



Jamisontown Public School

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Friday 3 September 2021

Relax, Refresh, Recharge – the “Other 3 R’s”

Dear Parents and Caregivers,

Once again thank you for the amazing work you have been doing to support your child/ren during this challenging time.

In recognition of the different demands that learning from home have placed on everyone; parents, caregivers, students and teachers, not least of all the increased screen time, we are allocating **Friday 10 September** as a screen free day. On this day you are encouraged to **Relax, Refresh and Recharge**. Students are asked to forget devices and engage in some hands-on learning and fun.

Attached is a range of activities students may choose to complete. Please feel free to choose as many, or as few, activities as you want, or students might like to come up with some of their own. The only criterion is that it allows everyone to relax, refresh and recharge. We hope students, and families, use this time to find a balance that is needed most in these circumstances and have some fun.

We truly appreciate the support you have shown not only to your child/ren but to the Jamisontown School community as a whole.

Yours sincerely

Clarissa Ryan
Deputy Principal

Jason Clarke
Principal

Relax, Refresh, Recharge – The Other 3 R's

This Friday you are encouraged to Relax, Refresh and Recharge. Let's forget our devices and engage in some hands-on learning and fun. Below is a range of activities you can choose to complete. Feel free to choose as many, or as few, activities as you want, or you might like to come up with some of your own. The only criterion is that it allows you to relax, refresh and recharge. If you have a sibling you might like to do some of the activities together. Most importantly remember to HAVE FUN.

<p>Build something with your Lego or other blocks</p> 	<p>Draw a picture and colour it, then cut it up and give it to someone else to put back together</p>	<p>Play with your pet</p>	 <p>Make a card for someone you miss and post it</p>
<p>Make a restaurant for dinner and create a menu</p>	<p>Build a cubby house or fort with a sheet over some chairs</p> 	<p>Pretend you are on The Voice and audition for your family</p>	<p>Have a tea party with your toys</p> 
<p>Make a bubble mix and blow bubbles</p>	<p>Do some chalk art on the concrete</p>	<p>Do some kind things for people in your home</p>	<p>Try using your non dominant hand to do some everyday tasks, brushing your teeth, making your bed</p>
<p>Make a paper plane or even airport</p> 	<p>Paint a rock and after it has dried hide it somewhere for your family to find it</p> 	<p>Have a picnic in your backyard</p> 	<p>Have a Zoom or Facetime call with a friend</p>
<p>Cook something delicious you can share with your family</p>	<p>Find some old toys that you could donate to charity</p>	<p>Teach someone in your family to do something you can do really well</p>	<p>Play a game of cards</p> 
<p>Do some jobs around the house</p>	<p>Make a fairy, dinosaur, vegetable garden</p>	<p>Laugh! Share some jokes with friends and family</p>	<p>Design and make a track for your cars</p>
<p>Put on some music and dance</p> 	<p>Ride your bike or scooter</p>	<p>Make a board game and play with your family</p> 	<p>Paint with water on the fence or verandah</p> 
<p>Do some puzzles</p>	<p>Create an obstacle course in your backyard</p>	<p>Write in a journal</p>	