

June 15th

Dear Parents/Guardians, Boys and Girls,

I hope that you and your families are all keeping well, and that soon we can all get back to normal. It has been a very strange end to our school year and one that we could never have imagined. You have all done so well in adapting to the new circumstances we have found ourselves in and learning to adapt is a very important skill!

I hope that you can keep active and make the most of the fine weather. We are learning new things about ourselves and about the places we live in all the time. Don't underestimate the outdoor classroom! I have included some worksheets for wet days but reading and challenging yourself to skip count quickly or tell the time would be a great way to spend your time too.

We are really looking forward to welcoming you back to St. Josephs in September and to hearing all your news.

In the meantime, take care and be kind to each other

Ms.Comaskey

My Family Unit (1)



Who belongs in your family? Draw pictures of the people who live with you. Draw family members who live nearby and ones who live far away (in a different county/country). Write their names.

Live with me



Nearby

Far away

My Family Unit (2)



- A. Think of a family member who did something special for you. Fill in his/her details on this 'Special Family Member Award'. Show him/her the certificate.

This
'Special Family Member Award'
goes to _____
for making me feel special by _____
With love from, _____



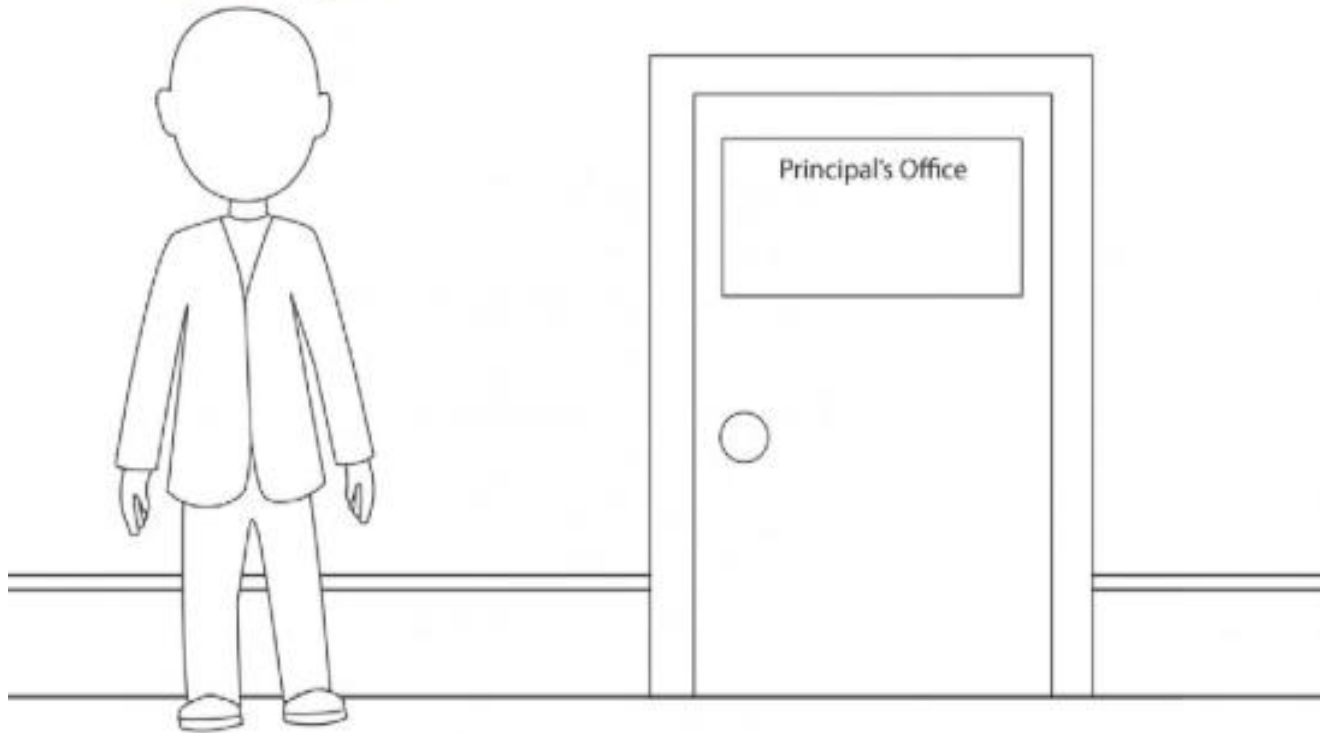
- B. Write a thank-you card to this special family member. Let him/her know what they did that made you feel so special.

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Feeling Safe at School



Draw your face on the principal's body. Fill in your name on the plaque!



'As principal of this school, it is my job to make sure that all the children and adults feel safe at all times. To keep people safe, I have made the following important rules...'

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

what's *fit activity* for kids your name!

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- | | |
|---|--|
| A jump up & down 10 times | N pick up a ball without using your hands |
| B spin around in a circle 5 times | O walk backwards 50 steps and skip back |
| C hop on one foot 5 times | P walk sideways 20 steps and hop back |
| D run to the nearest door and run back | Q crawl like a crab for a count of 10 |
| E walk like a bear for a count of 5 | R walk like a bear for a count of 5 |
| F do 3 cartwheels | S bend down and touch your toes 20 times |
| G do 10 jumping jacks | T pretend to pedal a bike with your hands for a count of 17 |
| H hop like a frog 8 times | U roll a ball using only your head |
| I balance on your left foot for a count of 10 | V flap your arms like a bird 25 times |
| J balance on your right foot for a count of 10 | W pretend to ride a horse for a count of 15 |
| K march like a toy soldier for a count of 12 | X try and touch the clouds for a count of 15 |
| L pretend to jump rope for a count of 20 | Y walk on your knees for a count of 10 |
| M do 3 somersaults | Z do 10 push-ups |

CONSULT A DOCTOR BEFORE STARTING AN EXERCISE PROGRAM - WWW.THEYSMELL.COM