



Newsletter



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In Wrexham we are going to do a virtual Playday and we hope you would all be involved. We will keep you updated ...watch this space!



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

Something to do whilst you wait for your letter from Hogwarts
www.jkrowling.com/j-k-rowling-introduces-the-ickabog/ (for

Keep a log of your journey
How many muggles did you see?
Did you know them?
How many steps did you walk?
What was the weather like?

Before you go.
Read the books or watch the films.
Chose an outfit from full on wizard to a simple Harry Potter scar. Use what ever you have at home, last years Halloween costume could be adapted or there is always bin bags to make robes from.

Whilst you are out.
Let a wand chose you, which stick do you connect with, take one home to decorate with ribbon, wool, paper etc, ready for your next walk.
Can you blend in with the muggles, keep your wands and magical animals hidden, don't let them see your powers, what magic spells can you cast when no-one is looking?
Take a bag with you to collect natural ingredients to make a potion with when you get home. Add water (food colouring if needed). Name your potion, decide what it does.

When you're back.
Create your own marauders map. You could age your map with tea bags and add on local features, remember to magic them up a bit, rename the local pub "The Leaky Caldron."



Can you find a hotcnak? Remember they have to blend in, so it could be a pine cone or a stone. Where would it take you?

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





Moments of Playing

During these difficult and strange times that we've all found ourselves in, we must remember that as the lockdown starts to ease, both children and adults will start to play/act out, as they try to make sense of what's just happened.

Coming to terms with this event can take many forms such as role play, heightened emotional responses or making light of the situation. These responses may seem inappropriate however they serve a purpose in helping people to cope, so it's important that when these moments of play occur we should recognise them for what they are and support them to happen.

My two boys aged 10 & 11, have started running around the house shouting 'corona touch' instead of tag. They have also taken to doing this sneakily whilst we are out enjoying our daily walk. I have noticed some people look uncomfortable and give a look as if to say "I'm not sure you should be doing that". I appreciate that it may look like they are not taking the virus seriously or that they are being silly, however it is their way to take control of the scary situation around them and make it something fun.

Useful links

www.maketimetoplay.co.uk

www.nationaltust.org.uk

Young Wrexham Website

www.youngwrexham.co.uk

Play and Youth Support Team

Contact us

play@wrexham.gov.uk

01978298361

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



Play object of the week

Bedsheets

Hammock

Hero's cape

Sail / flag

Build a den

Have a tea party

Paint it

Dress as a ghost

Do a puppet show

How many more can you think of?



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

Silly	Get everyone to pull funny faces at each other
Physical	Family pillow fight
Entertaining	Enjoy a movie outside in the garden
Practical	Can you make an obstacle course
Key Skills	Use a timer to collect everyone's times from the obstacle course





Llywodraeth Cymru
Welsh Government

The Welsh Government have a range of information and Guidance on their website which you may find helpful with pupils returning back to school.

[Health & Wellbeing](#)



Laughing Gas - Not Funny

Nitrous oxide has been used as an anaesthetic for over 100 years. Most people probably know it as [laughing gas](#). The empty small metal canisters are becoming a common sight outside clubs and recreational areas across the UK....

Nitrous oxide

In a medical setting, it is usually inhaled, mixed with oxygen, through a small mask that fits over your nose. It is generally used to help you relax during procedures that don't require a general anaesthetic, such as childbirth and minor dental surgery.

Nitrous oxide is also used as a propellant to make whipped cream.

What are the effects?

Nitrous oxide provides a short-lived (20 second) high, in which people who use it feel euphoria and relaxation. They can also feel dizziness, have difficulty thinking straight, and fall into fits of laughter

How dangerous is it?

If a person has small infrequent doses, there is a low risk of significant problems with this [drug](#).

It is very rare to overdose from the use of nitrous oxide, but it can affect [coordination and judgement](#) and it shouldn't be used in risky situations .

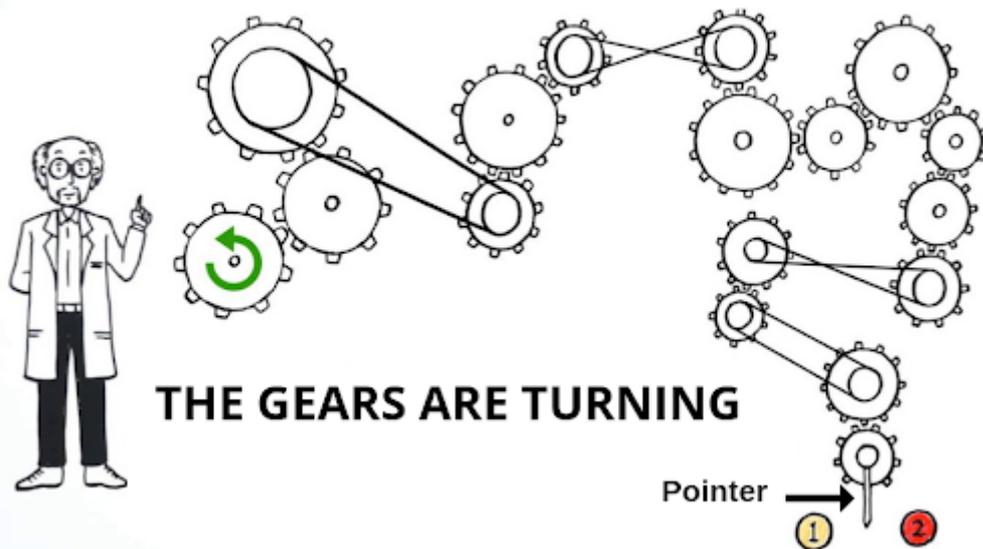
In very large doses, without the addition of oxygen, it can cause loss of blood pressure, fainting and even death by hypoxia (oxygen deficiency).

Parentzone have put together some information and conversation starters for parents on the subject - [Click here](#)

And finally.....

The pointer will go to which direction?

1 OR 2



For the answer and more puzzles [click here](#)

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When you're back.
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Can you find a horcrux? Remember they have to blend in, so it could be a pine cone or a stone. Where would it take you?

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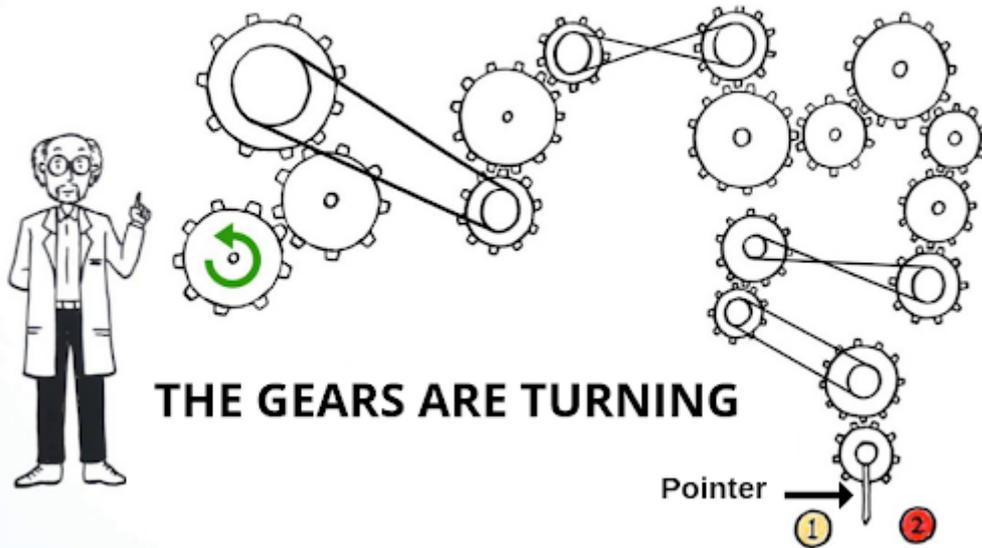
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