



## LAMBERHURST ST MARY'S CEP SCHOOL WEEKLY NEWSBRIEF

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### HEADTEACHER AWARDS

Friday Celebration Assembly, with the whole school via Zoom this morning, announced the weekly Headteacher Awards. Gold stickers were presented to the following children:

**Ruby Class (Yr R)-Lily Tekin**  
**Emerald Class (Yr 1)-Louis Pantony**  
**Topaz Class (Yr 2)-Elvie Anson**  
**Amber Class (Yr 3)-Elliot Mountier**  
**Sapphire Class (Yr 4)-Bea Gooch**  
**Garnet Class (Yr 5)-David Brown**  
**Diamond Class (Yr 6)-Grace Daulby**

### PARENT CONSULTATIONS

Our booking system is showing that there are still a number of parents who have not yet made an appointment for Parent Consultations which will be carried out virtually via School Cloud. This can be accessed via any mobile device.

<https://lamberhurst.schoolcloud.co.uk/>

### EFFECTIVE & SIMPLE BRAIN GYM EXERCISES

At school we use many strategies to calm children and get their brains ready for learning. Many children will be showing some signs of anxiety and emotions at home, due to the ongoing Covid situation and disruptions to their lives. Parents may find the following useful activities to use at home.

1. Double Doodle-A bilateral drawing exercise where your child draws two images with both his/her hands. This helps improve several skills like learning spelling accuracy, writing and recognition of symbols, calculation, etc.
2. Cross Crawls-In this exercise, your child will move their left arm to their right leg slowly. The slow movement increases your child's mental coordination and attention. It can help release their stress and help them to concentrate better.
3. Lazy Eight's-This requires your child to draw the figure eight on a sheet of paper or in the air using their hands. This loosens the muscles in arms and wrists and activates the creative side of your child. It also improves eyesight with eye muscle coordination and peripheral vision.

4. The Elephant-Let your child stretch their hands and place it next to their ear on the same side. After this, let them draw the sign of infinity with their extended hand at least 3 times and repeat with the other hand too. This improves your child's mind and body balance and also helps them to listen to words correctly.

5. Active Arm-In this exercise, your child has to stretch one arm and hold the other arm at a right angle to hold the extended arm in position. This not only increases the strength of your child's upper body but also improves their hand and eye coordination.

6. The Owl-Let your child sit comfortably and bring one of his/her hands to the opposite shoulder. Let them hold the hand steady and slightly pinch the shoulder near the trapezius muscle and then turn the head slowly towards the shoulder and take a deep breath. This improves blood circulation and improves memory and attention.

7. Gravitational Glider-Sit straight on a chair and then ask him/her to stretch their legs. Let them cross the right leg over the left ankle. Then, ask them to take a deep breath and lean forward to reach their feet. This enhances the flow of blood and oxygen and also stretches your child's hamstring.

8. The Thinking Cap-Hold both ears with the thumb and the index finger and then roll and unroll the outer portion of the ear. This improves your child's short-term memory, hearing, and peripheral vision.

9. Earth Buttons-Let your child either stand or comfortably sit down and place their right hand on the lips and the palm of the left hand on the navel. After this, let your child rub both his hands in their respective regions in small circular motions. This improves your child's mental alertness and enhances their whole-body orientation.

10. Hook Ups-Ask your child to either stand up, sit down, or lie down. Let your child cross their left ankle above the right one and then place the hands with fingers intertwined on the chest and breathe deeply. This lets your child's mind and body relax and reduce

**Year 6-Bikeability Form Via ParentMail**