



Headteacher: Monica Forty

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23th April 2020

Dear Ben Jonson children,

Hola everyone! I hope this letter finds you well. I am writing you to let you know I miss you all and would like to tell you what I have been up to since the school closed a few weeks ago. I was supposed to travel to The Gambia to visit primary schools over there and learn new skills. However, I had to cancel the trip and although this made me very sad, I decided to set up a plan, a routine in the days and weeks to come that will help me to feel positive, healthy, useful and proactive.

Some of you may know already that Ben Jonson is not the only school I work at. I also work in three other schools in the borough, where I continue to teach dance to the small number of children who are attending school these days. I have also been packing food in school to deliver to those families in our community.



On the road where I live, there are unfortunately a few neighbours who have been unwell. This means they cannot leave their house so, whenever I have the time, I go to the shops and the pharmacy to buy food and medication for them and I deliver them to their door step. My sisters in Spain say that I am a superwoman.



There are two quotes which I like to live by - "No man is an Island" by John Donne's Devotions (1624) and "It takes a village to raise a child" African Proverb.



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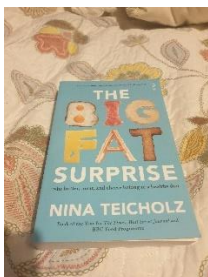
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Do not forget to help each other during this time. You can help the adults at home by doing chores around the house and if you have a brother or sister, you may help them by playing with them or helping them with their school homework.



I am also spending time reading and studying. I have two big interests at the moment; nutrition and financial education. I am trying to learn more by reading books. These are the ones I am reading at the moment. One is English and one is Spanish.



All my family live in Spain. I make sure that I check on them everyday to see if they are keeping safe and healthy. I always remind them to wash their hands. Are you washing yours?



You may wonder what I am doing to keep fit and healthy. Are you ready for this?

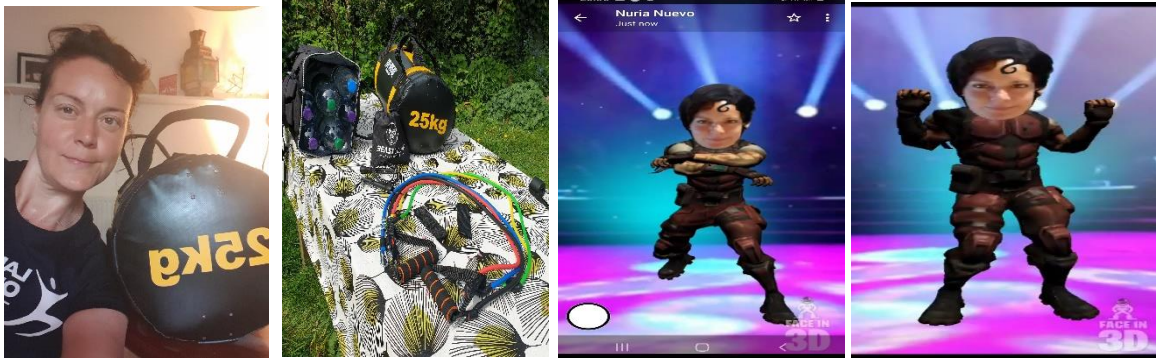




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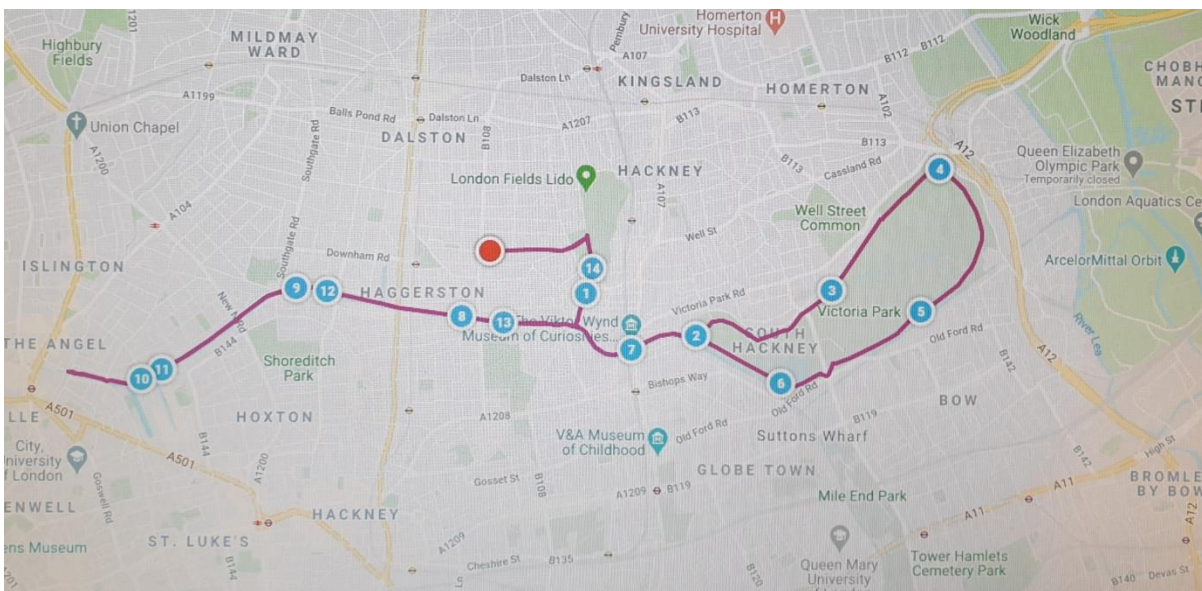
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I dance in my room and I exercise in the living room. I have created some weights by putting bottles of water inside a backpack so I can lift them with my arms and exercise my biceps. Have a look how strong I am! Next time you see me you won't recognise me!



We are very lucky in the UK that we can go out to exercise for one hour every day. Some days, I go out for run. Here is my running route:





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Do you recognise any of the places that I run through? By looking at the map of my run, can you guess how many kilometres I run for?

I am looking forward to the schools opening again for everyone when it is safe. I hope that this will happen soon. In the meantime, I would like to hear from you and see what you are up to. So, if you have pictures of you learning at home that you are happy to share, you could ask your parents to send them to ict@benjonson.towerhamlets.sch.uk

Un abrazo,

Leire Guezala de Mier
Creative Dance Teacher

