



This Weeks 'What's Happening At Home'



Why not try making our healthy recipe of the week **Mediterranean Potato Bake** recommended by Yvette our cook. Let your child/ren help make this easy delicious dinner and even better, there is minimal washing up. You can find the full recipe at <https://www.nhs.uk/change4life/food-facts>



Monday 4th May



The sign of the week is **Butterfly**



Tuesday 5th May

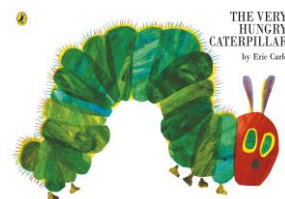


This week at home download the 50 things app and have a go at **#9 Mini beast and Bug Hunting**
Why not go and look in damp dark areas of your garden for mini beasts. You could use the internet to find out interesting facts about the creatures you find. Please make sure you handle them with care.
<https://bradford.50thingstodo.org/app/os#!/50-things-to-do-before-youre-five>

Wednesday 6th May

Storytime

Our story this week is **The Very Hungry Caterpillar by Eric Carle**. Use the link to our **Facebook Page** to hear **Helen** read the story, which follows the life cycle of a caterpillar from hatching out of it's egg, to eventually becoming a butterfly. You can also watch a video of a butterfly from her garden being released. <https://www.facebook.com/StrongCloseNS/>



Thursday 7th May



Make

Why not look at all the healthy foods the caterpillar eats and try some as a snack or count together how many pieces of fruit you have. You could talk about foods that are healthy and unhealthy or try being a butterfly spotter and talk about the different butterflies you see and how they move.

Friday 8th May



This week's rhyme is **Little Arabella Miller** sung to the tune Twinkle, Twinkle, Little Star. Join Laura enjoying the sunshine in her garden.
<https://www.facebook.com/StrongCloseNS/>



As a result of staying home and social distancing, the anxiety of health concerns and the economic pressure some families may experience mean that there may be increased stress for many people at this time. Support is available if needed you can speak to a member of staff at school or see <https://www.bradford.gov.uk/media/5821/wellbeing-and-education-at-home-information-pack.pdf> If you have a concern about the safety of a child or a vulnerable adult, do not keep it to yourself. **Report your concern on the Safer Bradford website**. This is open available 24/7, 365 days a year. While families are requested to spend time indoors together, the lockdown may make victims more frightened to speak out or unable to access support.
Domestic abuse or violence is a crime and should be reported to the police - there are also other organisations who can offer you help and support.

Call 999 if it's an emergency or you're in immediate danger.