



Date 30/06/20

Dear Children of St Joseph's School,

We hope you are all keeping safe and well and we would like to thank both you and your parents and carers for all of the hard work that you are continuing to do while staying safe at home. We have seen many invaluable life skills being developed including: cooking, construction, measuring, having discussions, using a computer and much more.

We are looking forward to seeing those of you who will be returning for your transition morning in the last week of term.

Please continue sharing your activities with us, as we love to see what you are up to.

### Mindfulness Activity

This week's activity is: Reflection Pond.....

1. Sit mindfully with your spine straight and body relaxed. Close your eyes and take three soft, slow, mindful breaths.
2. Imagine you are in a forest with tall trees. You hear the birds chirping in the trees, and squirrels running across fallen leaves on the ground.
3. You are sitting in front of a small pond. The water is still. Look into the pond. See the reflection of the trees in the clear water. What else do you see? Do you see yourself reflected in the water too?
4. Imagine dropping a pebble into the pond. See the ripples in the water.
5. Keep watching, and when the water becomes still again, open your eyes.
6. Look for still water in the pond.

From Mindful Minds by Whitney Stewart and Mina Braun



### Can you solve this riddle?

Q: In a one-story pink house, there was a pink person, a pink cat, a pink fish, a pink computer, a pink chair, a pink table, a pink telephone, a pink shower – everything was pink! What colour were the stairs?

A: There weren't any stairs, it was a one-story house.



## Cup-and-ball game

### **You will need:**

- A plastic water bottle
- Ping pong ball
- String or yarn
- Screw eye hook
- Knife



### **How to:**

1. Pick a bottle, such as the one that has a wide bottom and a narrow opening.
2. Keep the narrow opening closed with a lid, and cut the bottom to create a wide opening.
3. Poke a small opening in the ping pong ball to insert the screw eye hook.
4. Tie one end of the yarn to the hook and the other end to the bottle. You can take the cap off the bottle, put the yarn in, and put the lid back to tie the yarn to the bottle.
5. Your DIY cup-and-ball toy is ready to play.

### **Quick Tip:**

You can even use non-toxic spray paints to colour the bottle any way you want.

## Reflection

The Feasts of St Peter and St Paul was on the 28<sup>th</sup> June.

In the Gospel this week, Jesus gives Peter a very important job to do.



Take a moment to think about a time when someone has given you something important to do. Consider how it made you feel. Excited? Honoured? A bit scared that you wouldn't be able to live up to their expectations?

Think about how, even though we are not perfect, God still calls us to be his friends!

Dear God,

We think of Peter, the first Pope and the rock on whom you built your Church.

We think of Paul, who travelled far and wide and wrote down many truths about you so that generations would come to know you through the Bible.

We are so grateful for our brothers and sisters around the world. Help us all to remember that we are your beloved children.

Lord, in your mercy

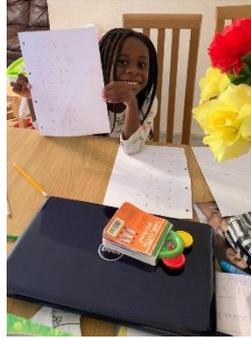
## Joke of the Week

Q. What do you call a rich elf?

A. Welfy.



## Some of the things our friends have been up to



### The King's Wish

A long time ago, in a place called Season Village, lived a greedy king named King Henry. He was very cruel to animals and used to hunt them. Henry was the most selfish man in the whole world.

The king had also always wished to transform into any animal he wanted. This was because he could kill other animals and retrieve their power. One morning, a mysterious, glass bottle appeared on the king's doorstep. It had a strange, purple liquid inside it. The king read aloud from the label.

"Animal transformation."

His wish had been granted! It had come true!

Just as the king was about to drink the bottle, a strange hooded figure knocked on the king's door. When the king opened it he could not see its face.

"I must warn you. Do not drink all of the potion or something terrible will happen." The hooded figure croaked in a slow, spooky, steady voice.

That night, the king took no notice of what the hooded figure had said and drank all of the potion, thinking it would make him stay as an animal for longer. Slowly, the king grew long, sharp claws, his teeth popped out, his eyes became redder and more veins appeared in them and then grew long, grey fur. He was a WEREWOLF! The king searched and searched for the bottle. When he had it, he had realised he had drank all of it. Henry was stuck as a werewolf! Why didn't he just listen to the hooded figure?

Because of all of his cruelty to animals, as the king did, he got hunted and died.

By Delilah |



## Premier League

# Weekly Challenge

## Roving Reporter Challenge

We would like for you and your family to watch this video clip from a Premier League fixture and to write a match report detailing what happens.



Watch the clip and make a note of all of the key match incidents – things like the names of the goal scorers, saves made and the final score.

Then using the report writing hints and tips available on [PLPrimaryStars.com](http://PLPrimaryStars.com), create a match report that could be used on the Premier League website for football fans to read.

Share your match reports with us via Twitter @PLCommunities #PLPrimaryStars or via email at [PLPrimaryStars@premierleague.com](mailto:PLPrimaryStars@premierleague.com)