



# Wellbeing Wednesday 01.07.2020

My Voice



## Watch Mr. Steward's Assembly at 9.15a.m. This week it is about Hope.

What is in the news this week? What interests you? What would you like to find out more about? Watch [Newsround](#)

Later in the week, you could take part in the [Quiz of the Week!](#) [How well have you been following the news?](#)

### PE with Joe

P.E. with Joe



<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRf6rYQ>

### Don't forget Votes for Schools!

Do causes need celebrities' help to be successful?

Enter this week's debate and send in a comment. The link is on your distance learning page on the website

Have a fun day- find 3 jokes and test them out!

I've got one for you...

Teacher: You missed school yesterday, didn't you?

Student: Not really.

## Connect

Let's have a quick class call today at 2.30p.m. I will send the link at 2.00p.m – if you don't get it, email me at [maple@newvalleyprimary.com](mailto:maple@newvalleyprimary.com)

Have your best joke ready to share!

Also have a think about these questions:

What could we do as a class to spice up the learning for the last few weeks?

What would help you to stay motivated? What do you think you might need to do to prepare for coming back in September?

## Wellbeing Wednesday

### Brighter Day Tomorrow

This aspirational track addresses the issue of impacting tomorrow by the simple choices we make today. Pretty relevant in today's world, we'd say! It's a steady but strong melodic and memorable ballad, with potential for harmony in the chorus. *There's no telling what a difference we can make. This world's waiting for the colours we're yet to create.*



Click [here](#) for the song and [here](#) for the activity sheet



Q: Why did the teacher wear sunglasses?  
A: Because his class was so bright!

## Keep Learning!

The personal enrichment sessions are a fantastic part of Wellbeing Wednesdays. They allowed us to try something new and possibly establish a lifelong hobby or interest! Dedicate time to your hobby every Wellbeing Wednesday. Here are some ideas...

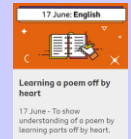
Learning a language – [Talking about your Town in Spanish](#)

Reading – take some time to get lost in a book or listen to a story- [Elevenses with David Walliams](#)



or start read

[Or learn to recite a poem](#)



Have a look at the [Art Club](#) on Oak Academy Trust- try out an activity like rangoli elephants or windy whirlers

Or, in keeping with this week's theme, make a [Dream Catcher](#)

Make a small charm that captures your hopes, and attach it to the dream catcher.



Songs: Research songs about hope and sing or dance to them. Some examples might include:

Moving on Up – Primal Scream  
Don't Stop Believin' – Journey  
Things can only get better – D:Ream