

St Helena Five A Day

During our school closure we'll be sending out a daily **St Helena Five A Day** message just to keep in touch. We miss you already!

1. A thought for the day
2. A challenge
3. A link to an online resource
4. A quote
5. A question

1. A thought for the day.

Create a routine

School with its timetables and rules, like the world of work, gives us the security of a routine. Here is one suggested way that a typical day could be structured:

8.30 a.m.	Breakfast
9.00 a.m.	PE with Jo Wicks - LINK
10.00 a.m.	Website work/ Class Charts work
11.00 a.m.	Reading
12.00 a.m.	Preparing and eating a meal
13.00 p.m.	Website work/ Class Charts work Online competitions/Games/
14.00 p.m.	Communication with friends
15.00 p.m.	Website work/ Class Charts/Projects
16:00 p.m.	Reading

We haven't suggested a time for a walk or a run outside as we wouldn't want everyone going out at the same time. Fresh air and physical activity are both really good for us but do remember if you go out with members of your family the need for social distancing, keeping 2 metres at all times. The latest government message is to only go out to exercise once a day.

2. A Challenge

Stay at home treasure hunt - Create a treasure hunt for your family with a map and clues. The clues could be in the form of riddles or questions that when answered lead to the next location! More guidance can be found in the attached file.

3. A Link

Audible has made lots of their audiobooks available for free while schools are closed. Why not choose one to listen to today?

Here's the link:

<https://stories.audible.com/start-listen>

4. A Quote

“Almost everything will work again if you unplug it for a few minutes, including you.” Anne Lamott.

5. A Question

Who is your favourite historical character?

Work hard and have a great day!