



# Parmiter's School

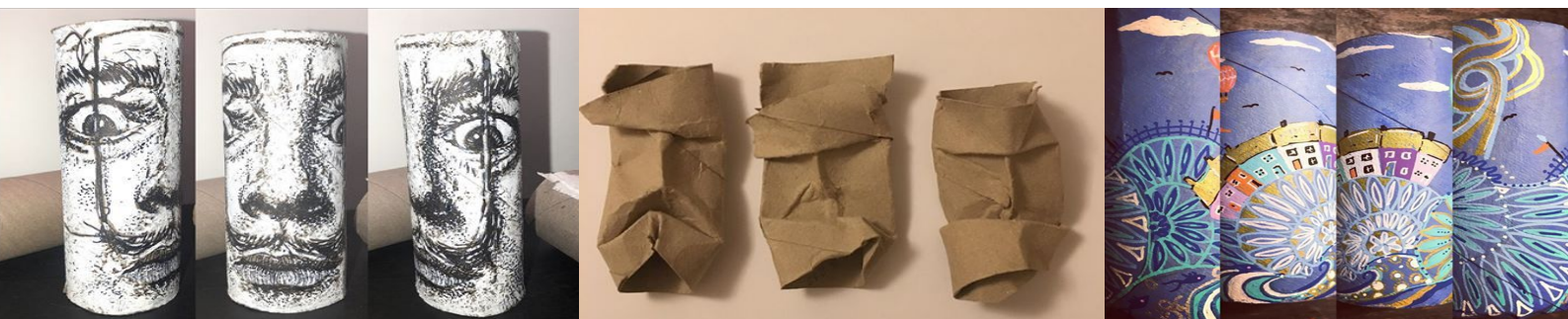
## Home Learning Newsletter

2nd Edition - April 2020

In our second newsletter, we focus on activities and resources for those times when you need to step away from your school work. In this edition we will cover the topics of wellbeing and arts and crafts for you all to try at home. If you have any ideas or recommended links for inclusion in our next edition, please email Mr Baker: [a.baker@parmiters.herts.sch.uk](mailto:a.baker@parmiters.herts.sch.uk). We shall also continue to showcase outstanding work that has been produced at home by our amazing Parmiterians. Thanks to Mrs Mullett and the Art Department for providing some of the content for this newsletter.

## LOO ROLL CHALLENGE!

The Loo Roll Challenge! Wondering what to do with all those gorgeous little blank canvases clogging up your recycling bin? Why not turn them into art? Email a photo of your creations to [a.baker@parmiters.herts.sch.uk](mailto:a.baker@parmiters.herts.sch.uk) to be part of the Parmiter's Loo Roll Challenge and be featured in the next edition of the home learning newsletter!. It doesn't matter if you're not creative, you can do anything, graffiti, cartoons, expressions of rage, love, boredom, frustration... we could go on but we would love to see your ideas please - let your creative mind explode! Here are some amazing examples:



## GET CREATIVE AT HOME FOR FREE!

DIY wall art is one of the most fun and inexpensive ways to decorate your home. The following site has a list of 36 DIY wall art ideas for you to try. The list has projects for all skill levels, so you are sure to find one you can't wait to try. See link [here](#). Nikon free photography lessons: Nikon has made its entire curriculum of online photography classes free until the end of April. From now through to April 30th, all 10 classes available at the Nikon School can be streamed for free [here](#). These 50+ children's crafts can be made in under 30 minutes using items that you probably already have around the house! No special tools or skills are required, great fun for the entire family! See [here](#).

# SHOWS AND GALLERIES

The Guardian Newspaper - 10 of the world's best virtual museum and art gallery tours

The originals are out of reach for now, but you can still see world-class art without the queues or ticket prices in some instances with an online tour of these famous museums. See the following [link](#)



Andrew Lloyd Webber will be streaming his musicals for free online in a new series for West End and Broadway fans. Entitled "The Shows Must Go On" See their YouTube channel here [Link](#). Each show will be available for 48 hours after streaming!

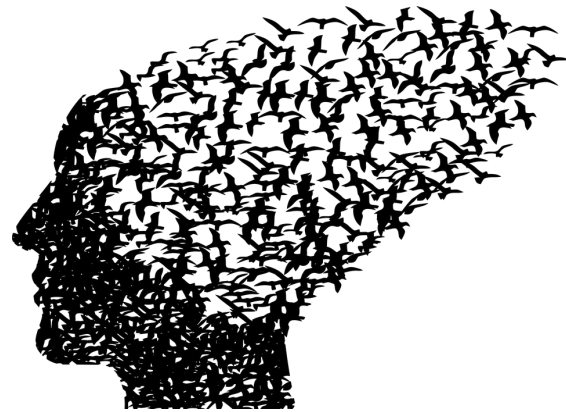
## The Guardian

## CARING FOR YOURSELF AND MENTAL HEALTH

Exercise your mental muscle

In just a few minutes every day you can train your brain to think differently, manage your emotions better and perform productively.

- **Count your blessings.** Research has shown that showing gratitude increases happiness and reduces low mood.
- **Practise mindfulness** and focus on the here and now. Science says that mindfulness can reduce stress and help condition a more compassionate inner voice.
- **Practise confidence** and be the person you want to become. Research has shown that acting with confidence helps you feel surer about yourself and even increases others confidence in you.



## MENTAL HEALTH APPS AND WEBLINKS

Here are some useful links and support that you may choose to explore to help with your mental health:

- Download the free **Headspace App**. There's one for children too. They are both free but do have paid-for additions if you choose. The App is available [here](#)
- Another great App is **Being Me: Mindful Planner** where you are encouraged to journal, set goals and build habits. App is available [here](#)
- Do a **Daily Thunk**: A Thunk is a beguilingly simple-looking question about everyday things that stops you in your tracks and helps you start to look at the world in a whole new light. See this link for further information: [here](#)
- **Down Dog App**: Is another mental health and wellbeing app which has made all their services free for students. To find out how to access this free service see the following link: [here](#)
- **Hertfordshire Families First**: Have created a vast array of links and helpful advice for families which can be accessed here: [Link](#)
- **Just Talk Herts** developed by HCC to summarise useful covid-19 related information for young people: [Link](#) also their website is available here: [Link](#)
- Parmiter's school has arranged access to **Zumos** for all staff and students. This is a wellbeing site which provides a huge range of tools to help people deal with life's challenges. They have also launched their 70 day Lockdown Wellbeing Programme available for staff, students and parents alike. Simply follow this [link](#) to access the resources. Details on how to access Zumos have been emailed to all students from Ms Absalom.



**Please note:** Zumos is the only app that is endorsed by Parmiter's School, all other apps and websites in this newsletter come from recommendations from members of our school community and could involve In-App purchases.

