



Get ready for Flexi – Friday!!

Friday 20th August 2021

Dear Mainsbridge School Community,

This Friday is Flexi-Friday! That means our school day will involve as little screen time as possible. The focus of our day is to re-energise and have fun.

This day is for our whole community. Staff, students, families and friends.

We are asking you all to plan a day of wellbeing and renewal for yourself and your family.

It's easy, choose activities to complete off the following list, take a photo or video and post in your google classroom! You can even email photos to your teacher!

Do as many as you feel you can. There is no pressure. Remember Flexi-Friday is about having fun!

For those students who love a little competition, the five students who complete the most activities will get a special mention in our newsletter and an achievement certificate! So, get planning!

A special shout out to all staff who are home schooling their own children, while teaching in google classrooms for the students of Mainsbridge School! Enjoy your Flexi Friday!

Have a WONDERFUL FRIDAY!

Nicole Katen
Principal
18/8/2021

Get ready for Flexi-Friday!!

Plan a day of wellbeing and renewal for yourself and your family.

1. Go for a walk – take photos along the way and post them in your google classroom.
2. Call a grandparent to bring some happiness to their day!
Maybe record your chat and post in your google classroom.
3. Take a photo of the sunrise and share.
4. Do an online yoga class.
5. Make your bed by yourself.
6. Complete a jigsaw puzzle.
7. Do 20 (proper) push ups in a row.
8. Spell your name with plants from the garden.
9. Help weed the garden.
10. Do a pencil drawing.
11. Help cook dinner.
12. Wash your dinner plate.
13. Play with your siblings – take a photo and share.
14. Help wash the car.
15. Listen to your favourite music and have a dance.