



Edward Peake Bulletin



"If you can?" said Jesus. "Everything is possible for one who believes."

Mark 9:23

With school closed for the vast majority of our pupils, we wish to keep in regular contact with our school community. We will use this newsletter to keep in touch with parents and pupils. Please remember that you can still contact school via 01767 314562 or info@edwardpeake.beds.sch.uk. It may take us a little longer to respond to your requests, we thank you for your patience and understanding during these unusual times.



Learning at home is different for all of us. The staff at Edward Peake continue to provide lessons and resources for pupils to complete at home but learning takes many forms. This week our newsletter shares a few activities that everyone in the family can get involved with. We hope you enjoy trying out some of these activities together. We'd love to see anything you make or do, so please feel free to send a picture to the school email.

John Lewis have launched a competition to find a superhero teddy bear, and they need your help designing it. The winning teddy will be sold in John Lewis and Waitrose shops later this year, with 100% of the profits going to the NHS. Further details are below

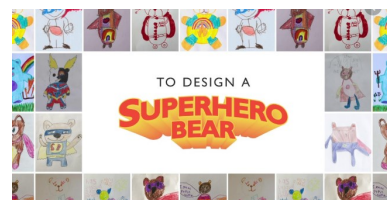
DESIGN YOUR TEDDY BEAR

In honour of our incredible carers at the NHS, we need designs for superhero-themed bears – don't feel like you have to stick to the traditional brown bear – we want to see all kinds of super teddies. Try and incorporate unique elements through colours, patterns, capes, masks – whatever feels exciting for you, but please avoid using any recognisable icons in your designs, such as the 'NHS' lettering or Superman logos.

HOW TO ENTER

Share your superhero teddy bear design with us by 5pm on 8 May 2020. An adult over the age of 18 should submit a photo of your design in one of the following two ways:

Share your designs by email to: designyoursuperbear@johnlewis.co.uk or posted through a public Instagram or Twitter account with the hashtag #DesignYourSuperBear





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Museums, art galleries, theatres and places of interest

We may not be able to go out and visit different places at the moment but many theatres, art galleries and museums have made tours and resources available online. Below are details of a few that you can visit virtually.

National History Museum

Now has a virtual tour which you can use to explore the museum in more detail:

<https://www.nhm.ac.uk/>

The Tate Gallery

You can take a 360 degree tour of the Tate Gallery:

<https://www.tate.org.uk/art/360-video/grimshaw>

Nasa Kids

Nasa have shared videos which help space fans to learn all about the universe we live in:

<https://www.nasa.gov/kidsclub/index.html>

Online learning

From YouTube to education sites, countless talented people are sharing their skills and helping children (and adults) discover new interests and talents. Below are some free activities that you can try out.

Cartoon Workshops

Have a go at creating your own cartoons. Artist Pete McKee will guide you through the basics of character development starting with how to draw simple faces and expressions. So grab a pen, pencil or whatever you can find and join in on the fun!

<https://www.youtube.com/watch?v=q8f8ag58jDs>

Learning to Code

Chromeworks is offering daily sessions learning how to code using Scratch. All you need is a computer or tablet and access to YouTube. You will learn how to create games, quizzes and even create live action videos. https://www.youtube.com/channel/UC5lxS9dq0zyusPD5_ydC8JQ

Classic Children's Books

Many different platforms have made classic children's books available for free. Researchify gives you the option to download a word or pdf version of the book and listen along to an audiobook as well. <https://www.researchify.co.uk/audiobooks.html>



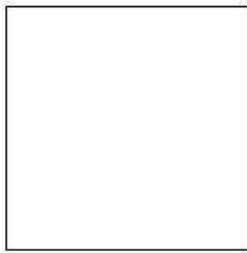
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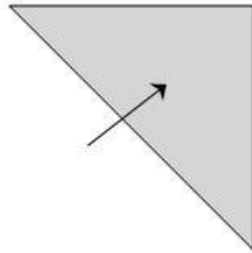
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Make a Fortune Teller

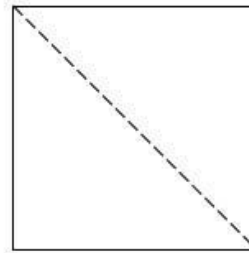
Instructions



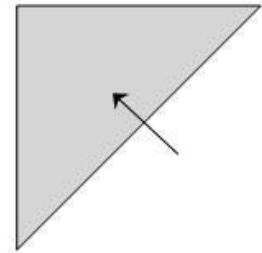
Take a square of paper.



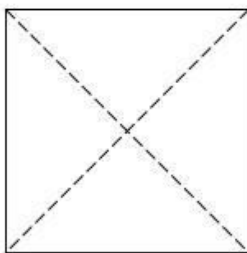
Fold it over like this.



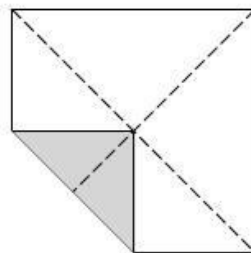
Unfold it.



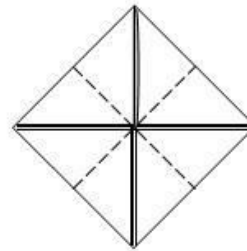
Now fold it the other way.



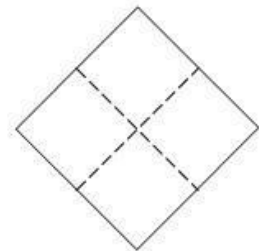
Unfold it and your paper should look like this.



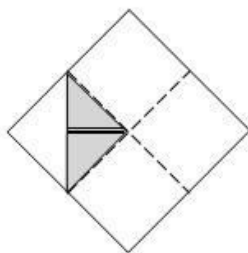
Fold all 4 corners to the center of the square so the points just touch it.



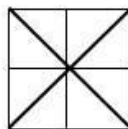
Your paper should look like this.



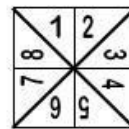
Flip your paper over so the folds you just made are turned down.



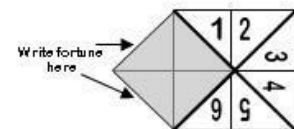
Fold the corners to the center again.



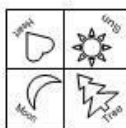
Your paper should look like this.



Write the numbers 1-8 as shown above. Two on each flap.



Add your 8 fortunes by lifting each flap and writing a fortune under each number.



Flip your paper over and add a color or a different object you can spell to each section.



Figure 1

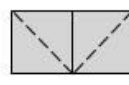
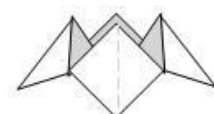


Figure 2

Fold it sideways like Figure 1 then unfold it. Now fold it up like Figure 2.



Put your fingers under the 4 open corners.



Here is how it looks finished and open.



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Have a go at yoga

Ask a grown up to do it with you.

PRACTISE YOGA WITH LLAMASTE

Practise these yoga poses at home and relax with Llamaste.



1

Mountain



Stand up tall and close your eyes.

2

Warrior



Do the warrior one way then the other.

3

Tree



Don't worry if you wobble, do the tree with both legs.

4

Downward Dog



This is a fun position! Head down, bottom up.

5

Cobra



Lift your chin up and look to the sky.

6

Forward Bend



Don't worry if you can't touch your toes.

7

Mermaid Twist



This is a gentle twist, hold it for a little while.

8

Lotus



Cross your legs and close your eyes and breathe.

9

Sleeping Pose



Relax on the floor, try not to fall asleep.

Or try following the videos from Cosmic Kids on YouTube:

<https://www.youtube.com/user/CosmicKidsYoga>



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Lego 30 Day Challenge

Can you complete this 30 day challenge? All you need is some Lego and a lot of imagination! Don't forget to send us photos of what you have created.

30 Days of LEGO Play

Follow the instructions for each day. The only rule is to have fun and use your imagination!

Day 1

You were hired by an amusement park to create a new roller coaster.

Day 2

NASA needs you to build a new rocket.

Day 3

Your parents want to build a new home and they want you to build it.

Day 4

Hollywood hires you to build a movie set for a new Star Wars movie.

Day 5

You enter a contest to build the world's tallest tower. Will you win?

Day 6

You are stuck on Mars and need to build a new ship to get home.

Day 7

Ford hires you to create the toughest pick up truck in the world.

Day 8

You and 4 friends are stranded on an island. Build a boat to find a way home.

Day 9

Captain Hook needs a new pirate ship and wants you to build it.

Day 10

You and your friends decide to build a tree house.

Day 11

Prince Charming hires you to build a castle for him & Cinderella.

Day 12

Dr. Who hires you to build a new TARDIS.

Day 13

You are asked by the President to build a new monument to George Washington.

Day 14

Mr. Hilton hires you to build a new hotel.

Day 15

There is a circus in town. Build a place for the performance.

Day 16

Help your fellow pioneers build a wagon to make it across the country.

Day 17

Build the fastest car around and join the big car race.

Day 18

Do you wanna build a snowman? Get in the winter mood and build a snow scene.

Day 19

The city wants you to build a bridge to connect one side of the town to the other.

Day 20

Pizza party! It is up to you to make a pizza for all the guests.

Day 21

You are hired to build a brand new hospital.

Day 22

The fence is broke and the dog keeps escaping. Build one he can't get out of.

Day 23

You are now in medieval times. You are commissioned to build a jousting arena.

Day 24

The local bank keeps getting robbed. Build a safe no one can crack.

Day 25

Design and build your dream bedroom.

Day 26

You are elected ruler. Build a flag for your land.

Day 27

Aliens are invading and you need to build a war robot to defeat them.

Day 28

The aliens have taken over. They are impressed by your robot. They want you build one for them.

Day 29

You are hired to build a house entirely out of yellow Legos.

Day 30

There is blizzard. You will need to build a snowmobile



What was your favorite day?



Social Distancing

Everyone should be following the government guidance on social distancing: keeping two metres apart where possible, only essential journeys are undertaken and that contact with others is kept to a minimum. This may be hard for children to follow but important to keep everyone safe.