



Swallowdale Primary School

The Swallowdale Smile



To all our Swallowdale families,

Welcome back! We hope you have all had a restful and relaxing half term. With spring just around the corner and the dark nights drawing out here is a little promise of what we have to come...



<https://www.youtube.com/watch?v=m6Uw2DJ9Md8>

Coronavirus: How to support your wellbeing at the moment



The arrival of coronavirus has led to lots of changes to the way we all live our lives, as well as lots of new rules about what we can and can't do.

Some of what you see or hear might sound confusing or scary, so it's normal to have some worries.

But it's also important to be aware of your feelings, and to look after your mental health and your wellbeing.

<https://www.bbc.co.uk/newsround/51896156>

The Night Bus Hero

by Onjali Q Rauf (suitable for age 9+)



Told from the perspective of a bully, this book explores themes of bullying and homelessness, while celebrating kindness, friendship and the potential everyone has to change for the good.

www.amazon.co.uk

Friendly February



We need each other more than ever right now! This month let's focus on reaching out to connect with others and doing our best to be a good friend.

www.actionforhappiness.org/calendars

Freezing February!

Second Snowman



Here is Jack with his little sister Lilly building their second snowman this year. Your snowman will be super at playing tennis!

Winter Wonderland



Lena and Michal have had an amazing time in the snow over the last month.

Super Snowboarders



Jack and Rhys have really got the hang of snowboarding, unlike their mum!

Sisters are Building it for Them Selves



Here are Maizie and Lexi building a super snowman. His smile is almost as big as yours!

Snow Angels



Here are Oscar and Millie making snow angels.

Our Budding Artist



Jane has been drawing lots and learning how to draw caricatures. These are pictures of her pet bird Pearl and her brother Harry.

Lockdown Celebrations!



Ruby celebrated her 6th birthday by making papier-mâché with Olivia and Kyle. Happy Birthday Ruby!

Super Snowman



Rhiannon has made a lovely snowman and has even lent him her scarf.

Two Little Eskimos



Thomas and Joshua were all wrapped up ready to enjoy the snow.

A New Supporter



It looks like Kalon has created a new Leicester City Football Club supporter.

Fun Garden Activities for Kids



As a base for home-schooling lessons, art projects, nature exploration and healthy exercise, your garden might just be the best - and most fun - classroom your kids ever have. In this short video we'll share some handy tips to keep kids busy - and you sane!

https://www.youtube.com/watch?v=f1N_aT8Rm4

Once Upon a Raindrop

by James Carter



Immerse yourself in the wonderful world of water and discover the story of H₂O from its very beginning. Engaging, informative poetry flows over the pages and stunning illustrations bring this story to rushing, gushing life.

www.amazon.co.uk

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

Super Spring Flower Spotter

Grab your Nature Detectives spotter sheet and magnifying glass and head outside to identify spring flowers like Bluebell, Wood Anemone and Ramsons.



https://www.youtube.com/watch?v=YWKCSxY2o_8

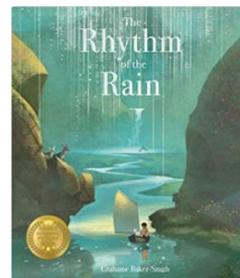
[KCSxY2o_8](https://www.youtube.com/watch?v=YWKCSxY2o_8)



http://www.treetoolsforschools.org.uk/activitymenu/?cat=plant_id

The Rhythm of the Rain

by Grahame Baker-Smith (suitable for all ages)



Issac plays in his favourite pool on the mountainside. As rain starts to fall, he empties his little jar of water into the pool and races the sparkling streams as they tumble over waterfalls, rush through swollen rivers and burst out into the vast open sea.

www.amazon.co.uk

smile:) smile:) smile:)

Rainbow Pizzas



Forget takeaway pizzas, encourage kids to eat a rainbow every day with this colourful recipe full of fresh flavours - guaranteed to please even fussy eaters.

<https://www.bbcgoodfood.com/recipes/rainbow-pizzas>

Inspiring Animation about Kindness



<https://www.youtube.com/watch?v=d0QXif2Ojeo>

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

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