

MEADOWBROOK'S LOCKDOWN WEEKLY



Dear Parents, Children & Staff,



This week was Children's Mental Health Week and we have filled our Lockdown Weekly with pictures of sunshine and good news to mark the occasion. As we all know, well-being is the bedrock of children's learning and we all have a part to play in supporting them to be happy and healthy.

As part of their 'Solar System' topic for Science, Reception have been studying the sun and despite the lack of it this week, Wendy managed to exploit every possible opportunity to highlight the importance of health and well-being.

The children were made aware of how the sun can help us all to feel better: Vitamin D – 5-15 minutes a few times a week to notice a difference for the better.

Improved Mood – Did you know that sunshine has more impact on our mood than rainfall or temperature.

Serotonin – boosts mood and works with melatonin (helps slumber!) to help you get a more restful sleep.

Sunlight – skin, body releases nitric oxide which lowers blood pressure and improves heart.

Well done Wendy and well done to Reception for all those sun shiny creations! I particularly liked the fact that Prubjot (below right) decided to make her sun ahead of time to brighten up the grey weather!

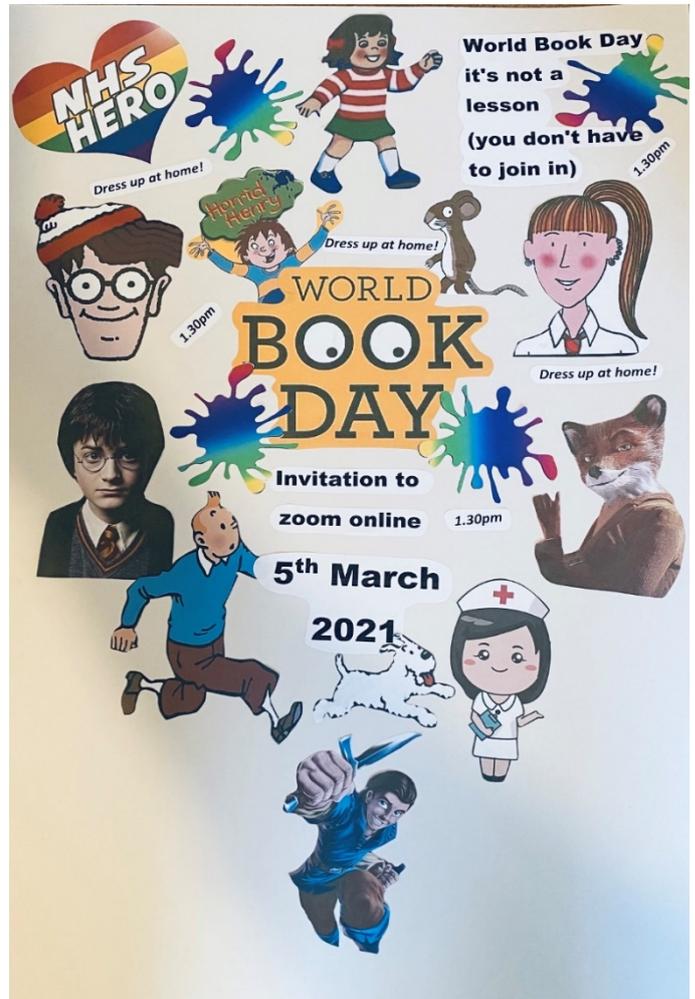
Serena



WELL DONE SAXBY FOR
SECURING OFFERS FROM BOTH
FRENHAM HEIGHTS & LEIGHTON PARK!



FIXES (Julie's name for the Year 5&6 children) Julie would like to compliment you all for demonstrating independence, initiative and super communication skills...even when technology lets you down!
Awesome 🌟 with the perseverance 🏰, going to Felix.
Thank you all for your patience and sense of humour.



A HUGE Thank you to Will G for organising this year's Virtual WORLD BOOK DAY. A separate email will be sent out on Monday...we would love EVERYONE to get involved!

THERE ARE NO UPDATES TO
EITHER THE RISK
ASSESSMENT OR THE
[HANDBOOK](#) THIS WEEK

