

Dear 3AD and 3HA,

Wow! I can't believe it's been two weeks already since I last saw you at school - I am missing you all so much. I hope you are well and looking after yourselves and your families and still doing lots of handwashing!

I'm currently staying with my family in Manchester (have a look where this city is on the map. Also, what is Manchester famous for?) But don't worry, I will be back in London as soon as schools reopen. The best thing about being here is that there is a cute, adorable poodle puppy called Arthur. You know how much I love dogs - check out this picture of me and Arthur chilling on the sofa together!



To keep busy, I have been doing lots of exercise mainly running and cycling. Every morning I start my day by doing some yoga. It is a great way to feel awake – maybe you could try doing some Cosmic Kids Yoga (YouTube). I have also been practicing hula-hooping and am trying to relearn some cool tricks that I used to be able to do. It's so fun! You would probably laugh if you could see me though. I hope you are making sure you fit some exercises into your day – remember the fitness goals you set in PSHE, keep working on them as much as possible. Even if you live in a flat, you can do the Body Coach workouts with Joe Wicks on YouTube.

I know this is a worrying time for everyone but try and remember some of the things we did in Mindful March. Be in the present moment by taking deep breaths and noticing what is around you. Spring is here and it's such a beautiful time of year. When you do get to go outside, look out for some new flowers, blossom on the trees and the blue sky. Feeling grateful for the small things can help us feel more happy and calm during these challenging times.

I can see lots of you have been working really hard completing online work so a big well done to you. I have challenged everyone on Times Tables Rockstars - have a go at beating me! If you haven't read a book on BugClub yet – make that your mission for today. I have already completed three whole chapter books since school shut – can you read even more books than me over this period?

I would love to hear back from you. Please email me at year3lfp@theparkfederation.org to let me know what you've been up to. I will get back to you all by writing another letter soon.

Best wishes,

Miss Dale