



Swallowdale Primary School

The Swallowdale Smile

To all our Swallowdale families,

The past month has flown by and we are now approaching half term. The children have been super stars since returning to school after the summer and have adapted so well to all the new routines we have put in place. Here are a few ideas to try with your family during your half term break. Enjoy!



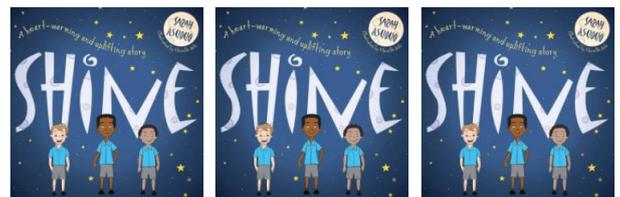
Kid's Cooking Recipes for Half Term



Get fussy little eaters into the kitchen and turn them into little chefs with our easy and fun cooking projects. They'll love tasting their handiwork, too!

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking-recipes>

Shine by Sarah Asuou



Shine is a touching and heart-warming story which encourages young readers to celebrate diversity and to recognise how our differences make us special. It deals confidently with issues including bullying, low self-esteem, self-confidence and forgiveness in a manner that children can comprehend.

Optimistic October



This monthly calendar is packed with actions you can take to help create a happier and kinder world.

<https://www.actionforhappiness.org/calendars>

Swallowdale Fun This Autumn!

Busy Bella



Bella has been a bridesmaid at her mum's wedding, spent a lovely day at Burrough on the Hill with her grandparents, had a trip to Melton park and been busy baking in the kitchen.

Boys' Day Out



In August Szymon and his dad had a boys' day out. They went to the Royal Artillery Charitable Fund where they saw AS900 artillery with 155 mm gun. They then went to Tyneham Village, often referred to as Dorset's 'lost' village. Tyneham is part of the Ministry of Defence Lulworth Ranges. It looks like Szymon really enjoyed his trip.

Move Over Rebecca Addlington



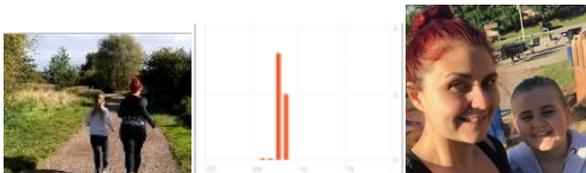
Poppy has started her swimming lessons and absolutely loves it.

Birthday Boarding



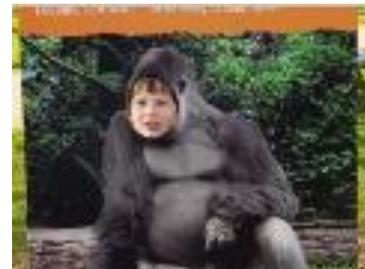
Daniel had his birthday recently and received a long board. He got on so well with it but managed to make use of his wrist protection within the first few minutes. Be careful Daniel!

Amazing Maisie!



Maisie completed the 5k Race for Life with her Mum on Saturday 26th September. Maisie raised £385 in memory of her Nan and Grandad. She did super well and her family are so proud of her. Well done Maisie!

Monkeying Around



Ayrton is very lucky to be a member at Twycross Zoo and has paid them a visit. Here's Ayrton monkeying around! Ayrton and his family hope to meet the new rhino next time they go.

On Your Marks...Get Set...Go!



This is a picture of Theo from Reception in his third go kart race at Shenington. It rained all weekend but just like Lewis Hamilton he loved it!

100 Conkers!



Harvey has been conker collecting with his mum, dad and Colin the dog. Harvey collected 100 conkers and even found some still inside their shells. We all got very soggy and found the biggest puddles to jump in.



The Present



The film tells the story of a boy who'd rather spend his time indoors playing videogames instead of discovering what's waiting outside. One day his Mum decides to get a little surprise for her son, which makes it hard for him to concentrate on his video game any longer.

<https://www.youtube.com/watch?v=3XA0bB79oGc>

Story of Life



David Attenborough's 'Story of Life' is available to download completely free on iOS and Android.

You can also catch the clips on...

www.bbc.com/storyoflife



Please send your photographs to smile@swallowdaleschool.co.uk

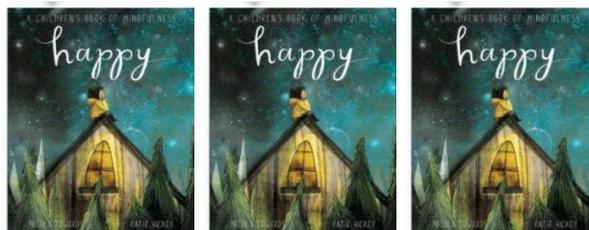
30 Hot Chocolate Recipes



The nights are drawing in and there is a definite chill in the air so it is the perfect time to try out some of these hot chocolate recipes.

<https://www.countryliving.com/food-drinks/g2776/hot-chocolate-recipes/>

Happy by Nicola Edwards & Katie Hickey



We breathe deep and expand like the galaxy. We breathe out many thousands of stars, and if ever we start to feel panicky, this reminds us of just who we are. The perfect soothing read for quiet time, Happy gently encourages young readers to explore their emotions and the beautiful world around them. This poetic journey to a place of happiness and calm will inspire and empower your child to enjoy the practice of mindfulness.

Smile

Smile

Smile

Autumnal Rainbow



The leaves are beginning to turn all kinds of beautiful colours. Why not collect leaves to create your very own autumnal rainbow.

Music to Make you Smile



https://www.youtube.com/watch?v=Izno_iG7mOB4

Continue to stay safe, stay well and look after each other!

☺ Thank you to all families and staff who have contributed. ☺