

THE FORTNIGHTLY NEWSLETTER FOR
CARTERHATCH JUNIOR SCHOOL PUPILS

THE HATCH

20 April 2020

FROM HELEN,
HEADTEACHER,
EDITOR

FIRST EDITION!
Hello everyone

We are all missing you but know you are working hard at home. Just remember to make sure you have time to relax too!

In the second week of lockdown I suddenly had an idea – I thought you might like a newspaper just for you (not parents) so here is the first ever edition of the The Hatch!

Every edition will recommend website links to try out, along with quizzes, jokes and much more

Hope you enjoy our first edition.

POEMS FOR CARTERHATCH BY CHERYL MOSKOWITZ



Cheryl, the poet who visited our school last year, has sent a message to the pupils of Carterhatch Junior School.

[In this video link Cheryl](#) reads some of her poems from her book CAN IT BE ABOUT ME? and a new poem 'Just Supposing...' in which she invites you to imagine what kind of world you might hope for after the lockdown is over. This is the launch of a new poem written especially for Carterhatch following discussions with Helen.

Just Supposing ..

you woke up tomorrow
and there weren't all these rules
like: YOU HAVE TO STAY HOME!
and: YOU CAN'T GO TO SCHOOL!
And whatever you wished for,
where to go, what to do,
who to be with, how many -
was all up to you.
Where would it be,
doing what, and with whom?
Would you go to the park
or fly up to the moon?
You could go on a picnic
or stay in your room.
If you woke up tomorrow,
restrictions all lifted -
what kind of a world
would you want to be gifted?

Cheryl would love to know from you:

Who do you miss seeing and what do you miss doing most at the moment?

If you could magic yourself anywhere, to do anything right now (anywhere in the universe!) where would you go and what would you be doing?

Once the rules change and the current lockdown is over, what kind of new rules would you put in place to keep us all well, happy and safe in the future?

If you have ideas for poems of your own, or responses to the questions above, please email them to enquiries@carterhatchjunelt.org.

Cheryl very much looks forward to hearing your thoughts and reading your poems. We will print a selection of these in Issue 2 of The Hatch.

Cheryl has donated some copies of her book, *Can it Be About Me?* to Carterhatch Junior School so once you are back at school you will be able to read some of her poetry for yourself. It is also possible to buy the book here: [CAN IT BE ABOUT ME?](#)

Quick Quiz

Answers revealed in our Edition 2!

1. What is the capital city of Sweden?
2. What does the abbreviation 'www' stand for?
3. What is the importance of the word 'Artemis' in 2020?
4. Can you name the seven oceans in the world?



CALMA - "Just One Breath"

1-minute breathing exercise

Find a relaxing and quiet place. Sit comfortably. Keep your back straight but try not to tense your shoulders. You may want to roll your shoulders up a few times to your ears and back down. Imagine that your shoulders are like melted chocolate in the sun. Stay still. Breathe deeply in and out while paying attention to any sensation you may notice or sounds you hear. Take another deep, slow breath. Imagine the air moving down to your lungs and back up. Take one more deep breath and hold it for a moment, then release it. Breathe naturally now. Say in your head, "I breathe in, I am relaxed. I breathe out, I can let it go."



BE SMART - KEEP SAFE

Online access is allowing us to:

- Learn
- Link up with friends and family
- Laugh and entertain ourselves

But we need to make sure we stay safe online too!

- S** Safe - Keep personal information safe – remember to separate your online identity from your identity in real life and never share any personal details.
- M** Meet - Never meet up with someone you've only ever spoken with online. If a stranger online suggests meeting up, tell an adult immediately.
- A** Accepting - Do not accept, click on or open something from someone you don't know. If you're unsure, ask a trusted adult.
- R** Reliable - Don't trust everything you read online and ensure you're on a secure connection and website. The padlock icon next to the website address tells you if the site is secure.
- T** Tell - Tell an adult if someone online makes you feel upset, suspicious, worried or confused.

Be **SMART** with a heart: be kind and respectful to others online to make the internet a safe place for everyone.

FirstNews

FIRST NEWS

First News is a UK newspaper for young readers. It aims to present current events and politics in a child-friendly format, alongside news on entertainment, sport and computer games. [Please click this link to access the digital version.](#)

Our school value of Resilience is one that we really need to rely on at the moment.

Here are what some other people have thought about the importance of resilience.

“I am not what happened to me, I am what I choose to become.”

Carl Gustav Jung

“Toughness is in the soul and spirit, Not in muscles.”

Alex Carras

“Rock bottom became the solid foundation in which I rebuilt my life.”

J.K. Rowling



ROYAL BALLET PERFORMANCE

Peter and The Wolf (30 minutes)

The Royal Ballet and The Royal Ballet School perform Matthew Hart's Peter and the Wolf, choreographed to Prokofiev's music. There is also a QR code on SeeSaw to access this performance.

The Story

Peter is playing in his garden, warning the bird and the duck that his cat is stalking them. Peter ignores his grandfather's warnings that it isn't safe outside and sure enough a wolf does appear. Watch the performance to find out what happens.

DID YOU KNOW ...

It is impossible for most people to lick their own elbow. (Try it!)

"Stewardesses" is the longest word that is typed with only the left hand.

ART DETECTIVES



Saint George and the Dragon painted by Paolo Uccello, 1460.

If you want to be an Art Detective and find out about this painting, follow the link on [SeeSaw](#) or access your class SeeSaw account. Emily Gopaul has lots of other art projects you may want to try out at home. You can visit and subscribe to The Primary Art Class on [YouTube](#). Emily Gopaul has worked with our School Parliament and some class artists and developed some new designs for postcards home. We will put some of these in the next edition.



Funny Ha Ha!

What did the left eye say to the right eye?

Answer: Between us, something smells!

What did one plate say to the other plate?

Answer: Dinner is on me!

WORD SEARCH

Try our word search. If you have a printer you can print it out, otherwise it will be available on SeeSaw.

Staying safe online!

How many words can you find?

W J X X V P I R T T K W P D E T A I L S
 R K M J V J M M R C R C H C M N D R R E
 C N S G U O A L O T Q U I O A E H S R L
 T Y X L I O C L P M M V S Z N J E U I I
 C C B L X R B S E U E T H T R L C J B F
 P H A E S M E A R D N A I S E E I J D S
 V Y H T R O W T S U R T N U S D S N E R
 Y R T P N B E X O E Y X G Y U S C U E J
 S H E E Q O U C N A T A D K U A N S F J
 F D L G F O C L A P I T R O U D U V K Q
 G J L D N A H R L D S O I T R D J Z V F
 M N S U A A S R E Y W C I N C R Q P P Q
 C F I N F O R M A T I O N X G E M T B I
 M A U T S T L T E P U N X J E S T N T B
 J C S L T A R N S S R P G P T S J O F D
 T J M B I E E U W I F I M A Q P U U R A
 T F S C A M S C H O O L V O E T I L O P
 D R O W S S A P P S D J H A C K I N G I
 E S U S I M X M U N K I N D C E A D Y F
 P J Z E T C I T N Q T W D V Z Y R F L E

ACCOUNT	
ADDRESS	
APPS	
BLOCK	
CAUTIOUS	
COMPUTER	
CONTACT	
CYBERBULLYING	
DATA	
DETAILS	
DEVICE	
DOWNLOAD	
FAKE	
FILES	
HACKING	

HURTFUL	
IDENTITY	
INFORMATION	
IPAD	
MISUSE	
NETWORK	
ONLINE	
PASSWORD	
PERSONAL	
PHISHING	
POLITE	
PRIVACY	
PROTECT	
REPORT	
SAFETY	

SCAMS	
SCHOOL	
SECURE	
SETTINGS	
SOCIAL MEDIA	
STRANGER	
SUSPICIOUS	
TELL	
TRUSTED	
UNKIND	
UNTRUSTWORTHY	
UPSETTING	
USERNAME	
WEBCAM	
WIFI	

By Evie, Year 6



“Resilience is accepting your new reality, even if it’s less good than the one you had before. You can fight it, you can do nothing but scream about what you’ve lost, or you can accept that and try to put together something that’s good.”

Elizabeth Edwards

“Some days there won’t be a song in your heart. Sing anyway.”

Emory Austin

BBC BITESIZE

Bitesize is the BBC's free online study support resource for school-age pupils in the United Kingdom. It is designed to help with homework, revision and learning. You can find free videos, step-by-step guides, games, activities and quizzes.

WHITE ROSE MATH

The White Rose Maths Team has prepared a series of five brand new maths lessons for each year group from Years 1-8. Every lesson comes with a short video showing you clearly and simply how to complete the activity successfully.

HEALTHY EATING

Are you managing to get your **5 portions of fruit and vegetables per day**? A healthy and balanced diet is important and not as difficult to achieve as it might seem. Here's an easy recipe for a delicious Greek dip, **Tzatziki**. Try it with carrot sticks or pitta bread.

AND FINALLY

I hope you have enjoyed reading our first edition. Let your teachers know what you think of it through SeeSaw.

THANKS TO ...

Evie, in Year 6, who made the word search

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