

BANKS LANE BLOG



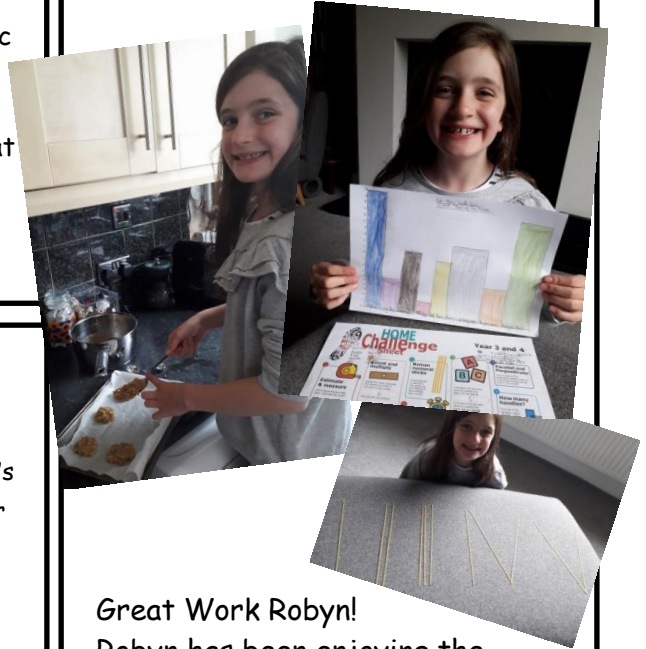
20th May

Happy birthday Zak from 4S! We all hope you have a fantastic day!

Remember, it's Mental Health Awareness Week! Have a look at the link below for some top tips for showing your emotions from child psychologist Laverne Antrobus.

<https://www.bbc.co.uk/newsround/52663503>

Active Maths!



Great Work Robyn!

Robyn has been enjoying the active maths challenges from the blog. Have you had a go yet? Let us know how you got on!

Phased Reopening Update

Children's Services Director Chris McLoughlin and Cllr Colin Foster have written a joint letter to all parents and carers outlining the LA's response to the phased reopening of schools. We have put the letter on the website. You can find it by clicking the link below:

<https://bankslane-jun.stockport.sch.uk/parents/covid-19-letter-from-chris-mcloghlin/>

Joke of the Day

What kind of tree fits in your hand?

A palm tree! (Sorry, that was a suggestion from my son!)

What did the limestone say to the geologist?

Don't take me for granite!



Mental Health Awareness Week

There is a clear link between physical wellbeing and mental wellbeing. So why not think about how you can look after your physical health today? If you've had enough of Joe Wicks' workouts for the time being, have a look at Mr Threader's alphabet workout? Try spelling out your name or making up your own workout using the letter of the alphabet?

<https://drive.google.com/file/d/1zrkv-dmw9rOVACWMDjJjhG7Vy8XBHBTW/view?usp=sharing>

This is the A to Z workout!

Spell out your name and then do the corresponding exercise!

M - 10 crab walks backwards
R - 10 cross body punches

T - 5 hops on right foot
H - 5 jumps to the left
R - 10 cross body punches
E - 10 star jumps
A - 20 arm circles forwards
D - 10 jumping jacks
E - 10 star jumps
R - 10 cross body punches

- A - 20 Arm Circles Forward
- B - 20 Arm Circles Backward
- C - 10 Squats
- D - 10 Jumping Jacks
- E - 10 Star Jumps
- F - 20 High Knees
- G - 5 Frog Hops
- H - 5 Lateral Jumps to the Right
- I - 5 Lateral Jumps to the Left
- J - 10 Leg Lifts with Left Leg
- K - 10 Leg Lifts with Right Leg
- L - 10 Crab walks Forward
- M - 10 Crab walks Backward
- N - 5 Hops Forward
- O - 5 Hops Backward
- P - 10 Clute Bridges
- Q - 10 Superman's
- R - 10 Crossbody Punches
- S - 5 Hops on Left Foot
- T - 5 Hops on Right Foot
- U - 10 Skips Forward
- V - 10 Alternating Front Kicks
- W - 20 Seconds Run in Place
- X - 10 Mountain Climbers
- Y - 15 Second Downward Dog Hold
- Z - Kid's choice! Teach us a fun move!

