

## Chokhmah's 11<sup>th</sup> BIRTHDAY RUN for Holly Park School's New Playground











£1,254 and still going until tonight...







Holly Park school PTA would like to thank you all for your generosity in joining us for our bag2school collection. We recycled more than 2 tons of fabric, avoided all this in landfill, helped our community and our school. The £968 will go towards our new playground project which we are hoping to raise a little more for, to come to fruition over the summer.



	red cardigans	red sweatshirts	red polo shirts	grey skirts	grey dresses	green PE tops	green PE bottoms	red PE shorts	PE bags	boys grey shorts	white shirts	green dresses
3y old				2								
3-4y old		1	4	1			1	4		1		
4y old				2								
4-5y old	1			5	3							3
5y old	1				2					1		
5-6y old	8	6	13	6	2	3	2			1		14
6y old	1			3	2					2		
6-7y old	2			7	11			3		2		5
7y old	2			2	4					3		
7-8y old	8	2	17	6	4	3				6		10
8y old				1	1					1		4
8-9y old	1			8	1					3		3
9y old	1			2	1							1
9-10y old	9	2	1	4	1			5		1		9
10y old												4
10-11y old				2	4						2	3
11y old				1								
11-12y	3		1	3	1						5	3
12y old	2			1								
12-13y old				2								1
13y old			1	1								
13-14y old												
14y old												1



# FREE DANCE CLASSES



IT IS REALLY IMPORTANT THAT ALL CHILDREN HAVE ACCESS TO DANCE FOR PHYSICAL AND MENTAL WELL-BEING DURING THIS DIFFICULT TERM, AND WE UNDERSTAND MANY PEOPLES' CIRCUMSTANCES HAVE CHANGED...

Emma & Zoe





10am Fun Family Dance Class - Facebook & YouTube 1.00pm Back to Basics - Tap (Absolute Beginners) - Instagram 4.00pm Tots Ballet (Ages 3-4) - Zoom 4.45pm Pre-Primary Ballet (Ages 5-6) - Zoom 5.30pm Primary Ballet (Ages 6-8) - Zoom 6.00pm Senior Street Dance (Ages 12+) - Instagram

DONATIONS APPRECIATED VIA OUR PAYPAL LINK www.paypal.me/innovationdance



S

ш

S

S

4

 $\overline{\mathbf{U}}$ 

S

EH

Б

4

Cat - please email catrinessery@gmail.com Mondays at 11am & Thursdays at 2pm - Cardio Dance Workout

**Tayla** - please email Tayla\_joel@outlook.com Tuesdays at 11am - Adult Tap

Please contact teachers directly for these classes





## WELLBEING



# connect in

Becoming a parent and being a parent is one of life's greatest challenges!

Hi I'm Charlie! I'm a Holly Park mum. I have 2 girls at the school, and I am a Coach who specialises in support for parents.

There is no greater time to be consciously taking care of yourself & resourcing yourself as a parent.

As parents & families we are all experiencing this lockdown in very different ways but one thing that is the same is that we all need support and to turn towards one another as parents right now. And here are a few options of support I'm offering right now:

1. Facebook group – Wellbeing support & resources for parents https://www.facebook.com/groups/426886147935470/

When you join you can receive a free guide of 10 ways to create space and Connect In. We share wellbeing tips, practices, resources and support one another.

2. A virtual well -being group (via zoom) for parents every Tuesday 8.30-9.30pm this is a space to join with others, be guided in meditation, have some space to reflect on your wellbeing, share and consider what will support you in the week ahead.

3. I'm offering free wellness calls right now. During these we do a temperature check of your wellbeing right now. I offer some immediate steps you can take to support energy & wellbeing and I share some services with you.

If you are interested in any of the above, do get in touch: <a href="mailto:charlie@connectin.me.uk">charlie@connectin.me.uk</a>

Take care everyone x

## **PTA** Friends of Holly Park

## **EVERY LITTLE HELPS**

#### **Helping Holly Park School**

Easyfundraising and the giving machine are two organisations giving money to our school every time you shop and it doesn't cost you anything at all.



### easyfundraising feel good shopping

## Raise **free funds** every time you **shop online**



#### See how much you can raise

See just how much your online shopping can raise in one year when you shop via www.thegivingmachine.co.uk



Over **£150** raised in free donations for your chosen causes





## **Holly Park School Lottery**

#### Fundraising

Holly Park school needs you more than ever. Our school lottery is the only safe approach to fundraising, please spread the word to your neighbours and families and friends.

40% of your £1 goes straight to our school. 30% of the same £1 goes to a Holly Parker winner. 6% goes towards the £25,000 jackpot, and the rest is admin and vat.

> CONGRATULATIONS! MRS H. WON £23.10 this Saturday



