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**Whole school**  
Emergency Timetable!

If you would like to share what you have been doing or just have a line of communication, please email or call.

Complete tasks in any order:

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Mrs Robinson**



Are you still confused about Coronavirus? Read a book with some information by clicking [HERE](#)

Write your own information leaflet with facts, feelings and emotions

In difficult times it is important to stay motivated! Watch a cartoon [HERE](#). What can you do to stay motivated today?

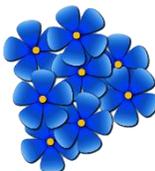
You are always part of #teamstonelow! Have a go at writing an acrostic poem and include what Stonelow means to you. Get some ideas by clicking [HERE](#)

If you ever feel stressed or anxious or angry then listening to relaxing music can help soothe you. Click [HERE](#) to listen then close your eyes and take some deep breaths!

You are all superheroes and superheroines. Have a go at drawing yourself as a super-hero.

Click [HERE](#) for some ideas then draw your own!

**Mrs Hardcastle**



Good morning Stonelow!  
I hope you have all had a lovely weekend.

Water Wheel Investigation  
How does a water wheel work? Build your own out of paper plates and plastic pots. A challenging and fascinating activity to introduce hydropower as a form of renewable energy and to introduce the concept of forces and energy transfer. Click [HERE](#) to find out how.

Family Fun  
Have a game of Connect Four with a twist. Click [HERE](#) for instructions.

This week I would like you to revisit The Flight Fight Freeze model. Click [HERE](#) to watch a clip to understand further why we get that funny tummy. Some of you may have feel this more than ever. It`s ok not to be ok, just remember to talk to someone you trust or write your worry/worries down.

I would like to read to you my favourite book The Monkey Puzzle. Snuggle up grab a drink and enjoy.

Click [HERE](#) to listen.

We all feel so many different emotions. Click [HERE](#) to remind yourself of the words. Remember if you can name the emotion you will feel more in control and regulated.

Wrapping language around how you feel and sharing this with someone you trust really does help. Stick by my moto guys..... talk,talk,talk.

Click [HERE](#) to find instructions on how to bake a mug cake.

You could make one for yourself or for your grownup.

Thinking about our previous lockdown and how staying connected supported our mental health. Click [HERE](#) to remind yourself what your Stonelow friends got up to.

If you are able to pick up the phone and connect with people. Stay safe, well and connected. #teamstonelow