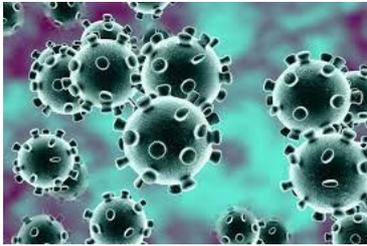




Newsletter



Covid-19 Training

Free Courses

Childcare.co.uk/coronavirus-training

www.virtual-college.co.uk/free-coronavirus-training

www.skillsforhealth.org.uk/covid-19-course

The following course is charged at £20+ VAT

www.highspeedtraining.co.uk/coronavirus-training

Please note that the training courses listed are a suggested option only and at present we are still awaiting the Safe Practice Guidance from Welsh Government.



All Wales Infection Prevention Control Audit

The audit tool aims to encourage self assessment and promote best practice infection prevention,

reducing the risks of cross contamination wherever possible to both learners and staff.

The link below will also lead you to other useful documents relating to hygiene which you may find beneficial as we all adapt to new ways of schooling.

[Click here](#)



FFL Classroom - activities and ideas to support remote learning

At the start of April 2020, BNF launched FFL Classroom, which hosts a wide range of free, easy to access resources to support learning at home for primary

and secondary pupils, their parents and their teachers. The next wave of resources and activities have a STEM focus and will be launched on Monday 15 June. To view the FFL classroom, click [here](#).

Free Food - a fact of life online training

FFL has a range of online training courses to support primary and secondary food and nutrition education. The courses usually cost between £45 and £195, but FFL is currently providing free access with a redemption code. However, the number of codes is limited so don't delay! The following courses are available:

Primary

- [Food teaching in primary schools - the what, when and how](#) (England).
- [Food teaching in primary schools - the what, when and how](#) (Northern Ireland).
- [Food teaching in primary schools - the what, when and how](#) (Scotland).
- [Food teaching in primary schools - the what, when and how](#) (Wales).

Secondary

- [Functional properties of food.](#)
- [Food spoilage, hygiene and safety.](#)
 - [Sensory science.](#)
- [Characteristics of good practice in teaching food and nutrition education \(secondary\).](#)

One teacher who has completed the Characteristics of good practice course is Samantha Nuttall from Lincoln Castle Academy. Samantha says "*I learned so much from doing the online course and can honestly say I feel like a better teacher since.*"



® Fairtrade about footballs...

After exploring watching '[Playing Fair: The Story of Fairtrade Footballs](#)', download your [Home Learning Challenge](#) sheet. Here are our favourite two activities this week...

Create a country fact file

Using information from this week's film, non-fiction books and the internet, create a country fact file about Pakistan. Include the capital city, geographical features and country flag. Send pictures of your fact files to schools@fairtrade.org.uk and we'll feature a selection in our next Home Learning [blog](#).

Balance challenge

Get outside this week and practise your balance skills! Using a timer, how long

can you balance a football on different parts of your body?

1. Balance a ball on your head
2. Balance a ball on your foot
3. Balance a ball on your hand



The poster is titled "Mythical Creatures Themed Walk" and features various logos at the top: "WREXHAM YOUTH & PLAY SERVICE", "GWASAKARTH LEUCID ACHWARAE WRECSAM", and a cartoon girl. It includes several text boxes with instructions and activities, illustrations of a dragon, a mermaid, a unicorn, and a griffin, and handprints. At the bottom, it provides website information and a social distancing warning.

WREXHAM YOUTH & PLAY SERVICE | **GWASAKARTH LEUCID ACHWARAE WRECSAM**

Mythical Creatures Themed Walk

Government advice currently states that families are allowed out for daily exercise. This information sheet has been developed to inject some fun, playful activities into daily exercise and throughout the day.

Mystical, magical beasts are all around us! Do you dare to believe in magic?

Keep a log of your journey

How many people did you see?
Did you know them?
How many steps did you walk?
What was the weather like?

Before you go...

Read a story with mythical creatures.

How many mythical creatures can you think of?

Which one is your favourite?

What type of mythical creature would you like to be?

Can you dress up like one?

While you are out...

- Can you find the places you think these creatures would live?
- Find the perfect stick to be your magic wand or broomstick
- Can you flutter like a fairy?
- Stomp like a troll
- Prance like a unicorn
- Slither like a serpent
- Breathe fire like a dragon
- Swish your tail like a mermaid
- Write magic spells in mud.

When you get back

- Why not make your own fairy garden?
- Draw a picture of your very own mythical creature
- You could build a creature from junk items around the home.

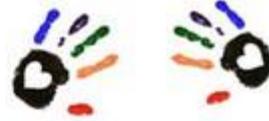
Did you know...
A Griffin has the body of a lion and the head & wings of an eagle!

Important
Adhere to social distancing guidelines during any daily exercise.
Remain at least 2 metres away from other people at all times

www.wreksam.gov.uk | www.wrexham.gov.uk

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Play for Play's Sake



Take a minute to think about the time when you used to 'play out', typically between the ages of 8-12. Think about these questions: Where did you play? Who did you play with? What games or things did you play? Where did you go?... Now draw or make a map of all the places you played and the things you did.

Thinking about our own childhood and the times we played is a great way to remind us of the importance play has in our lives. We didn't climb trees because it was good for our physical development; we did it because it was exciting and fun. We didn't make mud pies because we knew it would develop our connection with nature and help us explore preparing and cooking 'food'; we did it because it was messy and made us laugh.

Children face more barriers than ever to play, particularly during this time, as adults we need to remember how important play is for all children and how play is integral to happy, healthy childhood.

Useful links

<https://m.youtube.com/watch?v=XLKD0WFyno8&feature=youtu.be>

Search for the below on facebook:

[Family lockdown tips and ideas](#)

[Playful childhoods \(play wales\)](#)

Young Wrexham Website

www.youngwrexham.co.uk

Play and Youth Support Team

Send your playful pics to play@wrexham.gov.uk and we will share in the coming weeks.

Play object of the week

Foil Trays and Containers



- Fairy gardens
- Water/sand tray
- Model boats
- Paint trays for hand and foot painting
- Miniature worlds
- Mud pies/messy play
- Space helmets

How many more can you think of?



Playful Challenges - How many can you do in a week?

Silly	Get everyone in your family to eat a meal in fancy dress.
Physical	Cross your garden or lounge without touching the floor.
Entertaining	Make a safe distance Noughts and Crosses board, use two different colours of beanbags/or any stuff you got and throw them into position.
Practical	Can you set a new record time for changing your bed sheets, challenge your siblings or film it and challenge your friends.
Key Skills	Make a tally chart of the bugs you find in your garden, work out which is the most common.





Men's Health Week: 15-21 June 2020

The theme for Men's Health Week 2020 - It's 'Take Action on Covid-19'. The week runs from from 15-21 June.

We'll be looking at what we can all do to prevent the virus doing more damage. For men: take action to avoid spreading the virus, take action to get the best out of lockdown and the 'new normal', take action to beat 'underlying conditions'.

> Download posters, social media shares etc

For employers

take action to understand the virus

take action on social distancing

take action to make workplaces safe.

> Download our Toolbox Talks on both Covid-19 and workplace stress and other materials

(and sign up for our online toolbox talk)

[Men's Health week](#)

And finally.....

Ever wondered where some of our sayings come from?

"Let the cat out of the bag."

Meaning to reveal a secret, "letting the cat out of the bag" finds its roots in 18th-century street fraud. Suckling pigs were often sold in bags, and a popular scheme was to replace the pig with a cat and sell it to an unwitting victim.

"Don't look a gift horse in the mouth."

Horses' gums recede with age, leading to longer teeth. A common way to inspect a horse's "worth" is to check its mouth, hence the phrase. Receiving a horse as a gift and immediately inspecting its value was considered offensive, much like inquiring about the worth of a present today is rude.

"You're pulling my leg."

Meaning to tease someone or jokingly lie to them, "pulling one's leg" actually has sinister origins, rooted in the criminal world of the 18th century. Street thieves would literally pull victims down by their leg in order to more easily rob them.

[20-surprising-origins-of-popular-sayings](#)

