type of fruit!

What would you call it? What would it look like and taste like? Write a description.

15 If you had your own restaurant, what would it be like?

Would it have a theme? Make a model of it using things you find around the house.

16 How would you create a united community?

Write down your method and the ingredients you would use.

17 The perfect teacher!

Write a list of the ingredients you would need to make the best teacher in the world. Perhaps you know one already?

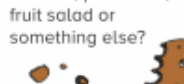
18 Grow your own.

Can you save the seeds from something you eat and plant them to grow your own?



19 Get baking!

Find a recipe you like and have a go at completing it. What will you make? Biscuits, pancakes, fruit salad or something else?



20 Healthy body.

Exercise is just as important as eating well. Can you create your own daily workout routine and try it out?



21 How many words can you think of that rhyme with COOK?

Write a list.



22 Rainbow foods.

There are 7 colours in the rainbow. Can you think of a food that's the colour of each one? Draw a picture to show these.

23 Potion power!

Imagine you have the power to create a potion. What would your potion do and how would you make it?



24 Alphabet food!

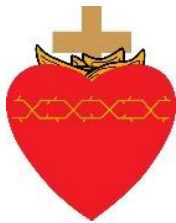
Can you name something you would find in the kitchen that starts with the letter a, b, c and so on?



25 Put on a show!

Can you put on a cookery show? Explain what you are doing at each step so it's simple for others to follow!





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More

Non-screen activities you can do at home

What can you do when there's no school and you're stuck at home? Here are 25 fun ideas to choose from.

Pobble
25 more ideas!

1 Get doodling! Grab some paper and pens and doodle anything you like! Animals, aliens or something else. 	2 Create your own animal. Could you combine two of your favourites? What will you call it? 	3 Design and draw a new musical instrument. How would you play it and what will it sound like? 	4 Make up your own 5 minute exercise routine. What will you include? 	5 Can you make up your own jokes? Tell them to someone to make them laugh!
6 Make some jewellery. Use anything you can find around the house. Strips of wrapping paper or rolled up magazines make great beads! 	7 Paper aeroplane challenge! Make a paper aeroplane and see how far you can fly it! Can you make a target and try to aim for it? 	8 Fingerprint art! Use only your fingertips and paint to create a picture. 	9 Make a bookmark to use when you're reading. 	10 Make some wild art using sticks, leaves, flowers and anything else you can find outdoors.
11 Quick draw! Set a 1 minute timer, draw a quick doodle and see if the other person can guess what it is before the time is up. 	12 Write a silly sentence that includes all of these words... BANANA, CURTAIN, DOLPHIN, SNOW and BALLOON. Now think of your own words and write some more! 	13 How many different words can you make from the letters in this sentence? 	14 Ping pong story telling! Write the opening sentence to a story, then someone else writes the next line. Then it's your turn again! Keep alternating until you have a full story. 	15 Guess the character! Think of a character from a book, write it down so no-one can see. Have others ask you questions to try and guess which character you chose.
16 Make a finger puppet! Use a paper cone to make a body, then attach a paper head. 	17 Describe the most disgusting meal EVER! What is in it? Spaghetti worms, toenails on toast or something else? 	18 Create a comic strip about an animal who turns into a superhero. Which animal will you choose? 	19 Create a family kindness jar. Every time someone does something kind, write it down and put it in the jar. When the jar is full you all deserve a special treat! 	20 Find a fun place to sit and read a book. Under the bed? Up a tree? Where will you go?
21 How many words can you think of that rhyme with WRITE? 	22 Write a recipe for 'Springtime'. What will you include? Flowers? Sunshine? What else? 	23 Use your body to make the shape of a letter. How many more can you make? Can you make every letter in the alphabet? 	24 Play alphabet bingo! Can you spot an item in your home or garden that starts with the letter a,b,c and so on? 	25 Start a diary. Write a short entry every day about what you do and how you feel. It will be good to look back on when you're older.





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Thank you for your support.
Please stay at home and stay safe

Yours sincerely

Mr G M O'Hara
Executive Principal

Mrs G Elliott
Acting Head of School

Mrs D Cooper
Acting Vice Principal

