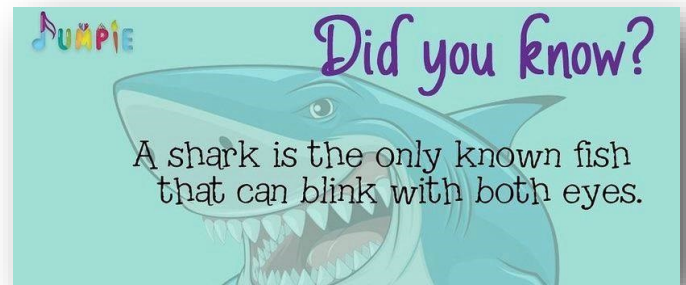
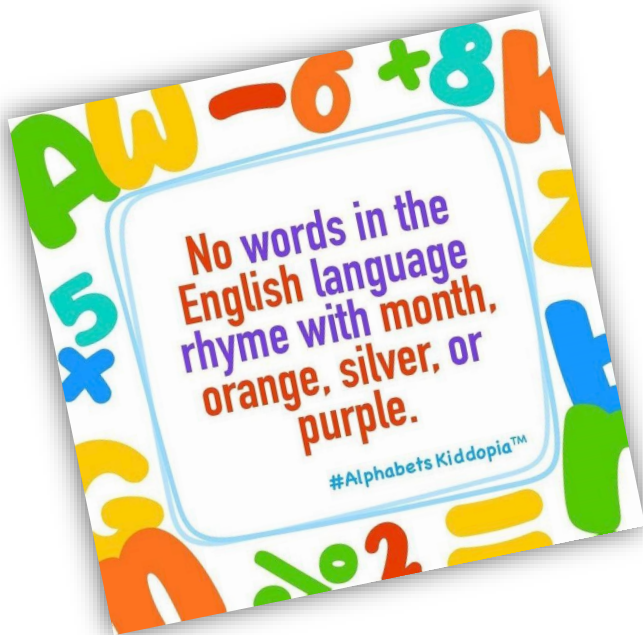


Fun Facts!



- SAFETY SQUAD -



I am so proud to introduce you to our Safety Squad!

| | |
|---------------|-------------------------|
| Year 1 | Larissa DiBlasio |
| Year 2 | Jessica Skilton |
| Year 3 | Hayden Yilmaz |
| Year 4 | Imogen Hilton |
| Year 5 | Elsie Perrin |
| Year 6 | Harry Fitchett |



What have we been doing?

- Getting know to each other
- Wearing our orange gilets!
- We have clip boards, a folder, a notice board and even an orange peg!
- We found out about the Keeping Children Safe in Education document.
- We know about the school's security cameras.
- We have been checking that staff and visitors have signed in and are wearing a badge or lanyard
-



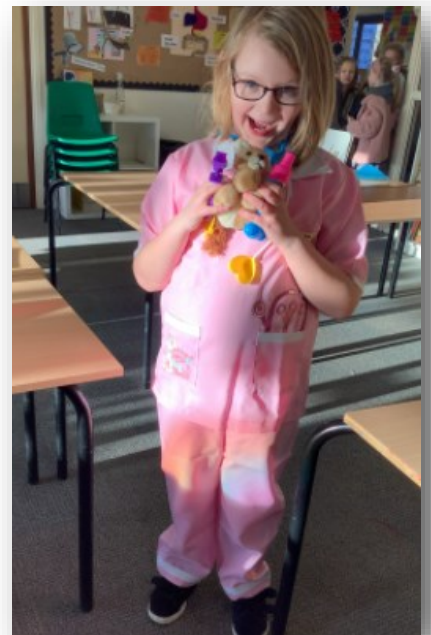
What's next?

- To feed back the information to our year groups.
- To arrange a trip to a local business to find out about their safety procedures.
- To carry out a playground safety check.
- To add information to the school website.





We are so proud to 'Dress to Express' in support of children's mental health week 2022! Growing as individuals everyday and ensuring that we continue to celebrate everyone each day.



Dress To Express!!



What can I do at home?

- **Find time to talk**- 'Check in' with your loved ones while you're doing things together, so we can get used to talking about our feelings.
- **Play together** – Play helps us to be curious, learn new things, solve problems and express feelings without words.
- **Be a role-model** – Show how you cope with difficult feelings and look after yourself.

For more advice/support, visit :

Young minds

Place2Be

Time to change

Mind

Papyrus

Action For Children

Calm



Things to do with a family member or friend...

Have a scavenger hunt:

Put together a list of household objects and see who can be the first to find everything on the list!



Do some indoor bowling:

A great way to reuse water bottles. Line 6-10 water bottles up at the end of your hall or living room. Place a line of duct tape at the starting line. Grab a medium-sized indoor ball and start bowling! If you want, keep score and give out trophies at the end.



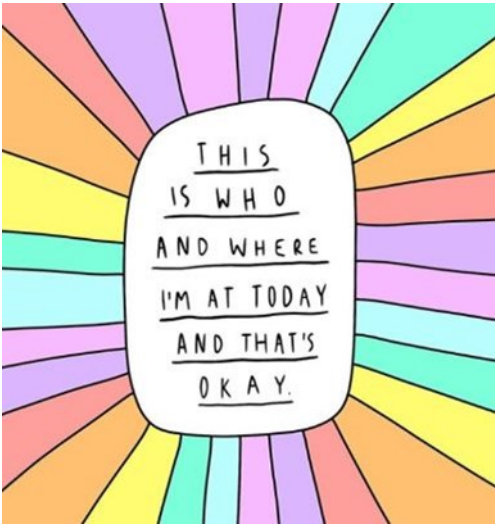
Make a mini city out of toilet paper rolls:

Save up your empty toilet paper rolls and once there's enough, make a city out of them!

Stargaze indoors:

Get a kitchen colander or two, a decent flashlight and some of your household's thousands of little toys. Dinosaurs and horses are good. Lie down in a dark room and shine the torch through the colander onto the ceiling. Instant starry night! You can also shine the flashlight behind the toys to project shadows onto the ceiling and walls.





Every day is different. Things happen that might make us feel **happy**, **sad**, **excited**, **worried**, **tired**, **angry**, **calm**, **proud**, or a different way altogether. However, you feel today, let's think about it. Thinking about it can sometimes help us to change it or be thankful for it.

How do you feel today?

Write or draw 2 things that you would like to do today:

Write or draw something in your life that makes you happy:

1.

2.

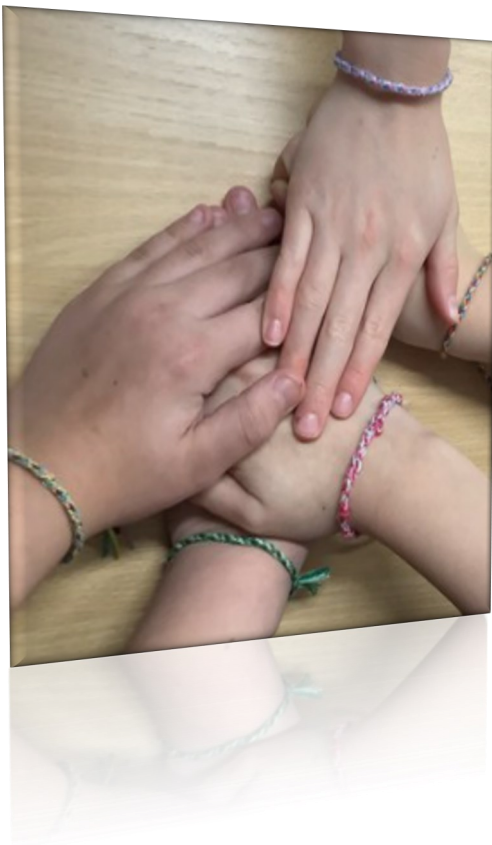
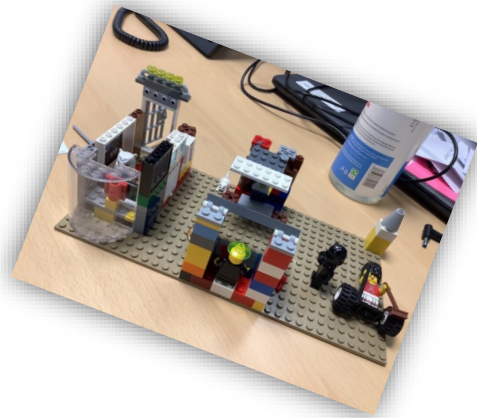
Write or draw the best thing that happened today:

Rate the Day

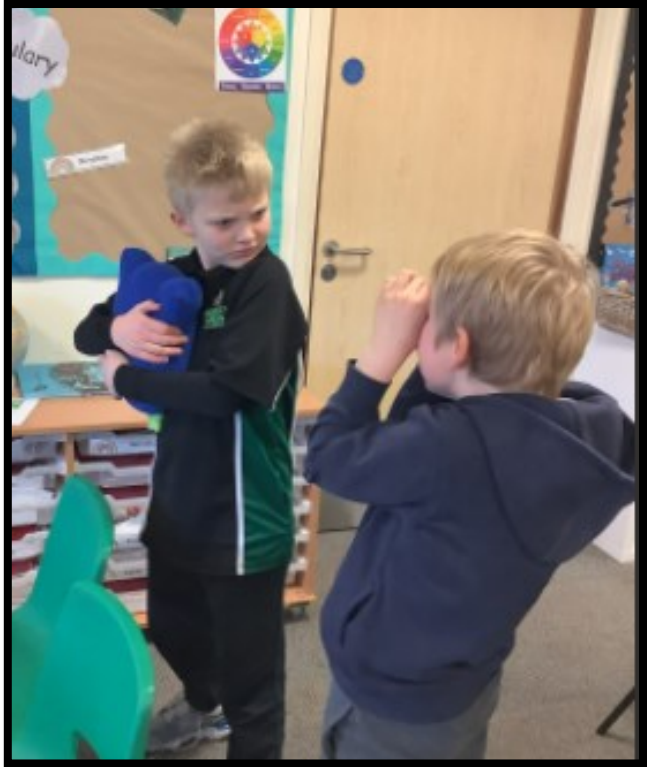


Enrichment

Children have been showing resilience and independence at Lego club. The creativity was unstoppable...



Year 4



Year 4, have been demonstrating their individual values in R.E. Here they have created drama to show different cultural stories. They are inspiring!



WE ALL NEED A FRIEND

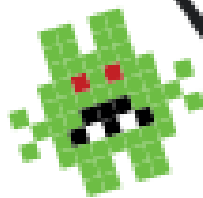
#WellbeingWednesday



FRIENDS ARE IMPORTANT BECAUSE...



MY FRIENDS
ARE GREAT!

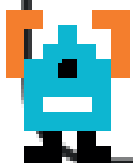


WE CAN BE A GOOD FRIEND BY...

STAR QUALITIES
OF A GOOD
FRIEND



SOMETIMES ALL IT
TAKES TO MAKE
A NEW FRIEND IS
A SIMPLE
HELLO!



Learn how to do hand breathing so that you feel nice and calm when you feel either anxious, angry or upset. Could you make a print of your own hand? Let's make poster....

CALM DOWN WITH TAKE 5 BREATHING



1. Stretch your hand out like a star.
2. Get the pointer finger of your other hand ready to trace your fingers up and down.
3. Slide up each finger slowly ~ slide down the other side.
4. Breathe in through your nose ~ out through your mouth.
5. Put it together and breathe in as you slide up and breathe out as you slide down.

Keep going until you have finished tracing your hand.

Friendly February 2022

MONDAY



TUESDAY

1 Send a message to let someone know you're thinking of them

WEDNESDAY

2 Ask a friend how they have been feeling recently

THURSDAY

3 Do an act of kindness to make life easier for someone

FRIDAY

4 Organise a virtual 'tea break' with a colleague or friend

SATURDAY

5 Make time to have a friendly chat with a neighbour

SUNDAY

6 Get back in touch with an old friend you've not seen for a while

7 Show an active interest by asking questions when talking to others

8 Share what you're feeling with someone you really trust

9 Thank someone and tell them how they made a difference for you

10 Look for good in others, particularly when you feel frustrated with them

11 Send an encouraging note to someone who needs a boost

12 Focus on being kind rather than being right

13 Smile at the people you see and brighten their day

14 Tell a loved one or friend why they are special to you

15 Support a local business with a positive online review or friendly message

16 Check in on someone who may be struggling and offer to help

17 Appreciate the good qualities of someone in your life

18 Respond kindly to everyone you talk to today, including yourself

19 Share something you find inspiring, helpful or amusing

20 Make a plan to connect with others and do something fun

21 Really listen to what people say, without judging them

22 Give sincere compliments to people you talk to today

23 Be gentle with someone who you feel inclined to criticise

24 Tell a loved one about the strengths that you see in them

25 Thank three people you feel grateful to and tell them why

26 Make uninterrupted time for your loved ones

27 Call a friend to catch up and really listen to them

28 Give positive comments to as many people as possible today



ACTION FOR HAPPINESS

Happier · Kinder · Together



We are so proud of our new library. We can't wait to fall into new books.

Optical Illusions



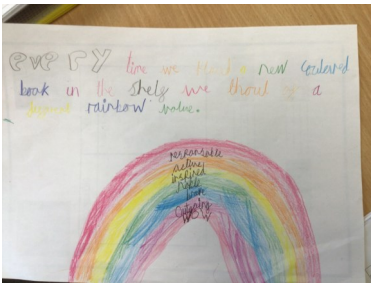
Optical illusions are images that play tricks on your brain. Things aren't always what they seem and not everyone sees the same thing.



Does your family see the same as you?

Is the lady young or old?

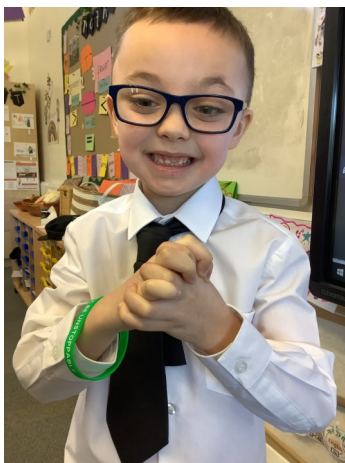
Fantastic News!



These three boys have been discussing all of our rainbow values. Every time they put a coloured book down, they compare it to their values.

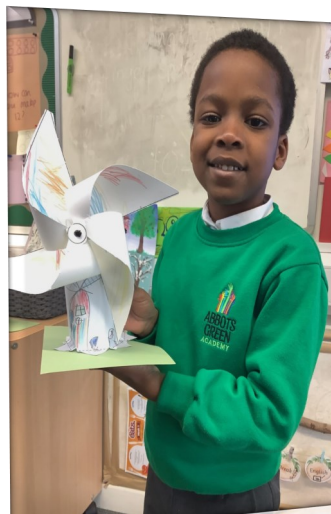
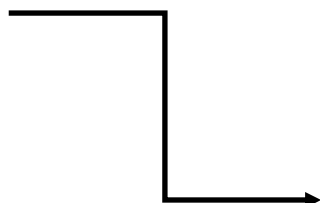


Our Abbots Green Gazelle's have been leading the way with the pace and use of these; as our youngest gazelle shared 'this watch shows you I do more steps than the big kids!' It has been incredible this month to see over 110 of our children access our clubs and all year groups embark on their Moki band experience.



Lucas in year 1 has read a whole line of bingo books and could answer questions about them all. He chose a rather fabulous wrist band for all his efforts. Well done Lucas, we are proud of you!

**CREATIVITY
AT ITS BEST!**





The next issue will be out in May 2022