



PRINCIPAL
Miss M Sweetlove

ADDRESS
Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

PHONE
(01634) 683990

EMAIL
office@bradfieldsacademy.co.uk

WEBSITE
www.bradfieldsacademy.co.uk

22 April 2020

Dear Parents & Carers

We welcome everyone back to the Summer Term, still not back to 'normal' but we hope you are all doing well, staying safe and enjoying time together.

Welcome to week 4 of our Wellbeing Wednesday's. We hope you found Week 3 helpful.

This week's focus is on **'Keep Learning'**

Not only can learning new skills be useful but it can also improve your mental wellbeing.

Life-long learners are likely to be more optimistic, better satisfied and will have a better ability to get the most out of their lives. It's also likely to mean that you can cope with stressful situations better.

Keep Learning

There are lots of things that you can learn at home, either by yourself or with your family. This might be a new hobby, a new skill or a new game. There are also lots of companies that are sharing for free access to online learning. We have tried to include some of these in this week's update. There are also lots of other ways to keep your mind active which do not involve studying a course:

Learning about the world - Learn about what's going on in the world by reading the newspaper each day, all newspapers have their own online sites where you can keep up to date with what is happening.

Learn a new language - Foreign language apps on mobiles/tables mean you can start learning in just 10 minutes a day. Learn a language for free on Duolingo - <https://www.duolingo.com>

Learn some DIY - Have you got a broken cupboard door? Or some shelves to put up?

There are lots of online tutorials to help you learn some new DIY skills. The DIY Network has a great range of DIY videos <https://www.youtube.com/user/DIYNetwork> Please be careful.

Visit a museum or gallery – Try a Virtual Tour of an Art Gallery or Museum:

- The National Gallery Virtual Tour:
<https://www.nationalgallery.org.uk/visiting/virtual-tours>
- 10 of the Best Art Gallery and Museum tours can be found here:



PRINCIPAL
Miss M Sweetlove

ADDRESS
Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

PHONE
(01634) 683990

EMAIL
office@bradfieldsacademy.co.uk

WEBSITE
www.bradfieldsacademy.co.uk

<https://www.theguardian.com/travel/2020/mar/23/10-of-the-worlds-best-virtual-museum-and-art-gallery-tours>

- The National Portrait Gallery <https://www.npg.org.uk/collections/explore/tours>
- 10 more museum tours can be found here:
<https://www.top10.com/virtualmuseum-Tours>

Learn how to make a new meal - If you have a favourite dish at a restaurant then you could find the recipe and learn how to make it at home. Download the 'One You' **easy meals app** for some healthy recipe suggestions.

Listen to poetry – Matt Abbott will be sharing his new children's poems on Facebook live this week <https://m.facebook.com/events/2625261757718480/>

Read – a great way to learn and keep your mind busy is to read, why not try:

- **Amazon Audio Books** - Amazon Audio Books have made many of their books free for children to listen to. <https://stories.audible.com/discovery> -

- **Oxford Owl for Home** - Lots of free resources for Primary age.
<https://www.oxfordowl.co.uk/for-home/>

- **Teach Your Monster to Read** - series of games which helps children to master the key first stages of reading.

<https://www.teachyourmonstertoread.com>

- **David Walliams Audio Books** - David Walliams will be releasing daily audio books of his short stories, from his book 'The World's Worst Children'

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

- **Phonics Play** – Fun, interactive phonic phase focused games.

- <http://www.phonicsplay.co.uk> Login: **March20** Password: **home**

- **Greg James & Chris Smith: Kid Normal** - The two authors have released the audiobook version of their first book, **Kid Normal**, for free on Audible.

<https://www.audible.co.uk/pd/Kid-Normal-Audiobook/B07531DMM6>

Learn new skills - Why not try a free online learning course? Below are some of the popular ones we have found so far:

- **The Virtual college** is offering free resources and access to an online courses to learn about topics such as Mental Health – sort the courses by price – low to high and the free courses will appear.

https://www.virtual-college.co.uk/courses/search?sort=%2Bprice_float

- **The Open University**, a world leader in open and distance learning, have their OpenLearn courses which are all free to study. They offer nearly 1000 free courses across 8 different subject areas and at a range of levels. Their courses are available to start right away and you get a certificate of completion at the end. You could study a course to support your career or just for interest.

<https://www.open.edu/openlearn/free-courses/full-catalogue>

- **Oxford Home Study**, offer a range of free online short courses across a range of subject areas.

<https://www.oxfordhomestudy.com/free-online-courses-with-certificates>

**PRINCIPAL**

Miss M Sweetlove

ADDRESS

Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

PHONE

(01634) 683990

EMAIL

office@bradfieldsacademy.co.uk

WEBSITE

www.bradfieldsacademy.co.uk

Students:

We are constantly updating our website with new and interesting resources and materials to support with home learning. These can be found here:

<https://www.bradfieldsacademy.co.uk/page/?title=Academic+Materials+In+The+Event+of+Academy+Closure&pid=245>

Please continue to support your child in accessing their IXL accounts, Education City, Times Table Rock Stars, Life Skills Challenges (found both online and in their planners) and most importantly lots of reading and story sharing.

This week's Quiz:

Have some fun and try to answer these questions. We will send out the answers with next week's Wellbeing Wednesday update

1. What are incisors, canines, molars and premolars all types of?
2. What sugary fluid do bees remove from flowers to help them make honey?
3. Which male Disney character is able to fly and refuses to grow up?
4. How many months of the year end with the letter Y?
5. Which continent appears first in the English dictionary?
6. What type of fruit is typically red or green, grows on a vine, and may or may not contain seeds?
7. What is the capital city of the Republic of Ireland?
8. Which of the following is not a Jessie J song: Domino, It's My Part, Wings?
9. In the Sing a Song of Sixpence nursery rhyme, how many blackbirds were baked in a pie?
10. Can you unscramble this word to reveal the name of a fizzy drink: DEMONALE
11. How many years are there in one century?
12. What are the first names of the girl band members of Fifth Harmony?
13. What number must be added to 17 to make 177?
14. True or false: during the Stone Age, most people lived in nice, big houses?
15. At what time does midday occur?

The answers to last week's quiz questions are below:

Quiz Week 3 answers:

1. Fish
2. Blue, red, yellow
3. Ham and Pineapple
4. Louisa Johnson
5. Milky Way
6. 122
7. Cheese and Onion
8. 31
9. Hermione and Ron



PRINCIPAL
Miss M Sweetlove

ADDRESS
Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

PHONE
(01634) 683990

EMAIL
office@bradfieldsacademy.co.uk

WEBSITE
www.bradfieldsacademy.co.uk

10. 1945
 11. Britannica is not a river
 12. Italy
 13. Sausages and mashed potato
 14. 21
 15. Herbivores
- How did you do?*

Weekly Challenge

Create a 'hug' to send to family and friends, take a picture of your hugs and share it with us.

Weekly Recipe to try at home:

Choc chip cookies

100g sugar
125g unsalted block butter
1 egg - beaten
1 tsp vanilla essence
Pinch of salt
225g Self Raising Flour
Chocolate chips

Method

1. Pre-heat oven to 200 C
2. Place the butter and sugar in large bowl and mix well.
3. Add the egg and vanilla essence and mix again
4. Sieve the flour and salt into the mix and combine well.
5. Cut the chocolate, but not too finely and add to the mixture.
6. Mix together then roll balls of mixture to about 2cm by 2cm and place on a baking tray with baking parchment on. Be careful not to put the cookies too close together.
7. Place in preheated oven for 7-10 minutes. Repeat until all cookies are cooked.

Useful Websites:

Supporting Healthy Weight Team Healthy Snacks Video -
<https://www.facebook.com/triforyoumedway/>
Recipes from Medway Cooks - Live video – Early Years Nutrition
<https://www.facebook.com/triforyoumedway/> (Wednesday)



Bradfields Academy Excellence & Enjoyment

PRINCIPAL

Miss M Sweetlove

ADDRESS

Bradfields Academy, Churchill Avenue, Chatham, ME5 0LB

PHONE

(01634) 683990

EMAIL

office@bradfieldsacademy.co.uk

WEBSITE

www.bradfieldsacademy.co.uk

DIY Happiness - uses humour, creativity and principles of positive psychology to give practical advice/info to help people 'bounce back' from adversity and increase resilience. www.diyhappiness.co.uk/

Hope you find this week's Wellbeing Wednesday helpful, we would be grateful for any feedback or pictures.

Many thanks

Ms Sweetlove & Mrs Halton