



5 February 2021

Dear Families

## 'Screen Free' Tuesday – Tuesday 9<sup>th</sup> February 2021

We wish to give every member of our school community the opportunity to go 'screen-free' for the day on Tuesday 9<sup>th</sup> February 2021 as a way of recognising Children's Mental Health Week which took place this week and Safer Internet Day next week.

Instead of hosting live sessions via Google Classroom and posting work on SMHK, we would like everyone to complete some alternative activities that focus on the elements of the school curriculum that don't require a digital device.

Students are invited to select five activities from the list overleaf to complete next Tuesday. It is about doing things that do not involve staring at a screen. There are four categories to choose from:



Get active



Contribute at home



Get creative



Get reading or numerate

As it's Safer Internet Day as well, why not give up social media for the day? Who will be the first to crumble in your house?

We would love to know what you get up to – we want you to share a photo of something you created or even video of what you did. Please email [secretary@hayesbrook.kent.sch.uk](mailto:secretary@hayesbrook.kent.sch.uk) but not until Wednesday 10<sup>th</sup> February!

Yours sincerely

Steven Reader  
Assistant Principal

			
Complete a 1 mile walk or run today in the park or around your area. Whilst you are out exercising why not take a picture of the best business idea you can find? Look out for posters and billboards.	Other than Victoria sponge, learn how to bake a cake from a cookbook. Or Cook a healthy meal for your family to share.	Paint, draw or colour a picture. You can create a collage using mixed media.	Go for a walk and record all the numbers that you find within one mile of your house. Add them up and then find as many solutions as possible to arrive at that number.
Go for a bike ride but be sure to wear a helmet when cycling	Do something helpful around the house e.g. hoovering the house, washing the car or washing up the dishes.	Make a superhero comic board and create a story that goes with it. You must use onomatopoeias, a simile, a semi-colon and a 'show not tell' action scene.	Read a magazine, newspaper or comic.
Learn to juggle three items using two hands. Do not use eggs when practising.	De-weed, prune any dead branches or prepare an area ready to plant flowers or vegetable seeds next month.	Write and perform a rap to The Fresh Prince of Bel-Air. You could then send us an unlisted link on YouTube of you performing it.	Listen to some music and design a top ten playlist or create some artwork for a new album.
See how many of the following you can do in a minute: -Push up -Sit up - Star jump - Burpees Record your heart rate before and after exercise.	Contact a relative or friend that you have not seen/spoken to in a while. Speak to them don't text them.	Why not create a series of Frozen pictures depicting a typical day in lockdown. Try and have a minimum of 8 pictures showing a snapshot of your day.	Carry out a crossword, word search or sudoku. Use a brainteaser puzzle out of newspaper.
Take a family pet for their daily walk and then groom them afterwards.	Play a game of cards or board game with your family.	Can you make an egg float? Investigate how adding salt to water makes an egg buoyant! Or create a crash helmet for an egg and see how high you can drop it before the egg breaks. Don't make a mess!	Listen to an audiobook or podcasts.
See how many keepie uppies you can do in 30 minutes.	Take five photographs in your garden – can you find evidence of Spring? Or take a family picture portrait.	Make a sketch map of your local area around your home and the surrounding streets. Try to make it as detailed as possible so that a stranger to your area could use it to navigate their way around	Write a letter to your younger self with advice to live your life by.
Tie a length of string at one end and see how many things you can hang from it.	Create a family tree – see how many generations you can find.	If snow arrives build an igloo or snowman.	Spend some time reading a book