

Friday 3rd April March 2020

Dear Children

Good afternoon. I hope this week has gone well. I am still so impressed with how you are working at home and your positive attitudes to managing in these difficult times. We all continue to think about you each day and hope you are all keeping fit and well.

I hope you have had chance to read my other letters. If not there are copies are on the website - <http://follifootandspofforth.co.uk/coronavirus-updates/>

Today is the last day of term before the start of the Easter holidays. I know the holiday will be a bit different to usual with you staying at home. I hope you are able to have a rest and enjoy some fun times with the people in your house.

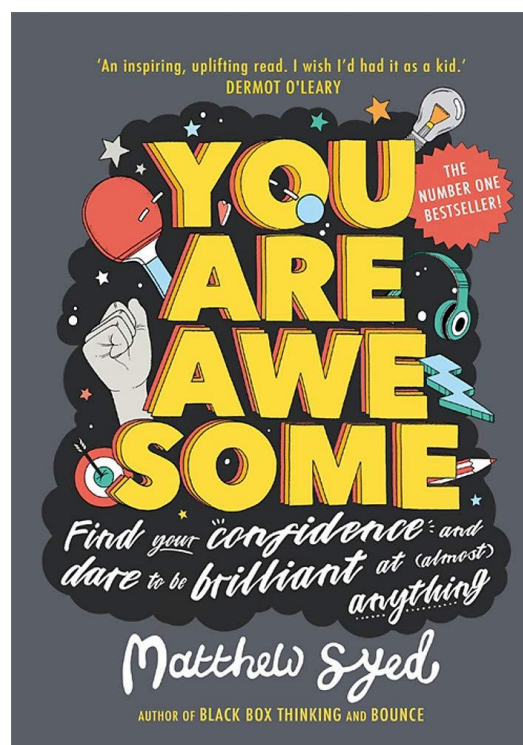
As it will be the school holidays for the next two weeks we won't be sending you ideas, suggestions and work each day until term starts again.

If there is work or activities you have not yet had time to do and you would like to carry these on or finish them off during the holiday this is fine.

I am including some ideas and challenges in this letter for anyone who would like to give these a try over the holidays.

You Are Awesome

I have enjoyed sharing some of my favourite books in other letters. This is another. I really like the positive messages it gives, I have put a few below for you to look at. Perhaps you could have a go at writing some of your own messages to motivate yourself and your friends.



THE SECRET OF PRACTICE

Check out two tales that uncover the 'practice secret', and demonstrate how effective practice really **boosts** your performance.

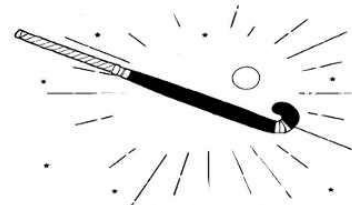
LIONEL MESSI

This international soccer star played a sport called futsal when he was young. Futsal is a version of football, played 5-a-side on a really small pitch. It is really hard. You have to be extremely fast and it hones deft ball skills because the pitch is so small. When it comes to playing on a full-size football pitch the game feels much slower. It meant for someone like Messi, who had learned to play an accelerated version of the game, football on a full-size pitch became instantly easier to read and master.

BENJAMIN FRANKLIN

One of the founding fathers of America, a leading politician, author and scientist. His father told him when he was a child that he was not good enough at writing, so to improve he acquired and read the works of all the great writers of the time. He would then try and reconstruct the entire piece of writing again from memory. And then compare what he had written with the original so he could see all of his mistakes. He even translated the articles into rhyme sometimes to improve his language skills!

**'I DIDN'T FAIL
THE TEST,
I JUST FOUND 100 WAYS
TO DO IT WRONG'**
BENJAMIN FRANKLIN 86



GREAT BRITAIN'S WOMEN'S HOCKEY TEAM

In the run up to the 2016 Olympics, this team of super-determined women had something called 'Thinking Thursdays'. They still trained hard on all the other days of the week too but on Thursdays they really went for it. At the end of their Thursday session, their coach would ask them to solve problems and think about tactical issues they might face in the next match. Getting used to tackling tricky issues in a state of tiredness made it much easier to think fast when the pressure was on in a gruelling match situation.

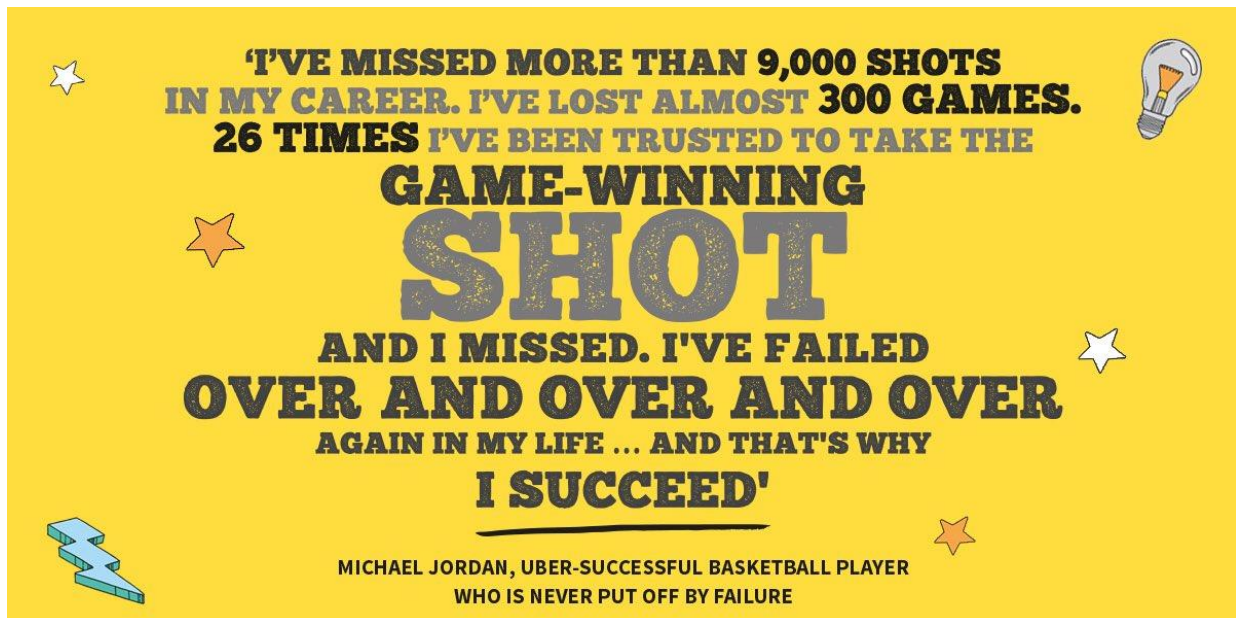
SIMONE BILES

This young American gymnast dedicated her life to training and practice from an early age. She became interested in the sport at the age of 6 and started working with her first trainer at 8 years old. When she was 15, she even switched to being home-schooled so she could devote herself to gymnastics, increasing the hours she was able to practise each week from 20 to 32! By the time she was 18, Simone had won so many medals that when she travelled to Rio for the Olympics, everyone expected her to win gold. And she did – four times over!



**'I HAVEN'T FAILED
I'VE JUST FOUND
10,000 WAYS
THAT DON'T WORK.'**

THOMAS EDISON, THE INVENTOR OF THE
LIGHTBULB AND ONE AWESOME SCIENTIST
WHO DIDN'T GIVE UP, LIKE, EVER.



The author has some resources you can look at also. You can find them at - <https://www.matthewsyed.co.uk/resource/you-are-awesome-learning-resources/>

Easter Challenges

I hope you all have a good rest over the holidays. If you are looking for some challenges to take on I have put some suggestions below.

Dyson Challenges

Calling all budding designers and engineers. The children in school have been having a go at the marble run challenge with great success. You may like to try this one or any of the challenges set by James Dyson on his website -

<https://www.jamesdysonfoundation.com/resources/challenge-cards.html>

Remember to watch the videos for some top tips and ideas.

THE JAMES DYSON FOUNDATION

Who We Are Our Work Resources James Dyson Award News Contact Us

CHALLENGE CARDS

ARE YOU READY FOR A CHALLENGE?

Can you skewer a balloon without popping it? Coat a nail in copper? What happens when you plug a clock into a potato?

DOWNLOAD CHALLENGE CARDS

CHALLENGE 03

MARBLE RUN

Cardboard. Sticky tape. Marbles. Can you build a run that keeps the marble going for at least a minute?

Watch the video to see how Dyson engineers have tackled the problem, including an impressive run made from Dyson parts.



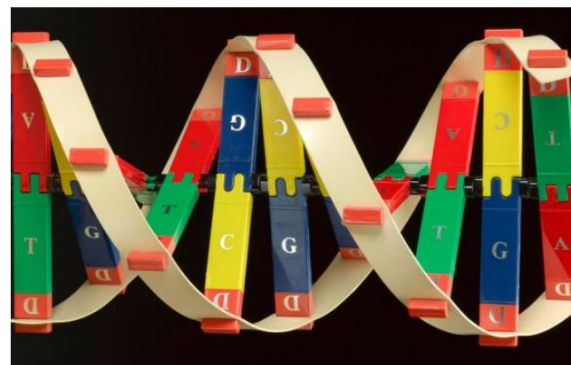
Science Museum

The Science museum in London has created games and challenges you can access from home at - <https://www.sciencemuseum.org.uk/home>



GAMES AND APPS

Explore the Science Museum's games and apps



ACTIVITIES YOU CAN DO AT HOME


Browse our learning resources website to discover activities, videos and games for home study or just for fun.


Natural History Museum

The Natural History museum in London has created games and challenges you can access from home at - <https://www.nhm.ac.uk/take-part.html>

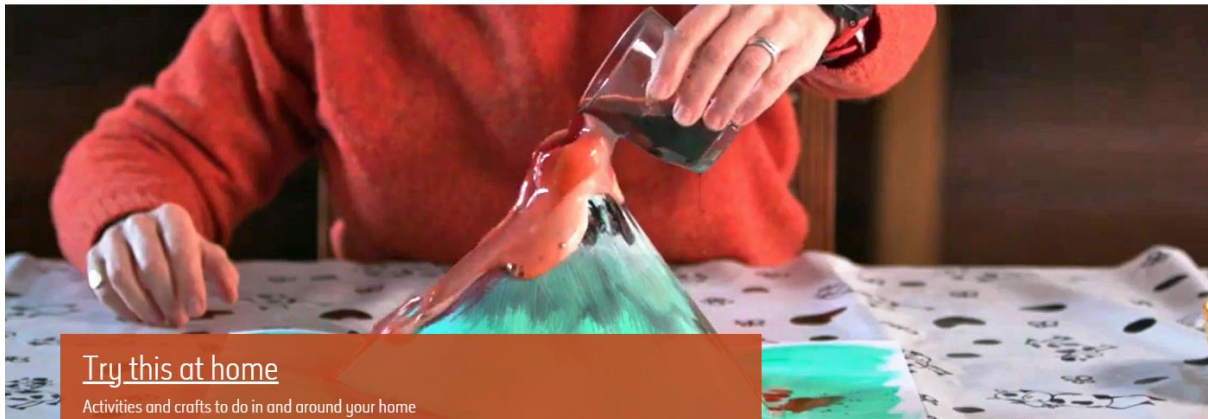
 NATURAL HISTORY MUSEUM

Visit Discover Try at home Join and support Shop Schools Our science Search

 Hours and admission

 Become a Member


Take part




National Trust

At the moment the National Trust has closed all its properties however they have come up with 50 activities you can try in your garden. Can anyone complete all 50?

<https://www.nationaltrust.org.uk/lists/50-things-activities-to-do-in-your-back-garden>



Home | Our cause | Days out | Join | Support us | Art & collections | Holidays | Shop | Sign in / register 

50 things activities to do in your back garden

While we can't explore the world outside in the way that we used to, our gardens can be amazing places to discover wildlife and experience nature. There's so much for you to do on your doorstep: look for shooting stars, make a wild crown, get to know colourful birds or watch furry caterpillars. You can even help the animals who come to visit by building them a new home. Here are our top '50 things to do before you're 11¾' ideas for embracing nature in your own back garden.

Lego Challenge

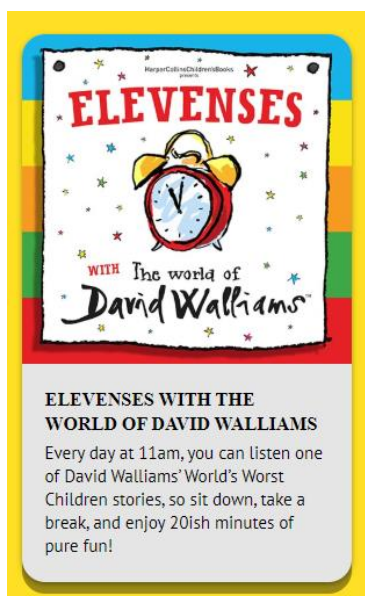
I know many of you are keen Lego constructors. Below is the 30 day Lego challenge. You could pick your favourite or try all 30. Have fun.

<h1>30 Day LEGO Challenge</h1>						
<p>Follow the instructions for each day. The only rule is to have fun and use your imagination!</p>			<p>Day 1</p> <p>You were hired by an amusement park to create a new roller coaster.</p>	<p>Day 2</p> <p>NASA needs you to build a new rocket.</p>	<p>Day 3</p> <p>Your parents want to build a new home and they want you to build it.</p>	<p>Day 4</p> <p>Hollywood hires you to build a movie set for a new Star Wars movie.</p>
<p>Day 5</p> <p>You enter a contest to build the world's tallest tower. Will you win?</p>	<p>Day 6</p> <p>You are stuck on Mars and need to build a new ship to get home.</p>	<p>Day 7</p> <p>Ford hires you to create the toughest pick up truck in the world.</p>	<p>Day 8</p> <p>You and 4 friends are stranded on an island. Build a boat to find a way home.</p>	<p>Day 9</p> <p>Captain Hook needs a new pirate ship and wants you to build it.</p>	<p>Day 10</p> <p>You and your friends decide to build a tree house.</p>	<p>Day 11</p> <p>Prince Charming hires you to build a castle for him & Cinderella.</p>
<p>Day 12</p> <p>Dr. Who hires you to build a new TARDIS.</p>	<p>Day 13</p> <p>You are asked by the President to build a new monument to George Washington.</p>	<p>Day 14</p> <p>Mr. Hilton hires you to build a new hotel.</p>	<p>Day 15</p> <p>There is a circus in town. Build a place for the performance.</p>	<p>Day 16</p> <p>Help your fellow pioneers build a wagon to make it across the country.</p>	<p>Day 17</p> <p>Build the fastest car around and join the big car race.</p>	<p>Day 18</p> <p>Do you wanna build a snowman? Get in the winter mood and build a snow scene.</p>
<p>Day 19</p> <p>The city wants you to build a bridge to connect one side of the town to the other.</p>	<p>Day 20</p> <p>Pizza party! It is up to you to make a pizza for all the guests.</p>	<p>Day 21</p> <p>You are hired to build a brand new hospital.</p>	<p>Day 22</p> <p>The fence is broke and the dog keeps escaping. Build one he can't get out of.</p>	<p>Day 23</p> <p>You are now in medieval times. You are commissioned to build a jousting arena.</p>	<p>Day 24</p> <p>The local bank keeps getting robbed. Build a safe no one can crack.</p>	<p>Day 25</p> <p>Design and build your dream bedroom.</p>
<p>Day 26</p> <p>You are elected ruler. Build a flag for your land.</p>	<p>Day 27</p> <p>Aliens are invading and you need to build a war robot to defeat them.</p>	<p>Day 28</p> <p>The aliens have taken over. They are impressed by your robot. They want you build one for them.</p>	<p>Day 29</p> <p>You are hired to build a house entirely out of yellow Legos.</p>	<p>Day 30</p> <p>There is blizzard. You will need to build a snowmobile</p>	<div>  <p>What was your favorite day?</p> </div>	

Reading Challenge



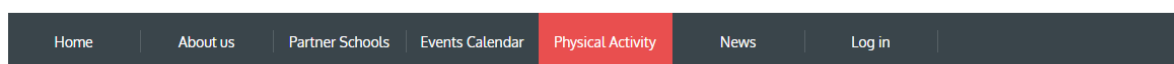
It is always great to keep up your reading even during the holidays. Try to read every day. It might be a book, comic, magazine, newspaper in print or digital. Try taking a photo of you reading in an interesting part of your house or garden and send it to us. Keep a reading journal or start a book club with your friends.



You could tune into an audio book. David Walliams is reading each day at 11.00am -

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

Keeping Active



Home Personal Best Challenge

It is important to keep active in the holidays. The Harrogate Sports Partnership has the daily challenge up and running. Can you have a go each day? Can you go back and try the other days and better your score?

<https://www.harrogatessp.com/home-personal-best-challenge/>

Personal Best Challenges below, please click on the day once it's open to see the challenge:

Personal Best - Day 1 Challenge	Personal Best - Day 2 Challenge	Personal Best - Day 3 Challenge	Day 4
Day 5	Day 6	Day 7	Day 8
Day 9	Day 10	Day 11	Day 12
Day 13	Day 14	Day 15	Day 16
Day 17	Day 18	Day 19	Day 20

Easter Competition –



Today is the closing date for your eggtries. As always you have been so creative and imaginative it is going to be a tough decision. Well done to everyone who has taken part. I hope you had fun. I will judge them at the start of next week and let everyone know the winners.

And finally.....

I wish you a happy and fun holiday. Take care of yourselves and each other. I will write again at the start of the new term.



Best wishes.

Mr Griffiths