

# School Partnerships and Enrichment Team

## Holiday Activity Newsletter – Home Edition February 2021

### BECOME A LOCAL TOURIST

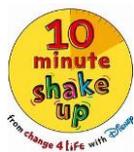
As we continue to live with COVID 19 restrictions, families may find themselves limited in options to keep their children safe, well and entertained. Our regular newsletter would be encouraging you to 'Get Out and About' and visit some wonderful places but instead, we are providing screen-free ideas, activities and encouragement that we hope ALL families will be able to access and enjoy.



**Please be reminded that individuals should not be meeting up with others outside of your household unless they are part of your support bubble. With all outdoor activities, please follow the COVID-19 guidance; wash hands regularly, wear a face covering and keep a 2-metre distance.**

Many attractions and places of interest are closed so this is a good time to find out more about the area in which you live and perhaps discover somewhere new to enjoy exercise with your household. Ealing Borough has over 100 parks and green spaces and 21 of these parks have a special award called Green Flags. You can find out more about them here on this website.

[https://www.ealing.gov.uk/info/201136/parks\\_in\\_the\\_borough/1543/green\\_flag\\_parks](https://www.ealing.gov.uk/info/201136/parks_in_the_borough/1543/green_flag_parks) How many have you visited?



If walking is your preferred exercise activity, the Ealing Council link has some great ideas for walks in the local area [Walking | Ealing Council](#). If you are heading out as a household, have a quick look at the Change 4 Life 10 Minute Shake Ups for some new ideas [Disney Shake Up Games | 10 Minute Shake Up | Change4Life \(www.nhs.uk\)](#).

If you are looking to add a treasure hunt to your walk, you might want to try **Geocaching**



(pronounced "jee-oh-cash-ing"). This is a family friendly, outdoor sport that is good for the mind and body and doesn't cost the earth? So, what is Geocaching? Geocaching is an adventure

sport, open to anyone and everyone, that gets you out and about in the pursuit of hidden treasure or 'caches' using a GPS receiver. If you have a smart phone with a GPS device (Maps) then you can be geocaching within minutes. To get started head to <https://www.geocaching.com/play> to create your free account and use the app to find your first treasure! Good Luck!

**50 things to do before you're 11¾** Brought to you by the [National Trust](#), there are 50 activities for you to enjoy, so get out in the fresh air and build a den, make your world spin by rolling down a hill or watch stars glitter in the night sky. Download your own checklist by clicking the link below <https://nt.global.ssl.fastly.net/documents/50-things-activity-list.pdf>



**Activities at Home** With the increase in online learning and a large part of our social interactions being online, the February half term break is a good time to have a bit of a screen detox. Below are some ideas and suggestions for children and bigger kids to find ways to self-entertain, relax and enjoy activities both with and without the use of a screen.

**Master Mini Chefs** Cooking is great way for children to use multiple skills – it's literacy, maths, science, art and more. Check out the link below for some ideas. See below for a way to get free ingredients. <https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

**Family Baking - Pancakes Galore** from Ealing Adult Learning. Free online course on Tuesday 16 February from 10.30am to 11.30 am [Ealing ALS ONLD2025WF Family Baking - Pancakes Galore \(ealingglobal.net\)](https://www.ealingglobal.net/ALS/ONLD2025WF/Family-Baking-Pancakes-Galore)

**Looking for free food, ingredients and supplies?** You could try **OLIO App (and website)** which



connects neighbours with each other and with local businesses so surplus food can be shared, not thrown away. This could be food nearing its sell-by date in local stores, spare home-grown vegetables, bread from your baker, or the groceries in your fridge that are not needed. OLIO can also be used for non-food household items too.

<https://olioex.com/>

**Reading, Reading, Reading...What books do you have at home that you can re-explore?**



Reading to and reading with our children remains one of the most important things we can do to maximise our children's success at learning. It doesn't have to be at bedtime or for very long but reading a little everyday will make a huge difference. This is good time to revisit some of those books you used to love. If you do use a

kindle, [https://www.goodreads.com/list/show/21465.Best\\_FREE\\_Kindle\\_Ebooks\\_for\\_Children](https://www.goodreads.com/list/show/21465.Best_FREE_Kindle_Ebooks_for_Children) can tell you about the best free books from Amazon.

**London Youth Choirs** are offering three free **FEELGOOD SINGING workshops** over Half Term, suitable for all ages:

Monday 15th Feb, 4.00-5.00pm – Vocal Workout (ages 11-18)

Wednesday 17th Feb, 11.00am-12.00pm – Teddy Bears' Picnic (ages 4-7)

Thursday 18th Feb, 9.30am-10.30am – Singing Voyage (ages 7-11)

No membership or previous experience is required to take part, and all the workshops are free to attend. For more information and to sign up visit: <https://www.londonyouthchoirs.com/feelgood-halfterm/>



**Get creative – activity packs for children** There are many websites that will allow you to download and print activity packs. Here are 5 to get you started:

- [Free Printables for Kids \(activityvillage.co.uk\)](https://www.activityvillage.co.uk/)
- [Family Hub - Keep your Kids and Family Entertained | McDonald's UK](https://www.mcdonalds.co.uk/family-hub) (can also order a free book for delivery)
- [Pitzhanger » Your Nature Treasure Hunt](https://www.pitzhanger.com/nature-treasure-hunt)
- [Bloomsbury - Free children's activity packs](https://www.bloomsbury.com/uk/childrens-activity-packs)
- [Try this at home | Natural History Museum \(nhm.ac.uk\)](https://www.nhm.ac.uk/visit/try-this-at-home)

If you prefer to purchase packs, here are some from varying sources that you may be interested in. Prices start from £1 but will vary from supplier and may include delivery costs.

**The Works** [Kid Zones | Treat Your Little Ones With The Works](https://www.the-works.com/kid-zones) Activity packs, books & crafts from £1

**Amazon** [www.amazon.co.uk](https://www.amazon.co.uk) Huge variety of resources. Search Activity Packs for Children.

**Science Museum** [Science & Experiment Kits | Fun & Educational STEM Kits | Science Museum Shop](https://www.science-museum.org.uk/science-experiment-kits)

**Nature Activity Packs and resources from RSPB** [New Range of Toys, Games and Crafting - RSPB Shop](https://www.rspb.org.uk/toys-games-crafting)

**UNICEF Paddington Postcards & Pack** <https://www.unicef.org.uk/paddingtons-postcards/> You can donate to UNICEF and support your child's learning. Sign up for a monthly direct debit for a new pack each month exploring a different country with Paddington and learn about the life of a child who lives there.

*We wish you all well; please stay safe, seek help if you need it and take care of one another.*