



MAIDEN ERLEGH

CHILTERN EDGE

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26 January 2021

Dear Parent/Guardian









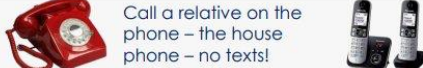





I would like to remind you that tomorrow, Wednesday 27 January, is an INSET day at all Maiden Erlegh schools and there will not be any remote learning and our provision for vulnerable and key worker students will not be open.

The students have been excellent in their determination and resilience since this period of lockdown began on 5 January so therefore I hope they are able to use the day to have some screen free time, to get some fresh air and exercise (all in a Covid friendly way!). They deserve it! The diagram below is designed to give you some inspiration and structure for how the students could spend the day.

Please do encourage your child to choose some activities and report back to their Head of House; there will be house points available and prizes for the best efforts!

No screens challenge.

We challenge you to complete 10 screen-free challenges → no laptops, no phones, no computers, or consoles. You may need to prepare for your screen-free day so that you aren't using screens on the day.

<p>Tie-dye and old t-shirt or Hydro-dip.</p> <p>You'll need dye, rubber bands, and some old clothing – maybe start with your socks if you're hesitant?</p>	<p>Create a family cookbook – Ask your family to share their favourite recipes and keep these safe for when you move out.</p> 	<p>Learn a new skill – sewing, knitting, ironing, changing a tyre, asks parents about credit cards and mortgages.</p>	<p>Gardening – de-weed, cut the grass (if dry), prune any dead branches and/or prepare an area ready to plant flowers or vegetable seeds next month.</p>
<p>Organise your school folders and plan your time.</p> 	<p>Bake your favourite treat for your family or offer to cook a meal from your favourite country.</p> 	<p>Write a letter to a relative who lives far away or in another country.</p> 	<p>Read a book, magazine, comic or newspaper.</p> <p>Get physical – try to do a handstand, cartwheel, headstand or the crab.</p> 
<p>Paint Print out some adult colouring or mandalas. Play with Lego or your old K'Nex Doodle Bullet Journal</p> 	<p>Play a card game ? Solitaire, Uno) or learn some card tricks.</p> 	<p>Write about your experience of Lockdown, include a photo and seal it in a watertight sandwich bag ready for our Lockdown Time Capsule.</p> 	<p>Call a relative on the phone – the house phone – no texts!</p> 
<p>Research into your family tree.</p> <p>How far back can you go? You might need to call relatives to fill in the gaps.</p>	<p>Offer to help someone – maybe a younger sibling?</p> <p>Teach them a valuable life skill.</p>	<p>Spring clean – deep clean your room (skirting boards too), prepare your clothes to donate, throw out broken things. Recycle.</p> 	<p>Ask your parents about life before screens. What did they do for fun?</p> <p>Prepare some tomato seeds ready to plant in February.</p> <p>You can also grow Avocados (from the seed), carrots, lettuce, Spring onions, and garlic in your kitchen.</p> 
<p>Pamper your pet.</p> <p>Walk, groom, play, and love them.</p> 	<p>Go for a walk and spot the signs of spring – plants, insects, animals, or birds.</p>	<p>RSPB Garden Birdwatch (29th – 31st Jan) want to know what birds frequent your garden. Take part in this research.</p> 	<p>Complete a Jigsaw or make a jigsaw.</p> <p>Practice with an instrument if you've been neglecting it.</p>
			<p>Buy a newspaper and complete the Sudoku and Crossword puzzles.</p> 

Yours faithfully

Andy Hartley
Headteacher