



Swallowdale Primary School

# The Swallowdale Smile

To all our Swallowdale families,

A very happy new year to you all! We hope you enjoyed your Christmas break and made the most of spending time with your families.

Here is another jam packed issue of The Swallowdale Smile to keep you entertained.



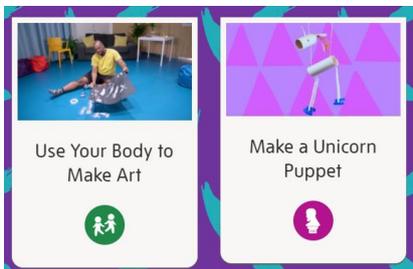
## Make Your Own Rainbow Cake



<https://www.tablespoon.com/recipes/rainbow-naked-cake/3f5546b0-fa83-468a-9f02-3a1eb9d6f048>

TATE KIDS

## Art at Home



The Tate Kids website has a whole array of different art activities children can try at home, including 'Using Your Body to Make Art' and 'Make a Unicorn Puppet'.

<https://www.tate.org.uk/kids>

## Happier January



Here are some daily actions you can do to help make yourself and others happier this January.

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

# Jolly January!

## Keeping Fit with Joe



Here is Emmy, Oscar and Millie joining in with Joe Wicks. The little ones are also joining and enjoying this too!

## Big Brothers!



Charlie and Zac are proud big brothers. Baby Ernie Jude was born on 28th December. Congratulations to you all!

## Meaningful Maths



Here is Daniel using Christmas paper plates to create arrays. How resourceful of you Daniel!

## Mud, Mud Glorious Mud!



Jack and Rhys have tried to spend time at the country park every day exploring new places. One day they took their cousin Grace with them. They had so much fun getting wet and muddy.

## Walk on the Wild Side



Lily-Jean has enjoyed some nature walks with her family around the reservoir at Asfordby Valley.

## Horsing Around!



Ruby has been lending a hand at the stables. You get all the best jobs Ruby!

## Blue Peter Workout



<https://www.bbc.co.uk/cbbc/watch/bp-feel-good-fitness>

## Blue Peter Quiz



Quiz: What's that animal?

Blue Peter

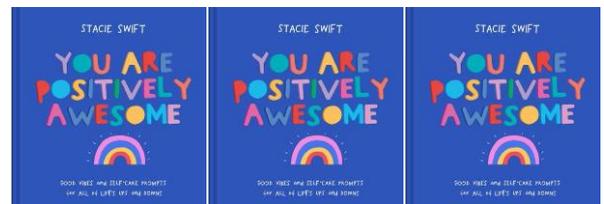
<https://www.bbc.co.uk/cbbc/quizzes/bp-whats-that-animal>

## 10 Free Mindfulness Activities for Kids



<https://www.bbcgoodfood.com/howto/guide/10-mindfulness-exercises-kids>

## A Book for Everyone!



'You are Positively Awesome' is a colourful and practical book for an everyday burst of positivity and an extra dose of self-kindness.

[www.amazon.co.uk](http://www.amazon.co.uk)

## Jessie the Jellyfish



Jessie the Jellyfish is a sustainable children's book that follows the story of Jessie who is a lonely jellyfish. This is an engaging story about how our wonderful oceans are changing & how they are affected by the increasing problem that is plastic pollution.

<https://www.peacewiththewild.co.uk/product/jessie-the-jellyfish-sustainable-childrens-book/>

**KIDS**  
against  
**PLASTIC** **Get Involved!**



After reading 'Jessie the Jellyfish' you might fancy making a difference. Why not download this citizen geography project? Simply scan the QR code, start picking up plastic and log your efforts on the App.

<https://www.kidsagainstplastic.co.uk/>

Please send your photographs to [smile@swallowdaleschool.co.uk](mailto:smile@swallowdaleschool.co.uk)

## National Trust

### Episode 5: Hill Top, Cumbria



Join us on a tour of Hill Top, the much-loved home of author Beatrix Potter, creator of Peter Rabbit™ and friends. You can explore the writer's paintings, drawings, treasured objects, as well as the surrounding countryside that inspired her.

<https://www.nationaltrust.org.uk/lists/go-behind-the-scenes-at-our-places>

## National Trust: Free Peter Rabbit Activities



Find out more about Peter and his friends with these downloadable activity packs to enjoy at home. Even though the Peter Rabbit™ winter activity trails at the places in our care have ended, you can still have fun at home with some baking, crafting and inspiration to keep the kids entertained.

<https://www.nationaltrust.org.uk/features/peter-rabbit-activities-and-games-to-try-at-home>

smile:) smile:) smile:)

## Free Blue Peter YouTube Channel



Here you'll find all your favourite celebrities and performers, colossal Blue Peter challenges, clever ways to create and of course we'll be featuring content inspired by our 8 brilliant badges.

[https://www.youtube.com/bluepeter?sub\\_confirmation=1](https://www.youtube.com/bluepeter?sub_confirmation=1)

## Free Virtual Tour of the Vatican, Rome



Filled with spectacular architecture and historic monuments, The Vatican is within your virtual reach, with a host of other museums providing online tours too.

<https://www.techradar.com/uk/best/virtual-tours-museums-national-parks-around-the-world>

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

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