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Monday 29th June 2020

Dear Parents and Carers

I hope you had a lovely weekend, enjoying the weather, maybe a BBQ and had a nice walk.

I cannot believe we will be in July this week; time certainly has flown by as we enter the last few weeks of term. We are currently confirming teaching arrangements for next year in terms of teaching and support staff and will confirm these to you in the upcoming weeks.

On our school calendar we had Friday 26th June as an INSET day. However, in light of the school closures, we have not taken that day. Instead the Governors have agreed that we are able to use the two and half days at the end of term as INSET. This will enable us to welcome Years 2, 3, 4 and 5 back for picnics, as I mentioned in my Friday letter, and for us to complete curriculum adjustments ready for September which we are need of considering the school closures.

Teachers are currently in the process of writing end of year reports for all the children. These will reflect the attainment and progress that the children have made across the year and will also highlight areas that they could work on in preparation for September. Reports will be posted the last week of term to your home address, unless you have a child back in school, so please do ensure your contact details are up to date.

As it's Monday, I have attached this week's Headteacher's school assembly.

This week's assembly is focused on:



Chester Zoo is the largest zoo in the UK and was closed on 21st March, following lockdown restrictions due to the Covid-19 outbreak. It reopened on 15th June, after being closed for 3 months. During the long period it was closed, the owners were concerned that it may not ever have been able to reopen due to the huge lack of income caused by the closure and the huge costs involved in feeding the animals.

Question: Should zoos have been allowed to reopen earlier?

Listen, think, share

- Look at this week's poster and talk about what we can see.
- Explain that this week's story is about zoos around the UK, many of which were at risk of permanent closure because they were only allowed to open very recently.
- *Why do you think zoos running costs are so high?* Talk about things like the huge costs to feed the animals, the staff costs and the requirements of keeping animals in the correct climate.
- *Have you been to a zoo before?* If you have, talk about your experience. *What did you like about it? Was there anything you didn't like? If you haven't been to one before, would you like to? Why?*
- *What do you think is the main purpose of zoos?* Talk through reasons such as for conservation purposes or education.
- Read through the assembly resource, which provides information about Chester Zoo, including the running costs. *How do we feel about this issue? Does any of the information surprise you?*

Assembly Resource

Read through the resource below, which provides information about Chester Zoo, including the running costs. How do we feel about this issue?

There are 35,000 animals at Chester Zoo!



Not being able to open, despite being a huge outdoor site with all the necessary safety measures in place, is having a devastating impact on the future survival of this much-loved charity zoo.

Chester Zoo
8 hrs · 16

👏 YOU DID IT! 👏

A week ago we were in despair, not knowing when we would reopen, or if we could even survive much longer...

BUT YOUR VOICES HAVE BEEN HEARD! 🙌

We have JUST received the news that we'll be able to open safely from 15 June.

Your support has been incredible. Every kind donation, every word of support. It really is making a HUGE difference.

The fight isn't over for us just yet. But, for now, we want to celebrate this huge moment of relief with you. There's no denying that we have suffered severe financial damage over the past three months and the road to recovery will be long and uncertain. But, your incredibly kind donations, animal adoptions and memberships are giving us a vital lifeline.

Over the next few days we'll be letting you know when and how you'll be able to book a ticket to visit. Please bear with us while we do this.

From the bottom of our hearts, thank you. You are SAVING OUR ZOO ❤️

Source: Chester Zoo Facebook

There are many ways the zoo has suggested people can help, found on their website, including:

- Texting to donate;
- Adopting an animal;
- Buying a gift ticket for future visits;
- Suggesting fundraising ideas for people to complete at home to raise money.

CHESTER ZOO

Chester Zoo has been bringing the zoo into people's homes by offering a virtual zoo experience via streaming live footage of different animals!

Chief Operating Officer,
Jamie Christon

97% of the zoo's income comes from the visitors. It costs nearly £1.6 million a month to look after all of the animals and plants.

- Watch this week's useful video: www.bbc.co.uk/newsround/52483218 which shows people talking about zoos being closed. *Who do you think is most affected by the closures? Do you think they should have been allowed to reopen earlier?*

Reflection

Zoos cost huge amounts of money to run and have had to close for many months due to the Covid-19 outbreak. Many have been finding innovative ways to keep people informed and learn about different animals, whilst raising money to keep the animals fed and taken care of.

This Week's Useful Vocabulary

Conservation – saving and protecting the environment and wildlife.

Income – money that is received, especially on a regular basis, from work or through investments.

Innovative – something that is new, advanced and original.

Permanent – something that lasts forever.

Requirements – something that is needed or wanted; it is a necessary condition.

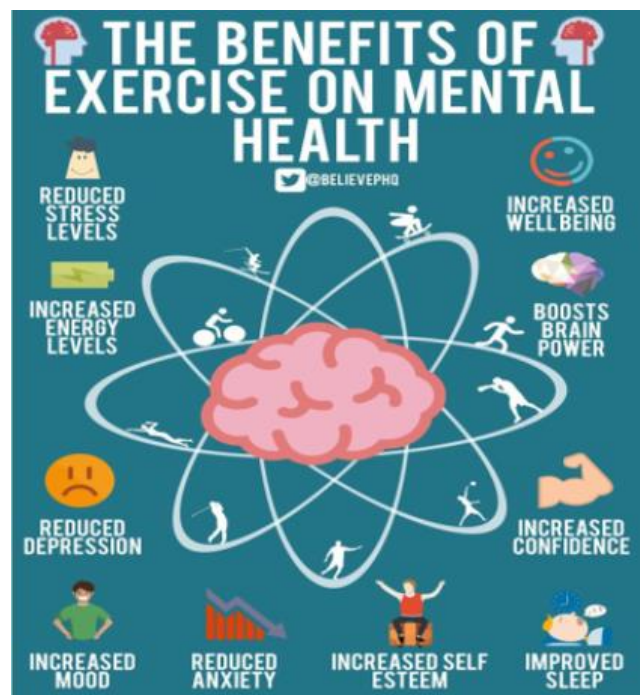
Restrictions – something that limits what you can do e.g. an official rule or law.

Assemblies are normally 30 minutes and is a nice way to start your Monday or to use when your children need a break from learning, pupils in school will be exploring this in their bubbles, but of course these are optional.

Finally, my reflection for the week is based on **physical exercise and mental health**.

Physical activity isn't just about playing sport. It could just be going for a walk or doing some gardening or something that expends energy. The World Health Organisation defines Physical Activity as 'any bodily movement produced by skeletal muscles that requires energy expenditure – including activities undertaken while working, playing, carrying out household chores, travelling, and engaging in recreational pursuits'.

Physical Activity and exercise are amazing for helping us feel better about ourselves, they can improve our sleep, confidence and concentration. They can help us focus our attention on tasks that we have to do either at home or at school. Physical Activity differs to exercise but it still has the same benefits. Have you noticed any benefits to your own mental health?



So how much Physical Activity and exercise should you do to keep you healthy and for how long?

You need to do 2 types of physical activity each week:

- aerobic exercise
- exercises to strengthen muscles and bones

You should:

- aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity.
- Aim to spread activity throughout the day.
- All activities should make you breathe faster and feel warmer

What kind of activity should I do?

Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer.

One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Examples of moderate intensity activities:

- Walking, riding a scooter, skateboarding, rollerblading, walking the dog, cycling on level ground or ground with few hills

What activities strengthen muscles and bones?

- Walking, running, skipping with a rope, gymnastics, sit-ups, press-ups and other similar exercises
- Basketball, dance, football, rugby, tennis
- resistance exercises with exercise bands, weight machines or handheld weights
- Gardening especially when you are lifting and moving things around.

Wishing you all a wonderful week ahead!

Yours sincerely



Mrs L Wood
Associate Headteacher

