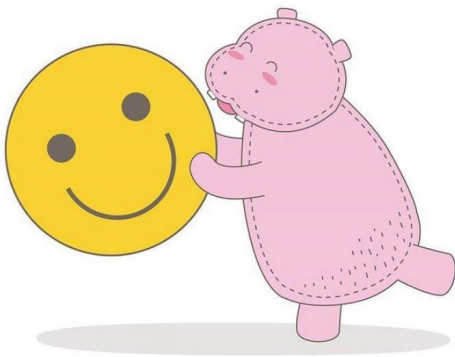
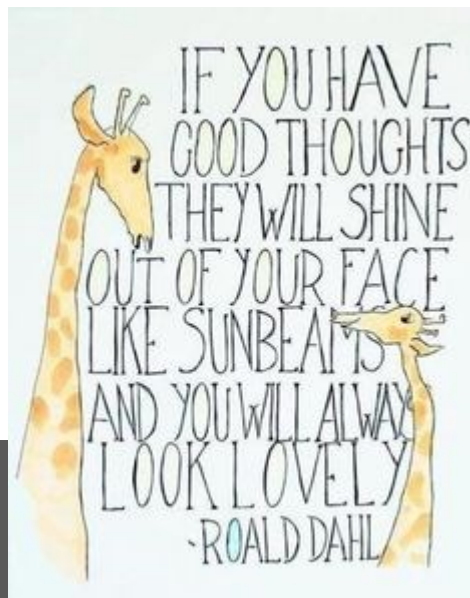




If you see someone without a smile,  
give them one of yours. ♡

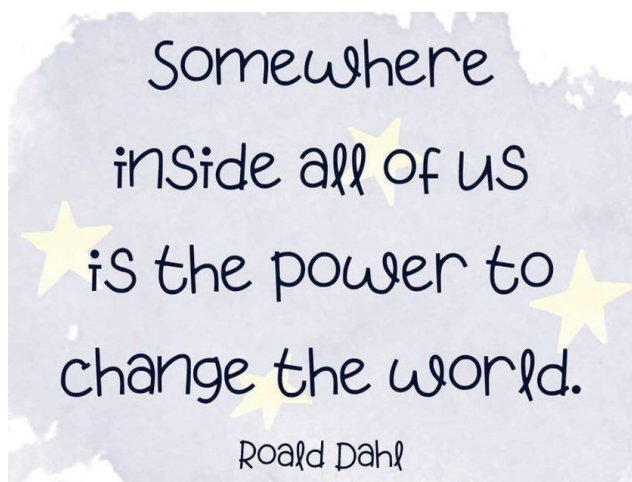
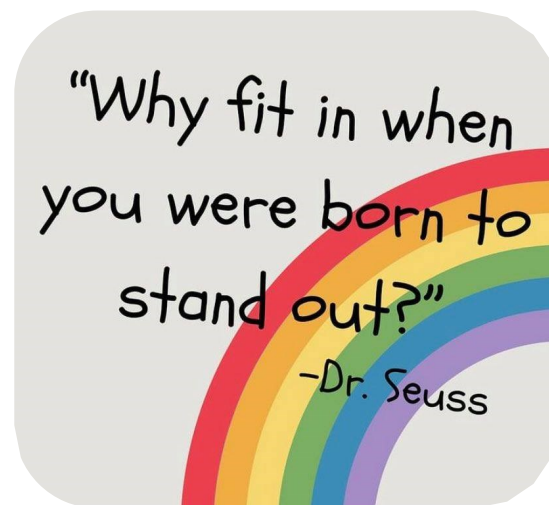
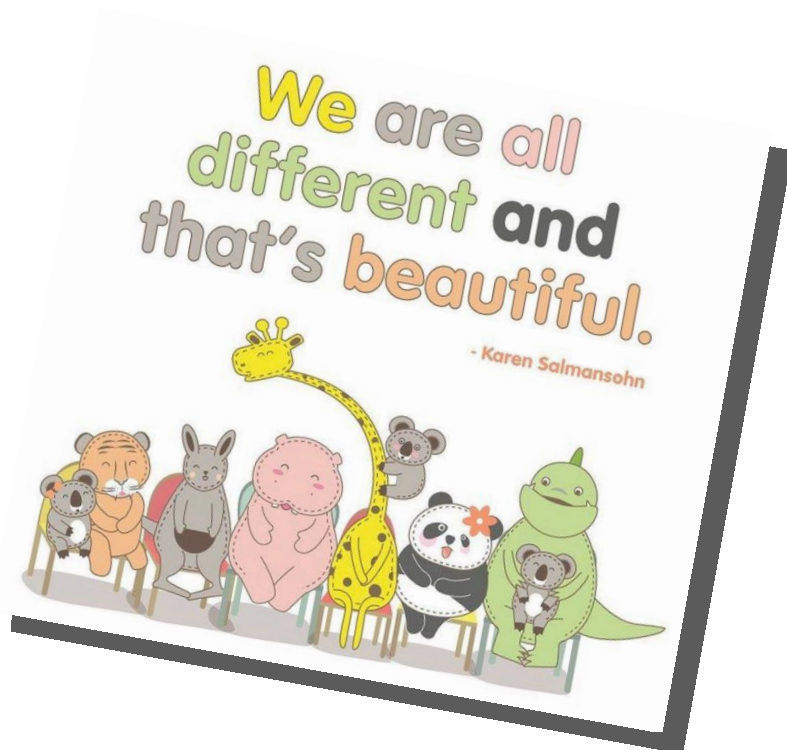
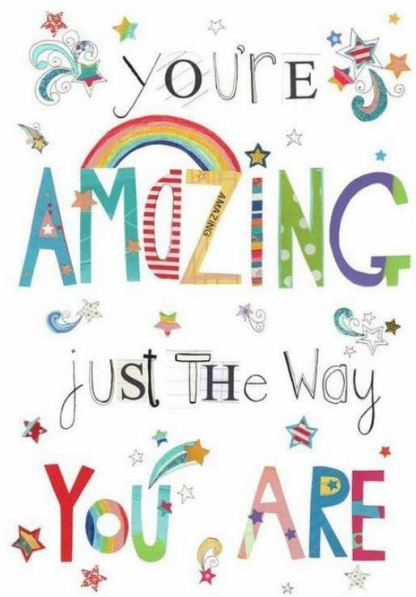


Don't  
just fly,  
soar. ★



*Rainbows remind us  
that even after the  
darkest clouds, and  
the fiercest winds,  
there is still beauty.*





# Fun facts!

**A MUSEUM LET A GROUP OF PENGUINS WALK AROUND AND LOOK AT ALL THE ARTWORK**



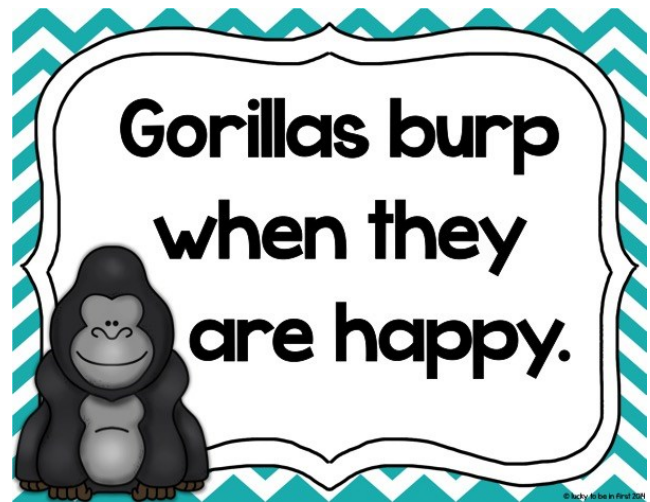
The three Humboldt penguins from Kansas City Zoo wandered around Nelson-Atkins Museum of Art examining paintings by the likes of Caravaggio and Monet.



**DAD GROWS TALLEST SUNFLOWER IN THE UK FOR 4 YEAR OLD SON**



**A group of bunnies is called a fluffle.**



**Butterflies taste with their feet.**



**GOOD NEWS THIS WEEK**

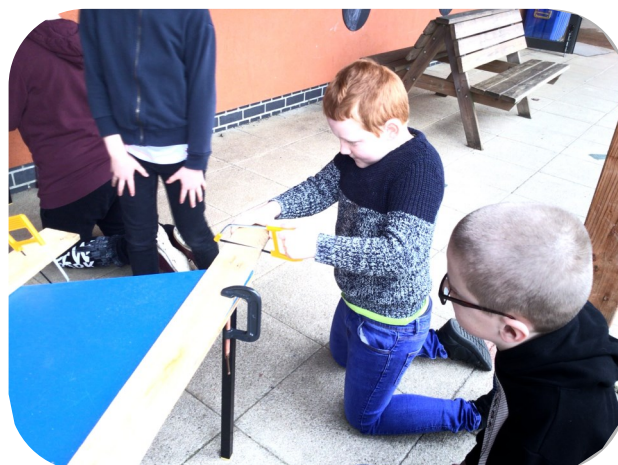
volunteers removed 9000 pounds of trash from tennessee river



# Rainbow room...

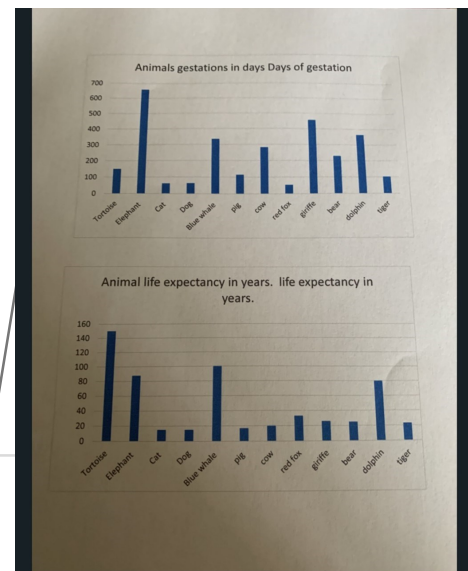
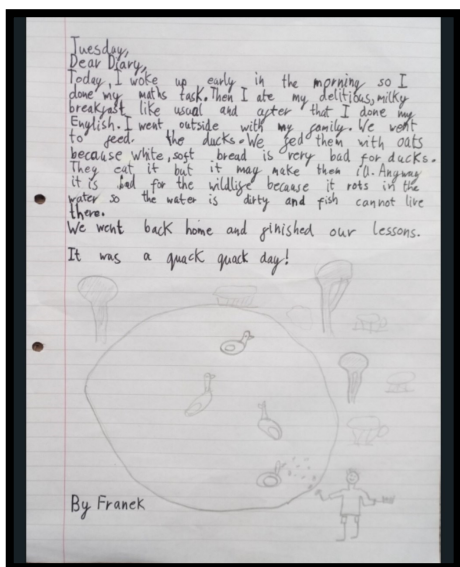
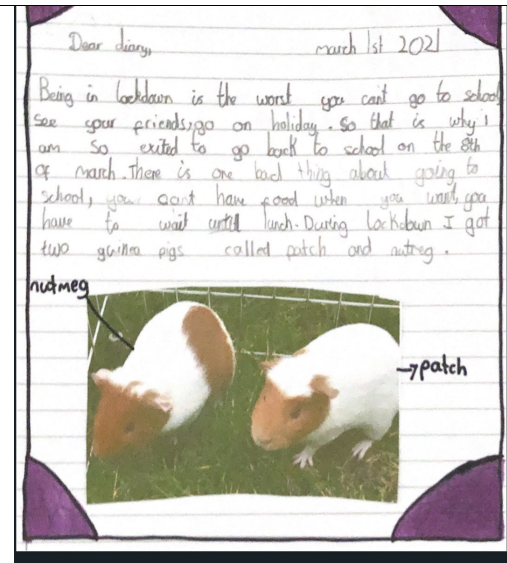
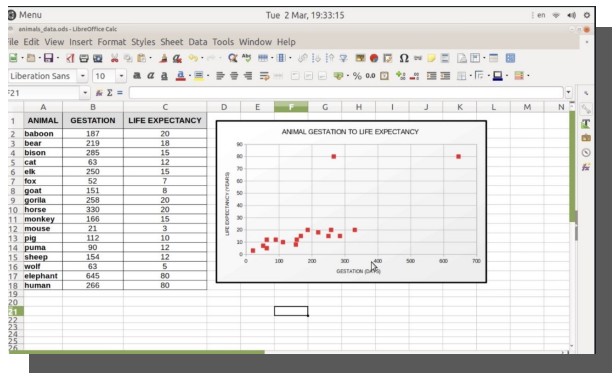


This week, rainbow room have been showing off their team work skills with their den building expertise. They have also been following recipes and making a plant pot. Wow! What impressive measuring, sawing and hammering skills too. We love that you are showcasing ambitious rainbow values, once again.



# Year 5

Year 5 have been working extremely hard in Science to investigate gestation periods. They have gone the 'extra mile' and even been writing diary entries about their experiences of lockdown.



This is a stop-motion animation video made by Thomas in Norway Class! This is so impressive, you will definitely have to teach us all Thomas.



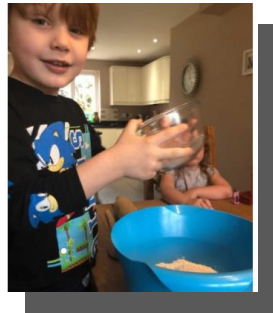
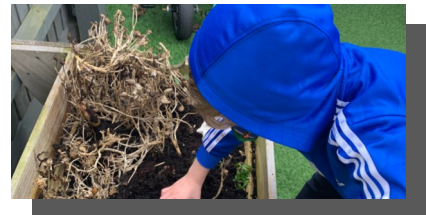
# What have we been doing at home?



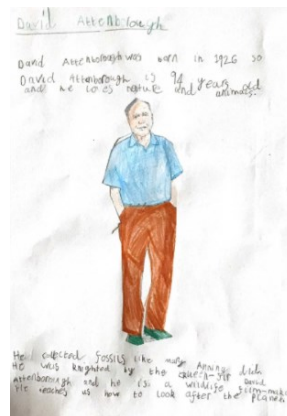
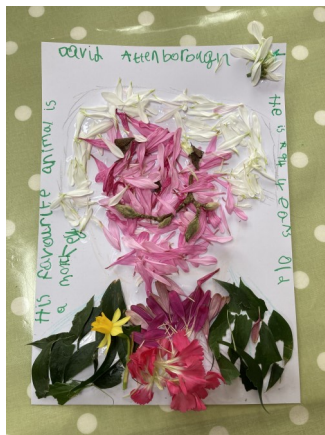


# Hello year one...

This week in history year 1 have been learning about the fossil hunter, Mary Anning. They were amazing and took on the role of becoming palaeontologists themselves. Check out their innovate work, creating fossils out of salt dough and digging them in the garden.



After, they went above and beyond and created work based on David Attenborough.





# Look at us...



Wow! Year 6 have been busy demonstrating their knowledge of mountain formations in a creative way, once again.

## Mountain Formations

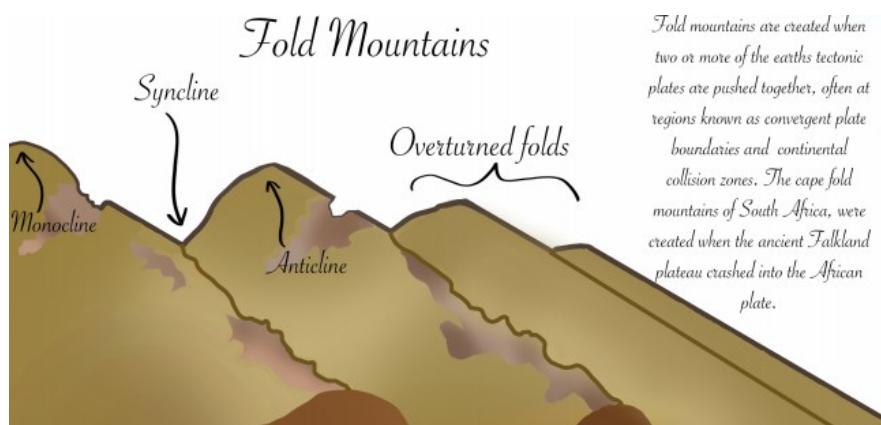
### Fold Mountain

Fold mountains are created where two or more of Earth's tectonic plates are pushed together, often at regions known as convergent plate boundaries and continental collision zones. The highest fold mountain in the world is Mount Everest.



### Fault - Block Mountains

Fault-block mountains are formed by the movement of large crustal blocks when forces in the Earth's crust pull it apart. Some parts of the Earth are pushed upward and others collapse down. An example of a fault-block mountain is the Sierra Nevada mountains in North America.



Name \_\_\_\_\_

# With My Own Two Hands

By Ben Harper

I can change the world  
With my own two hands.

Make a better place  
With my own two hands.

Make a kinder place  
With my own two hands.



How can you make the world a better place with your own two hands?

\_\_\_\_\_

.....

\_\_\_\_\_

.....

\_\_\_\_\_

.....

\_\_\_\_\_

.....





# ACTION CALENDAR: MINDFUL MARCH 2021



## MONDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture & smell of your food

15 Stop, breathe and just notice. Repeat regularly during the day

22 Walk a different route today and see what you notice

29 Notice what is working today and be thankful that this is so

## TUESDAY

2 Notice five things that are beautiful in the world outside

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune in to your feelings, without judging or trying to change

30 Mentally scan down your body and notice what it is feeling

## WEDNESDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot 3 things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Notice the joy to be found in the simple things of life

## THURSDAY

4 Notice how you speak to yourself. Try to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 If you find yourself rushing, make an effort to slow down

25 Focus your attention on the good things you take for granted

## FRIDAY

5 Take three calm breaths at regular intervals during your day

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Notice when you're tired and take a break as soon as possible

## SATURDAY

6 Bring to mind people you care about and send love to them

13 Pause to just watch the sky or clouds for a few minutes today

20 Celebrate the International Day of Happiness [dayofhappiness.net](http://dayofhappiness.net)

27 Have a device-free day and enjoy the space it offers

## SUNDAY

7 Have a 'no plans' day and notice how that feels

14 Find ways to enjoy any chores or tasks that need doing

21 Listen to a piece of music without doing anything else

28 Appreciate nature around you, wherever you are

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Why not download the Action for Happiness app?

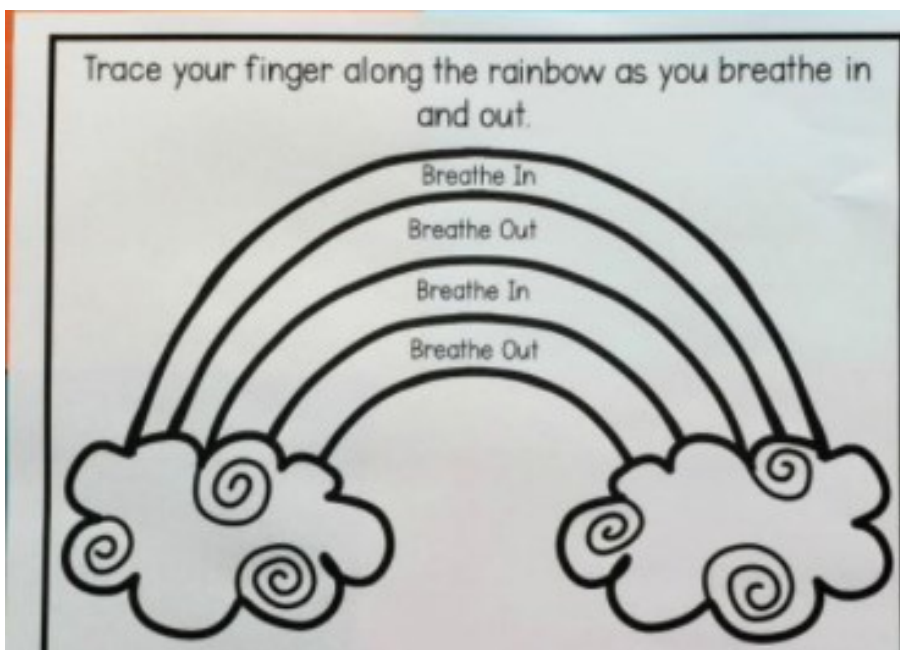
BE THE SUNSHINE

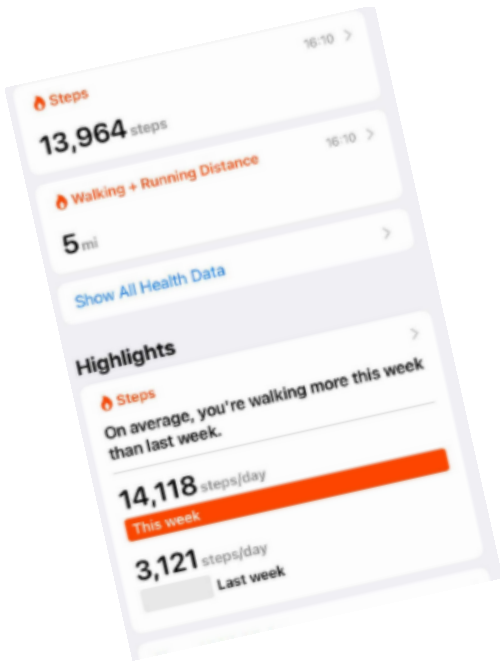
# The good news keeps on coming...



The amazing Joe, has been shortlisted as one of the ten best entries in the exhibition for a competition hosted by Cygent's Art School. He has created a beautiful golden unicorn. We are so proud of you! Please vote for Joe on <https://www.online.cygnetartschool.com/competition>

A child in Finland class has been so inspired after learning about David Attenborough that they wanted to do something to help the planet.






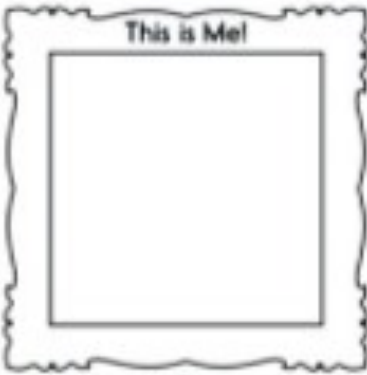
Freddie and his brother Archie are raising money for the Maggie centres walking 300,000 steps in March . The Maggie centres help families when a loved one has been diagnosed with Cancer. They really are portraying so many rainbow values, we are proud of you both.

### All About Me


My Favorite Color




This is Me!




My Favorite Place to Go




My Favorite Thing is...

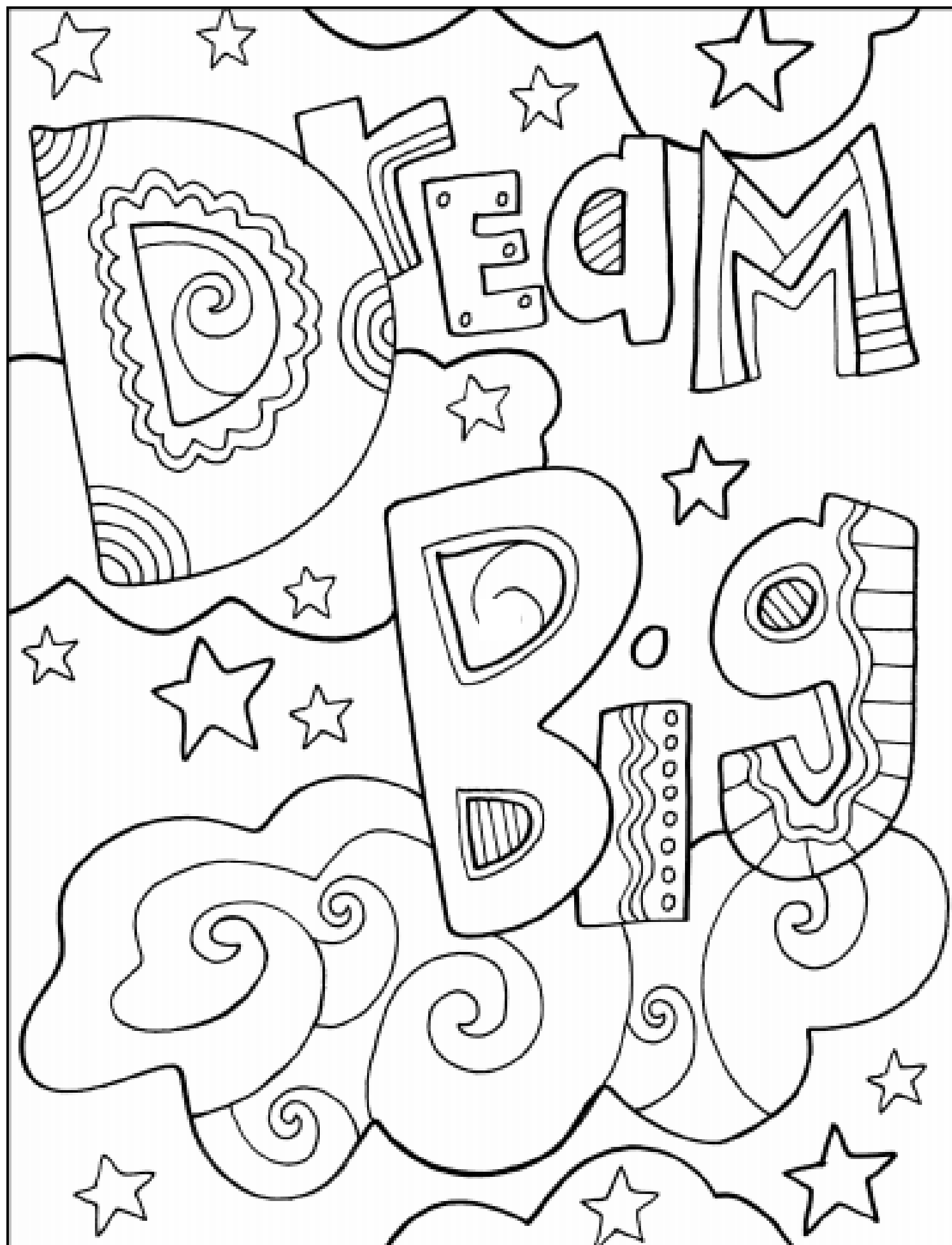


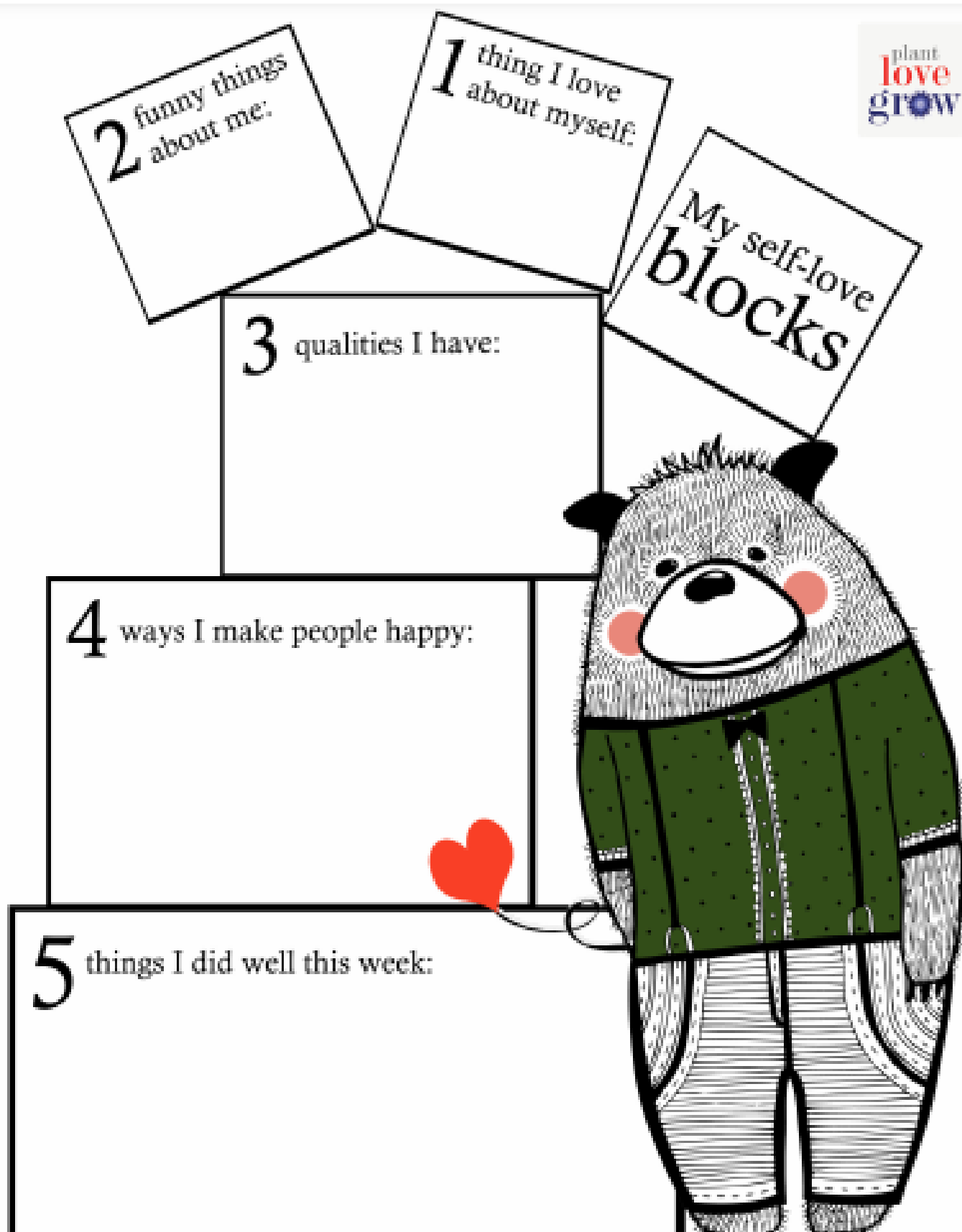
I am  years old.

I am special because...









Name \_\_\_\_\_

Growth Mindset  
is for YOU!



Q Y T E S D N I M W J D M V Y L R  
Y W T T G M X Z L P W Q P N B M L  
G E I I N R Q R E S I L I E N C E  
Y R T Y V C O N F I D E N C E N R  
G H H V T I Y W V A L U E M T B D  
J D T O E I T T T Z R G D N V R M  
R E Y A P U N A B H R K E J Q E Z  
M G D M P E Q U E A M M Y D V Z Y  
Z N G H Q M B I T R I N R E V N X  
L E T L T R E I N R C B I T Y P Q  
M L T R A G T B E U O L L D L Y P  
G L L V O U N P Y H E P N X R P D  
V A E J D F X E E B J B P Z L K N  
D H B E Y E F L R Y M Q G O D B Y  
V C Z N W K P E G T N R L M L P Y  
T W D G N N M K R L S G Q T R Y W

CHALLENGE  
BRAVE  
CONFIDENCE  
UNIQUE  
EMPATHY



HELP  
CREATIVITY  
RESILIENCE  
YET  
BELIEVE



STRENGTH  
VALUE  
EFFORT  
GRATITUDE  
OPPORTUNITY

GRIT  
GROWTH  
MINDSET  
HOPE  
EXPERIMENT





# Keep active

## AROUND THE SOCK

### HOW TO PLAY



- ▶ Find a space on the floor and place four socks in a circle like a clock. One sock at 12 o'clock, one sock at 3 o'clock, one sock at 6 o'clock and one sock at 9 o'clock.
- ▶ Set yourself in the middle of the sock clock, getting into a press up position.
- ▶ When the timer starts, keep your feet in the same area and use your hands to walk your body in a circle, just like hands on a clock. How many quarter turns can you make in 30 seconds?

## Why not have a little boogie?



## What is your favourite song to dance to?



### FROG JUMPS

Hop, hop, back and forth like a frog



### BEAR WALK

Hands & feet on the floor, hips high - walk left and right



### GORILLA SHUFFLE

Sink into a low sumo squat, with hands on the floor, shuffle around the room.



### STARFISH JUMPS

Jumping jacks as fast as you can, with arms and legs spread wide.



### CHEETAH RUN

Run in place, as FAST as you can! Just like the fastest animal in the Sahara.



### CRAB CRAWL

Sit and place your palms flat on the floor behind you near your hips. Lift up off the ground and crawl.



### ELEPHANT STOMPS

March in place lifting your knees as high as you can and stomping the ground as hard as you can!

## REBOUND BRIDGE

### HOW TO PLAY

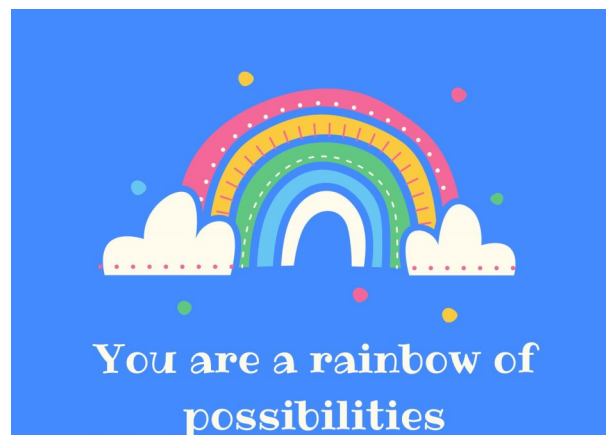


- ▶ Facing a wall with some space in front and behind you. Roll the ball against the wall and then quickly make a "bridge" shape with your body so when the ball rebounds off the wall it rolls under your bridge.
- ▶ The bridge could be made by only using your legs spread wide apart, putting hands and feet on the floor or making any shape you can.
- ▶ Remember to quickly get out of the shape to collect the ball after it has passed under you and before it hits any other walls or objects behind you.

# Proud of my 'selfie'







**The next issue will be out on Friday 16th April.**