

Out and About - Local Places to Visit

By Foot:

The Barrage: Take a walk to the Barrage. Enjoy a picnic and look out for seals.

River Walk: Go for a walk along the river and look for birds, insects and plants.

Teesside Park: Walk along to Teesside Park. Walk along the water side and look for otters.

Thornaby Cemetery: Take a look at the war graves.

Thornaby Green: St Peter ad Vincula Church dates from the 12th century. It is believed that the story of the Five Lamps originates here.

Thornaby Woods: Take a ramble through the woods and look at the nature all around you.

What can you discover about your local area?

By Car:

Seaside: Redcar, Marske or Saltburn. Walk along the pier at Saltburn. Play in the sand dunes at Marske.

Guisborough Woods: Follow a trail or search for the fairy houses.

Hardwick Park: Take a walk around the lake or go pond dipping.

Gribdale: Through Great Ayton to the car park. Walk to Roseberry Topping.

Falling Foss Waterfall –Ruswarp near Whitby.

Mystery Tour: Toss a coin at a junction. Tails turn right, heads turn left. Where will you end up?

Enjoy exploring. What will you discover?

Holiday Help

Thornaby Family Hub - 01642 528947

Thornaby Foodbank – Thorntree Road Methodist Church. Every Thursday 12-2pm. A referral is needed to access the foodbank.

Salvation Project - Cobden Street Thornaby - Every Wednesday 6:30-8pm. Contact can be made through their Facebook page.

Family Line - A free helpline, befriending and counselling service for parents and carers. Call: 0808 802 6666 or Text: 07537 404282

CAMHS Crisis Support: 03000 200 317 Option 3

Children's Hub: 01429 284284 / 01642 130020



Learning is Fun

Dear Parents and Carers,

I would like to start by saying a HUGE THANK YOU for your understanding, patience and kindness during the pandemic. I just hope that parents and carers feel content with what they have done, skilfully juggling home/work life pressures with schooling. Please don't worry about the amount of work your child has completed. We know you have done your best. We will ensure that we support every single child as they return to us. We really do appreciate all your efforts.

Virtual learning on Seesaw will stop on Friday 10th July. We have put together this leaflet to give you some different ideas to try for the last week of term and into the Summer Holidays if you would like.

You will find some ideas for local places to visit and some useful telephone numbers on the back page.

On behalf of all the staff at Mandale Mill Primary, I hope you have a happy and safe holiday. School reopens on Thursday 3rd September 2020.

Miss Moore

Stone Painting

Decorate a mindful stone, it should be smooth to the touch.

Each day hold your stone: what do you hear, feel, smell, see, taste? Breathe in, breathe out, take note of your senses and be in the moment. You could create your own Covid Cobra. Maybe your friends could paint a stone and add it to your snake.



How to Make a Breathing Wand

You will need:

- A kitchen roll tube
- Scissors
- Resources to decorate the tube
- Sticky tape
- White glue
- Lengths of ribbon, streamers, strips of tinsel or strips of tissue paper



Instructions

1. Cut a 3cm piece off the end of the kitchen roll tube.
2. Decorate the large part of the kitchen roll tube using felt tips, paint or sequins. You can put on anything you choose!
3. Put glue around the inside of the 3cm piece of the kitchen roll tube.
4. Press the ribbons (or similar) into the glue.
5. Leave it to dry.
6. Attach the small piece of the kitchen roll tube to the large piece using two pieces of sticky tape at the bottom on either side.

Complete some mindful colouring.

Express your gratitude and make a card to thank someone for something they have done to help you.