



A Willow Brook Friday!

We're starting to get that Friday feeling... Whether you are at home or school today, here are some ways to be active and full of thoughts in the style of a Willow Brook working day.

9 am

For an active start to the day meet Pirate Phillips!
Whatever space you have around you, sail the seven seas and feel wide awake! You won't be sorry you climbed aboard!



Follow this link to the website:

<https://willowbrook.notts.sch.uk/pirate-phillips-does-wake-and-shake/>

Alternatively, take a good book to start your day. When you feel settled and ready, tune into this morning's assembly.

Assembly

This week my assembly is about holding tight. You'll find it on the website by 9.30am.



10am Singing Log in to your very own 'Sing Up'

<https://www.singup.org/singupathome>

After the message in today's assembly, let's power through some strong songs!

Power in Me is in the Empowering section. Sing it with passion!

Wiggle Jiggle is my new favourite. It's in Songs to Get moving. You might've learnt it with us a couple of weeks ago. If not, give it a go this morning.

Hey, my name is Joe in the Silly Stuff is an old choir favourite. And how could you resist another crack at **Down by the Bay?!**

11. My World I heard a famous person on the radio this week talk about her family's happy memories. Her earliest happy memory was walking through autumn leaves. I agree – there's something simple but magical about wading through leaves – it doesn't cost anything and however old you are, it just has to be done! Since this memory, the lady on the radio said that her family describe other simple pleasures as being 'through leaves'. For me, the first sip of a cold drink on a hot sunny evening is 'through leaves'. Standing with your feet in the waves on an English beach is 'through leaves'. The smell of cut grass is certainly 'through leaves'. Make me a list of your 'through leaves'. Use all your senses and memories.

12. Lunch It has been tough this week surviving without Mrs Hollingshead's cooked lunches. It's just cheese sandwiches now! Who's making your lunch?!

1.30pm Art Choose your favourite five 'through leaves' and write them as a poem. Set your words amongst pictures. You might like to draw or paint or collage with downloaded images. I'd love to see the results.

3.30pm Enjoy your weekend!

From Mrs Ballard 😊