



I think the whole school community deserves a big 'pat on the back' as we enter the last week of term. It has been a really testing time for children, parents and staff alike as we've all tussled with the many challenges of home learning. Hopefully we might be back a few weeks into Term 4, and I'm sure we all agree that seeing the children's smiling faces streaming back through the gate that first morning will be a great pleasure and relief for us all. We just need to summon up a bit more resilience to get us to the half term break.

Next Friday sees our Wellness 'Screen-Free' Day, where we have set a series of activities which do not require the children (or staff) to be sat in front of a screen. The set of activities we've put together are shown below and I'm sure the children will relish the chance to try out as many of them as possible.

Feel free to tweet your children's efforts using #fgscreenfreeday and tag us in @fgprimary or if you aren't on Twitter, you can email a photo or two to me ([adix@farringtongurneyschool.co.uk](mailto:adix@farringtongurneyschool.co.uk)) and I will upload them for you.

Mr Dix

## Farrington Friday Screen-Free Day

We would like you to take part in a Wellness Day on Friday 12th February. There is no need to open a device for the whole day, so it is a chance to be 'screen-free' for the entire day. You can mix and match as many of the 24 ideas below to fill your day.

Your grown up can photograph you and post on twitter using #fgscreenfreeday or send your photos to Mr Dix, ([adix@farringtongurneyschool.co.uk](mailto:adix@farringtongurneyschool.co.uk)) who will post them on our twitter account for you.  
**Have a great half term!**

<b>Maker Hour</b> 	Make a tall tower using objects in your house.	Create a hide-me stone. Go for a walk and hide it for someone to find.	Have a family bake-off and judge whose is best.	Draw a picture on a cereal box and cut it out to make a jigsaw.	Build a den or a fort (inside or outside).	Make a boat that will float. Whose will float the longest?
<b>Fitness Hour</b> 	Create your own fitness routine.	Build an obstacle course either inside or outside.	Go outside and tidy up in the garden, or wash the car!	Hold an indoor disco (perhaps a kitchen disco!)	Go for a sensory walk and discuss what you see, hear and smell.	Touch every wall in your house and time how long it takes. Improve on your time!
<b>Genius Hour</b> 	Share and read your favourite book with someone.	Write and perform a play script involving your family.	Invent a new maths game using a pack of playing cards.	Learn to read/spell 5 new words and teach someone else.	Draw a detailed family portrait including any pets.	Write a letter to a family member in another house and send it.
<b>Zen Hour</b> 	Help someone in your house (wash the dishes, tidy your room).	Look through a family photo album. Discuss who the people are.	Teach a family member some yoga moves or stretches	Have a joke competition. Who can tell the funniest joke?	Play a board game or do a jigsaw together.	Listen to some music together. Share your favourite musical artists.



### Notices

- **COVID-19** – please email us should any of your children test positive for Covid-19.
- **School Dinners** - for those key worker children in school who require hot dinners next term please update ParentPay. The menu can be found on last week's newsletter.
- **FSM Vouchers** - Families in receipt of Free School Meals qualifying by benefits should please see the email sent earlier today from the office. This will explain that shopping vouchers will be distributed by the Local Authority for half term following the same process as that of the Christmas holiday. The Edenred scheme will then continue for Term 4.
- **School Website Testimonial Section** - having received a few lovely emails recently showing appreciation for the school this has prompted us to create a testimonial page on our school website for prospective and current parents to read. If you would like to include a testimonial please email the office.
- **St. John's Church** - Sunday Service link to join Rev Adam Pitt:  
<https://mailchi.mp/8b6ef82f1f7/paulton-benefice-zoom-service-13216807>

### Recycling Update

Everyone who collects crisps packets and delivers them to the Terracycle point outside reception will be pleased to hear that our recent consignment contained the equivalent of 7,500 packets. A big thank you to Mrs Chivers who time stakingly sorts all of this out. Here is Tabby sitting on 9.5kg of crisp packets, collected in the last year, which is heading off to be recycled.

Please keep your eye out for news on an inkjet printer cartridge recycling scheme also. Cartridges need to be bagged so they don't leak and can be dropped off in the Terracycle bin. Toner cartridges can't be accepted.

Both of these important schemes not only keep our landfill sites clear of these items but also raise money for the school.



### Winter Weather

Please keep an eye on your inbox and on the school website should there be any significant amount of snow over the next week. Currently the Met Office is suggesting that not much snow will fall in our area, but as we all know the weather forecast can change. The temperature is set to be very cold during the daytime, so for those children in school, please remember to bring warm clothes with you including a hat, scarf and gloves.

### Assemblies

Next week we are lucky to have Kevin Burnett, one of our two Foundation Governors and a retired Headteacher, leading a Key Stage 1 assembly on Wednesday at 2:45pm and a Key Stage 2 assembly on Thursday at 2:45pm. Mr Turull and Mr Dix will also be leading another whole school assembly just before Mr Burnett's assembly on Thursday (2:30pm start). All links will be sent out to the children's email addresses.



## Farrington's Thought for the Week by Mr Marvin

Does anyone else feel that life is a bit humdrum at the moment? Firstly, it's February, which is often considered the most unpopular month of the year (apologies if February is a great month for you – it's just the general consensus). This is usually the height of flu season. It is still very cold and wintery and it seems like the hot weather will never come. We're still in the midst of lockdown and we're all homeschooling again. It is very easy to feel down at this time of year, especially in the current circumstances, but there are things we can do to help ourselves to feel better again.

Firstly, remember to get outside. We have had some really rainy days recently, but when the sun is out it really brightens things up. Although it is still cold, spring is definitely in the air. Buds are beginning to appear on the trees, snowdrops and daffodils are springing up and there is definitely more birdsong being heard.

Secondly, remember to celebrate. It has always been good to mark and celebrate events and at the moment, reaching the end of another week's home schooling is as good a reason as ever. Take the evening off, do something as a family, play a game, watch a funny film, do an online escape room, crack open that bottle of...flavoured spring water. We need to reward ourselves at the moment, so allow yourself some down time.

Thirdly, look for the miraculous. Not sure if you were expecting that, but when our ordinary lives are feeling a bit boring and drab, we often forget how wonderful life is. Our world is an amazing place. It is in the perfect position from the sun for life to exist, it is tilted so we get the seasons and life can flourish and it has oxygen and water in abundance so that life is sustained. The fact that animals, insects and even micro-organisms all work together, co-existing and balancing each other out is amazing. Although we still use fossil fuels, we are provided with enough energy through sunlight and wind to meet all our "current" needs. Earth's atmosphere protects us from harmful rays from the sun, helps keep the temperature comfortable and also protects us from meteors!

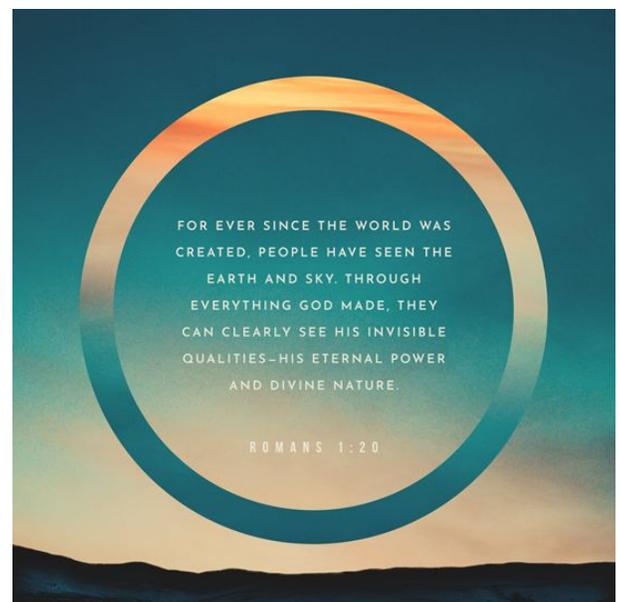
Human beings are truly miraculous. Here are just a handful of facts:

1. Nerve impulses sent from our brains move at a speed of 274 km/h.
2. A single human brain generates more electrical impulses in a day than all the telephones of the world combined.
3. The average human body contains enough sulphur to kill all the fleas on the average dog, enough carbon to make 900 pencils, enough potassium to fire a toy cannon, enough fat to make seven bars of soap and enough water to fill a 50-litre barrel.
4. The human heart pumps 182 million litres of blood during the average lifetime.
5. 50,000 cells in your body died and were replaced by new ones while you were reading this sentence.

Scientists are still trying to discover how life started in the first place. Whichever way you look at it, life is miraculous. Either it was created by some higher power or there was a monumental chemical accident. The fact we are even here and existing deserves to be acknowledged and celebrated. This reminds me of some verses in the Bible. Romans 1: 19-20 is one explanation for our miraculous planet.

*"<sup>19</sup> since what may be known about God is plain to them, because God has made it plain to them. <sup>20</sup> For since the creation of the world God's invisible qualities – his eternal power and divine nature – have been clearly seen, being understood from what has been made, so that people are without excuse.*

Now you may be struggling at the moment – things might be difficult or even tragic, there may be illness in the family or worse. If this is the case, then it won't be easy for you at the moment, but hopefully soon you will also be able to see some of the awe and wonder around you.



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EARTH AND SKY. THROUGH  
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ROMANS 1:20