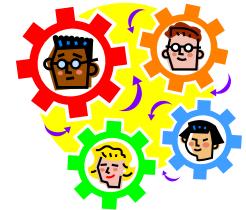
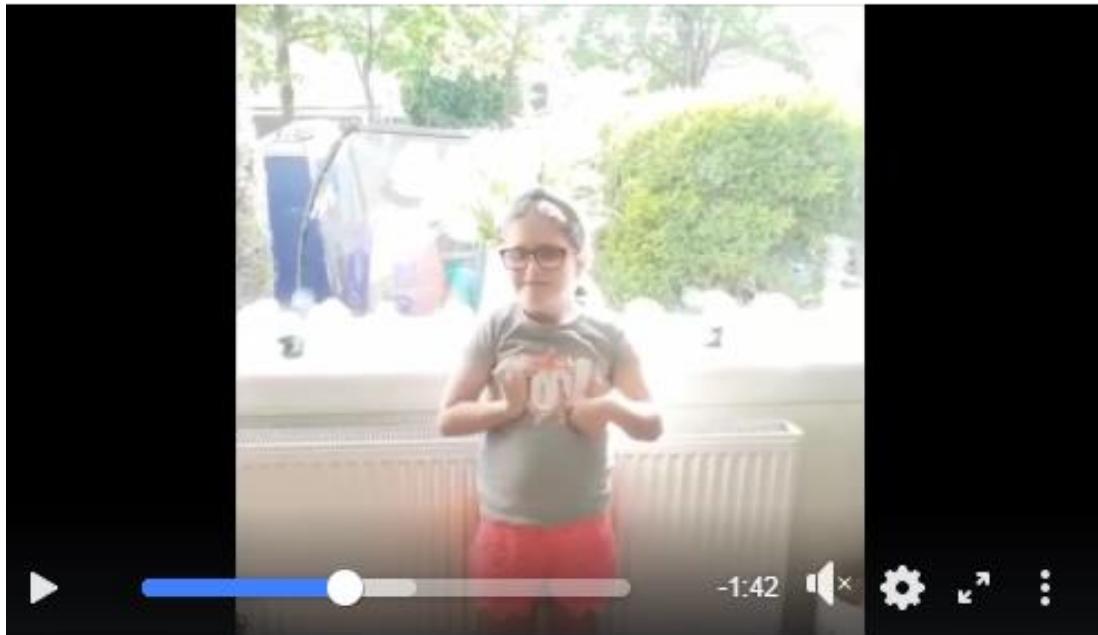




## Nurturing Relationships with Parents and Carers during School Closures



Our school song performed by some people you may recognise. Have a lovely weekend Mary Russell family! ❤️



Our Primary department created a special video of pupils and staff singing our School song.



The school created a special virtual Transition video for our new S1 pupils starting this summer.





# Nurturing Relationships with Parents and Carers during School Closures



Free Websites and Apps to support with...

## Maths and Science



TopMarks

[www.topmarks.co.uk/](http://www.topmarks.co.uk/)

A great bank of interactive games!



Dragon Box (Paid App)

[www.dragonbox.com](http://www.dragonbox.com)



Bee Bot App for Computing (Free App)

<https://apps.apple.com/gh/app/bee-bot/id500131639>



Times Table Rockstars (Paid App or Free with School Subscription)

<https://trockstars.com/>



Cheebies - Numberblocks

[www.hbc.co.uk/cheebies/shows/numberblocks](http://www.hbc.co.uk/cheebies/shows/numberblocks)



Explorify for Science

[www.explorify.wellcome.ac.uk/](http://www.explorify.wellcome.ac.uk/)



ICT Games—For Literacy and Maths

[www.ictgames.co.uk/](http://www.ictgames.co.uk/)



Prodigy Maths (Free App)

[www.prodigygame.com/](http://www.prodigygame.com/)

Photos from The adventures of Mary Russell School's post in Mobile Uploads

Free Websites and Apps to support with...

## Phonics and Early Reading



Phonics Play

[www.phonicsplay.co.uk/freeIndex.htm](http://www.phonicsplay.co.uk/freeIndex.htm)



Phonics Bloom

[www.phonicsbloom.com/](http://www.phonicsbloom.com/)



Letters and Sounds

[www.letters-and-sounds.com/](http://www.letters-and-sounds.com/)



Cheebies—Alphablocks

[www.hbc.co.uk/cheebies/shows/alphablocks](http://www.hbc.co.uk/cheebies/shows/alphablocks)



Teach Your Monster to Read (Website is free. Paid App)

[www.teachyourmonstertoread.com/](http://www.teachyourmonstertoread.com/)



Oxford Owl

[www.oxfordowl.co.uk/](http://www.oxfordowl.co.uk/)



Teach Handwriting—Cursive Practise

[www.teachhandwriting.co.uk/index.html](http://www.teachhandwriting.co.uk/index.html)



Vooks—Storybooks Brought to Life

[www.vooks.com/](http://www.vooks.com/)



Scholastic—Classroom Magazines

[www.classroommagazines.scholastic.com/support/learnathome.html](http://www.classroommagazines.scholastic.com/support/learnathome.html)

Highly recommended!

Photos from The adventures of Mary Russell School's post in Mobile Uploads

Free Websites and Apps to support with...

## Mindfulness and Keeping Active



Smiling Mind

Short audio sessions to help with mindfulness.

<https://app.smilingmind.com.au/>



Cosmic Yoga - YouTube

Yoga videos designed for kids aged 3+.

[www.youtube.com/user/CosmicKidsYoga](https://www.youtube.com/user/CosmicKidsYoga)

We love!



BBC Supermovers

Interactive videos to support with KS1 and KS2 Maths, Literacy and PSHE and PE learning. Great for times tables—as well as videos that are 'just for fun'.

[www.hbc.co.uk/teach/supermovers](http://www.hbc.co.uk/teach/supermovers)



Go Noodle—YouTube (More videos on their own website)

Hundreds of 'brainercises', dancing, strength and mindfulness videos—as well as videos that are 'just for fun'.

[www.youtube.com/user/GoNoodleGames/featured](https://www.youtube.com/user/GoNoodleGames/featured)



Premier League Stars

Videos and activities to support with Maths, Literacy, PSHE and PE.

[www.plprimarystars.com](http://www.plprimarystars.com)



Newsround

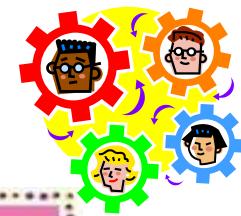
Keeping children up to date with the world around them—creating opportunities to talk about the news with children.

[www.bbc.co.uk/newsround](http://www.bbc.co.uk/newsround)

Photos from The adventures of Mary Russell School's post in Mobile Uploads



# Nurturing Relationships with Parents and Carers during School Closures



The adventures of Mary Russell School

Yesterday at 02:30 ·

Take 5 minutes and try this easy but fantastic mindfulness exercise! Great for relaxation and gaining control of your emotions.



YOUTUBE.COM

**Be the Pond | Cosmic Kids Zen Den - Mindfulness for kids**

A short mindfulness video for kids. In this episode of Cosmic Kids Zen...



The adventures of Mary Russell School

17 May at 22:50 ·

Good morning! We do hope you haven't got too fed up with the rain and you managed to get snuggled into your reading spaces over the weekend!

We hope you enjoy our online challenges this week. Today the languages dept will be hijacking FB! We will be sharing some fabby ideas inspired by Miss Lawson and her love of France! Look out for more subject specific ideas over the next few weeks!

Remember stay safe, stay at home ... See more



Accelerated  
Reader

BLOGS.GLOWSCOTLAND.ORG.UK

**Mary Russell School**

BE ALL WE CAN BE! BE PROUD OF WHO WE ARE!

**100 Things to do indoors**

[www.spreadthehappiness.co.uk](http://www.spreadthehappiness.co.uk)

1. Make non-cook playdough, then have a Dough Disco  
 2. Paint our families' portrait  
 3. Write and make a book  
 4. Draw flowers or the fruit bowl  
 5. Learn some laughter yoga *once upon a time...* [www.robertirivest.com](http://www.robertirivest.com)  
 6. Finger paint  
 7. Make a band from kitchen pots and pans  
 8. Footprint paint  
 9. Have a dance alarm every 30 minutes  
 10. Have a karaoke  
 11. Send a video message to family and friends to get them busy  
 12. Have a birthday party for a pet or cuddly toy  
 13. Have an indoor picnic  
 14. Discover your favourite story and share it together  
 15. Order books alphabetically  
 16. Have an indoor treasure hunt  
 17. Dress up in adult shoes  
 18. Find a fairy door in your house or garden  
 19. Do the Hokey Cokey  
 20. Take a selfie through a toilet roll tube and pretend you are on the moon

21. Make cards for everyone at home  
 22. Get some sheets to flap and pretend they are the waves and jump in  
 23. Make cakes  
 24. Get material or cardboard and make mermaid or merman tails  
 25. Get all the chairs together and make a bus, play conductors and drivers  
 26. Make a camp in your bed  
 27. Make a dark den and use a torch  
 28. Write a letter to a neighbour or friend  
 29. Colour in a colouring book or draw a picture  
 30. Make wool or string hair over a chair  
 31. Have a pamper day  
 32. Have a scrunchie up paper fight (from recycling)  
 33. Make ice lollies with cordial and water  
 34. Make sandwiches in strange shapes  
 35. Make a pretend car from boxes/furniture  
 36. Learn a rhyme or poem  
 37. Make paper aeroplanes  
 38. Have a pirate adventure, make boats from boxes or furniture  
 39. Blow bubbles and catch them  
 40. Make a number frieze for the wall, decorate

41. Play lippy  
 42. Open your windows and sing out a song  
 43. Learn Days of the Week Song  
 44. Play musical statues  
 45. Learn Beatles song  
 46. Learn a Queen song  
 47. Make an indoor restaurant and serve your family  
 48. Have a toy's tea party  
 49. Roll balls down the stairs  
 50. Be superheroes with capes  
 51. Eat cereal with a gigantic spoon  
 52. Have an ice cream party  
 53. Enter an online competition to win a prize  
 54. Vacuum your home  
 55. Polish your home  
 56. Fold up sheets  
 57. Use a sheet as a parachute to fluff up and hide under and play parachute games  
 58. Make binoculars with toilet rolls and look out the window at the birds

59. Create a comedy show  
 60. Pretend to conduct an orchestra to music  
 61. Hike up your stairs like it is a mountain, so so high  
 62. Roll around a large space in your home  
 63. Hop around like a bunny  
 64. Learn to play sleeping bunnies  
 65. Learn and act out 5 Little Monkeys  
 66. Find as many collections of 10 things in your home as you can  
 67. Dance in the shower  
 68. Squirt shaving foam in your hands  
 69. Make a scrap book of your favourite things, people  
 70. Play Jack in the Box in a large cardboard box  
 71. Have a themed party  
 72. Stay up late to look at the stars with a night time picnic  
 73. Play apple bobbing  
 74. Jump on the bed  
 75. Bash a pinata  
 76. Do coin rubbing with paper and crayons

from The adventures of Mary Russell School's post  
file Uploads



# Nurturing Relationships with Parents and Carers during School Closures



**Praise**

George Bream sent praise to  
**Bobbi [REDACTED], Ross [REDACTED]**

Well done Ross and Bobbi for all your work Matching Miles!!!

**Team player**

Bobbi Coleman Ross Kinney

Bobbi [REDACTED] 15:38

thank you 😊

**Mrs Graham 5/15 1:39 PM**

**Praise**

Mrs Graham sent praise to  
**Rebecca [REDACTED]**

Excellent work on your Home Economics Snack Attack booklet page 3 as all your answers are correct.

**Problem solver**

**George Bream 5/1 11:11 AM**

**Praise**

George Bream sent praise to  
**Broch [REDACTED]**

Hi Broch  
Just wanted to say well done for getting all the questions correct in the electricity quiz and for joining in the sound and light alphabet game! You are shining BRIGHT :) From Miss Bream

**Mrs Granger 5/26 11:36 AM**

**Praise**

Mrs Granger sent praise to  
**Pauline [REDACTED]**

Awesome work Pauline, completing 5 slides of your Presentation. Well done! 😊 😊

**Awesome**

Pauline McGowan

**Mrs Graham 9:18 AM**

**Praise**

Mrs Graham sent praise to  
**Damian [REDACTED]**

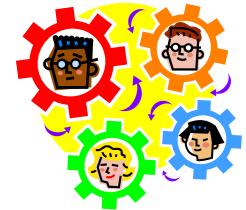
Well done for returning both your written work and cooking early this week. You got an excellent mark for your written work and you created a new recipe and this is called product development in the food industry.

**Creative**

Damian Haggerty



## Nurturing Relationships with Parents and Carers during School Closures



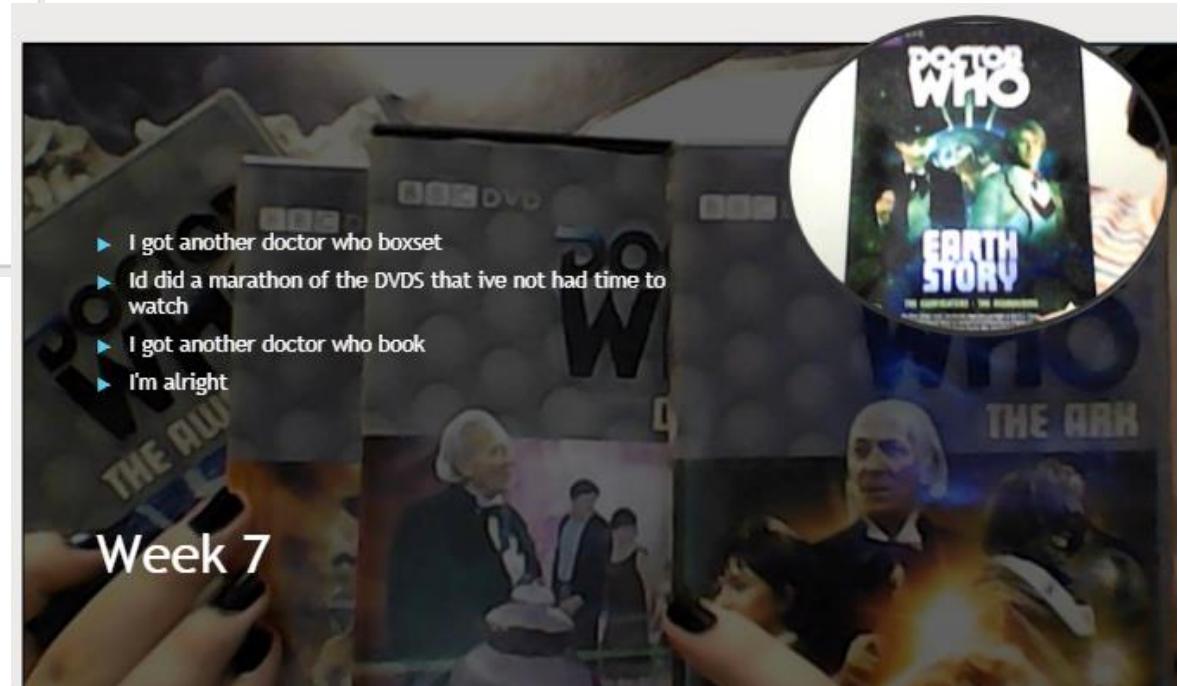
### Fun Things.

- I have been taking my dog out for a walk.
- I have been reading my book Warhorse by Michael Morpurgo.
- I've been doing my school work.



Well done Callum, great summary of things you are doing.

Damien, you have great knowledge of Dr Who.



Week 7

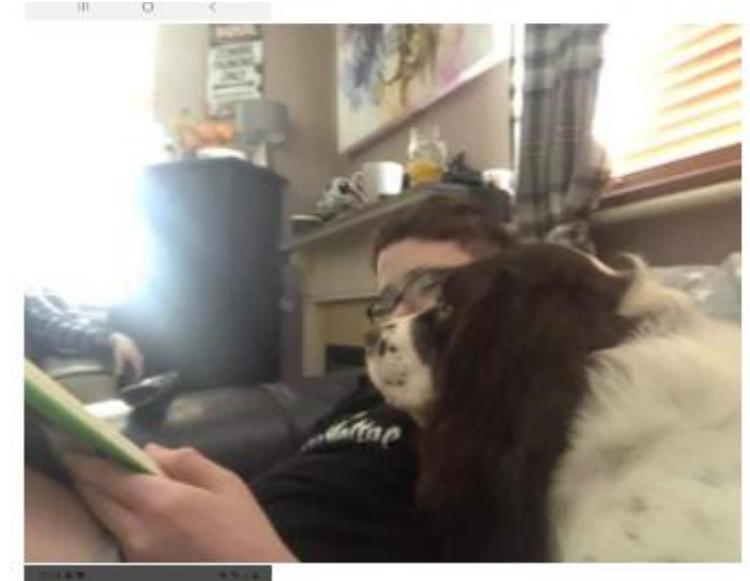


## Nurturing Relationships with Parents and Carers during School Closures



Jack's health and wellbeing art gallery at home

The Lochery brothers getting back to nature.



Callum chilling out and reading with his dog at home.