



Whitstable Junior School

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Friday 12th February

Dear Parents and Carers,

Hello and welcome to the last **Feel Good Friday** letter before half-term!

We are all very used to lockdown half-terms by now, but we thought it might be helpful this week to share some ideas of how to keep busy and find joy in the break. Although the weather will hopefully start slowly warming up after this week's snowstorms, most of our days will still be spent inside, so here are some suggestions of things to do to enjoy some family time indoors.

Sowing seeds

Many people tried growing fruits and veggies at home for the first time last year. Even if you didn't, why not try sowing some seeds now?

Tomatoes are an easy one to get started with and you can begin sowing tomato seeds in February if kept indoors. A nice activity for the family might be to collect, clean and dry seeds from tomatoes you eat together. You can try this with lots of other produce too. See what recycling you can repurpose into seed trays – cupcake and muffin trays work well.



Movie night

Go all-out on a movie night. Choose films in advance – the children could even make home cinema tickets! Gather some cinema-style snacks and all of your blankets from around the house. Try doing this just for you too, when your children have settled in bed. Is there a film you have been wanting to watch for ages?

Three-course meal

Plan a menu with the whole family and encourage the children to get involved with the planning, preparation and cooking stages. Dress up for the occasion and set the scene for your meal with some music.



Speed hunt

Rediscover the passion we all had for family Zoom calls in the first lockdown with a speed hunt game. Encourage one of the children in the family to make a list of household items and judge to see who can find things quickest as they are called out. You could split people into teams to make this more interesting.

Hopefully it won't be too long until we can begin returning to the activities we used to enjoy before the pandemic took hold. Until then, let's continue to find peace in the slowness of lockdown life and savour the time we have with our families.

Have a lovely half-term everyone.

Best wishes,

Shannon, Leanne and Ms Collin

The Well-Being Team