



Mrs Robinson: headteacher@dronfieldstonelow.derbyshire.sch.uk
 Mrs Hardcastle: shona.robertson@dronfieldstonelow.derbyshire.sch.uk
 School: 01246 414370 Mrs Hardcastle: 07510 259566

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



Message from Mrs Robinson
[HERE](#)

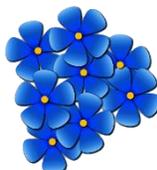
It is difficult to stay calm all the time. Watch this short video clip for some ideas!
[HERE](#)
Write down 3 things you could do to help you feel calm.

It is important to have a growth mindset.
Click [HERE](#) to watch a short film.
How have you had a growth mind-set over the last few days?

Relax by doing some autumn art activities!
Have a go at drawing a leaf
[HERE](#)
Make some salt dough leaves
[HERE](#)

Make an autumn leaf mobile using a cardboard box
[HERE](#)

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.
#teamstonelo