



MR P. O'ROURKE BA (Hons), NPQH, MA
Headteacher

ST. GEORGE'S CATHOLIC PRIMARY SCHOOL
GORDON ROAD, ENFIELD
EN2 OQA

E-mail: office@st-georges.enfield.sch.uk
Website: www.st-georges.enfield.sch.uk

Tel: 020 8363 3729
Fax: 020 8367 2275

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Dear parents,

I hope that you and your families are keeping positive in this unusual world that we have suddenly been immersed in. In today's briefing, our 12th, we have included some exercise ideas for the children – why not join in? We are allowed out once a day to exercise, but we can exercise to our heart's content at home!

DB Primary Blog

We are really excited that dBPrimary has a class blog section which gives your child the opportunity to share their learning with us. However, it's very important that we keep the blog a safe and secure place to learn. We have a few simple guidelines, please reinforce these to your children:

- *Be polite – don't post anything that could offend or hurt anyone.*
- *Always show respect: be positive if you are going comment and always remember that the blog is seen by everyone.*
- *Try to post about things that your audience would like to read.*
- *Under no circumstances should you post images of yourself.*
- *If you receive a comment, it is polite to respond, say thank you and reply to a question if they have left one.*
- *Comment on other people's posts too. Blogging is about commenting and posting!*
- *No text talk – write in full sentences and read your comments back carefully before submitting.*
- *And remember, all posts and comments are checked by school staff before they are approved.*

Parents please remember the blog is for children to interact with each other and their teacher. If you should wish to make contact with your child's teacher please do so using the normal channels (via school office/email).



Exercise

Firstly, Joe Wicks aka The Body Coach, announced yesterday that he will hold free PE lessons on his Youtube channel for children who are now facing learning from home as schools are shut down. He will be holding free 30 minutes classes every weekday.

<https://www.youtube.com/watch?v=K6r99N3kXME>

Similarly, Max Whitlock, the gymnast, is uploading a workout to follow every day on his twitter account. Follow @maxwhitlock1 for further information.

Below are the rest of the links children and parents can use from home:

[imoves](http://themovement.com/)

<http://themovement.com/>

[Questr](https://www.questr.org/schoolclosure)

<https://www.questr.org/schoolclosure>

[Sport England – stay active at home](https://www.sportengland.org/news/how-stay-active-while-youre-home)

<https://www.sportengland.org/news/how-stay-active-while-youre-home>

[Go Noodle](https://www.gonoodle.com/)

<https://www.gonoodle.com/>

[BBC Supermovers](https://www.bbc.co.uk/teach/super movers)

<https://www.bbc.co.uk/teach/super movers>

[You tube – Cosmic Yoga](https://www.youtubekids.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ)

https://www.youtubekids.com/channel/UC5uIZ2KOZZeQDQo_Gsi_qbQ

[Joe Wicks and Alfie – 8-minute workouts \(once on this page there are a lot more exercises with other children involved\)](https://www.youtube.com/watch?v=EXT2jLRlaf8)

<https://www.youtube.com/watch?v=EXT2jLRlaf8>

[Joe Wicks 5 minute exercises on You Tube](https://www.youtube.com/watch?v=rN0h6EZd6TM)

<https://www.youtube.com/watch?v=rN0h6EZd6TM>

[NHS – 10 minute shake ups](https://www.nhs.uk/10-minute-shake-up/shake-ups)

<https://www.nhs.uk/10-minute-shake-up/shake-ups>

[Joe Wicks – kids work out](https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k)

<https://www.youtube.com/playlist?list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k>

[NHS 10 minute cardio workout](https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/)

<https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/>

Free of charge you tube channel

5 minutes up to 30 minutes. Something for everyone in the family – easy to follow.

www.youtube.com/user/CosmicKidsYoga

Dance, yoga, martial arts – 20 – 40 minute classes for all

<https://watch.lesmillsondemand.com/born-to-move-free>

<https://www.thisgirlcan.co.uk/activities/home-exercise/>

<https://www.nhs.uk/oneyou/active10/home>

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

<https://www.nhs.uk/live-well/exercise/gym-free-workouts/>

<https://www.fitnessblender.com/videos>

<https://mailchi.mp/2cbdb509bfd5/social-emotional-thinking-skills-in-pe-your-free-poster-1364055>

School Games website ideas

<https://www.youtube.com/playlist?list=PLX9GnyQdxaf5NUNIP-PCQ4ssc2tjnRUr>

I hope these links and ideas are useful and help towards keeping us all fit and healthy during these challenging times!

Miss O'Toole

What Parents Can Do

The latest guidelines from the DfE asks parents to talk to their children about the Coronavirus. I have therefore attached the help sheet that was distributed last week to promote discussion; I hope you find it helpful. Other advice reinforces the need to adhere to social distancing guidelines and to continue to maintain good handwashing techniques. A video can be found by following the link below

<https://www.gov.uk/guidance/coronavirus-covid-19-information-for-the-public>

Prayer

For private contemplation or sharing as a family. We are keeping all our families in our prayers; please keep our school in your prayers.

Lord Jesus Christ,

you taught us to love our neighbour,

and to care for those in need

as if we were caring for you.

In this time of anxiety, give us strength

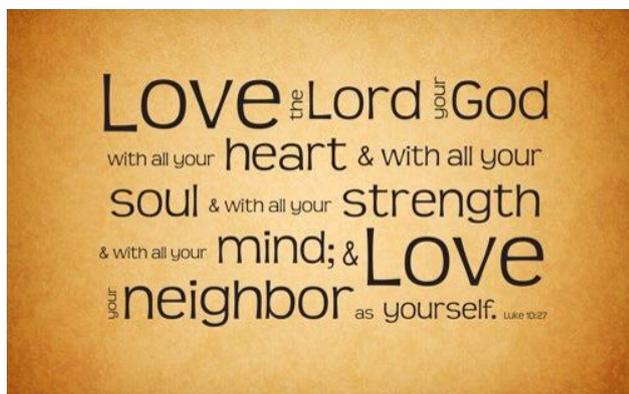
to comfort the fearful, to tend the sick,

and to assure the isolated

of our love, and your love,

for your name's sake.

Amen.



Yours Sincerely,

Mr P O'Rourke
Headteacher