

Friday 20th September 2024

This Term our Christian Value is Thankfulness

'Always be thankful.'

1 Thessalonians 5.16

This week, I introduced Spacemakers to the school in collective worship this week.

“Space Makers is a contemplative toolkit that helps children and young people explore self-reflection and contemplation. It also helps them understand the importance of mental health.” ODBE

We completed a Stilling exercise this week and the children enjoyed it and even the staff took part – it was a special time where we all had time to think.



Stilling – Please, Sorry, Thank you

1. Smile. Now, breathe deeply, counting to three with the 'in' breath, and three with the 'out' breath:
IN... 2... 3... **PAUSE** OUT... 2... 3...
KEEP SILENT (FOR ABOUT 30 SECONDS)
2. When you are ready, turn your hands so that the backs of them touch your knees. Think about the good things you have been given or have had in your hands today or in the last week.
KEEP SILENT (30 SECONDS)
3. Christians believe that God creates all things good in our world. If you would like to, you can say thank you to God for these gifts.
KEEP SILENT (30 SECONDS)
4. Now turn your hands downwards on your knees.
Think about letting things drop from them. Now imagine you are dropping worries or anything you feel sad, or even bad, about. Maybe you are letting go of something you've done or maybe something that was done to you.
KEEP SILENT (30 SECONDS)
5. If you would like to, you can say sorry to God or tell him about your own sadness and ask for help to let the sorrow go.
KEEP SILENT (30 SECONDS)
6. Turn your hands upwards again.
What gift would you like today or in this week? Do you want something for yourself or for someone else?
KEEP SILENT (30 SECONDS)
7. What do you long for? If you would like to, ask God for this gift.
KEEP SILENT (30 SECONDS)
8. When you are ready, open your eyes and come back to the room.
PAUSE
9. Thank you everyone.

“I felt like all my worries dropped out of my hands.” Year 4 child

“I felt calm and peaceful.” Year 2 child

“It was lovely to sit in silence and have time to think.” Year 6 child

“I said I was thankful for the teachers in school.” Year 1 child

Healthy Snacks

It has been great to see so many children **bringing in healthy snacks** for their break in KS2. Thank you – it has been noticed by us all and it has also helped with controlling the litter on the playground.

We are aiming for **all children** to have a healthy snack each day.

Timestables Rockstars

We are launching TTR and would love for your children to come to school dressed as a ROCKSTAR on **MONDAY 23rd SEPTEMBER.**

This is a change in date so please check your calendars.



Calendar Dates



Dates	Activity
23 rd September	Timestables Rockstars Launch Day – non uniform – ROCK STAR theme
27 th September	National Teaching Assistant's Day
2 nd October	Cross Country – children selected
3 rd October	Year 2 trip
4 th October	Harvest assembly at the church
4 th October	World Smile Day – activities throughout the day
5 th October	World Teacher's Day
9 th October	Year 5 trip
10 th October	World Mental Health Awareness Day
11 th October	Flu Vaccinations at school
15 th and 17 th October	Parents' evening – letter to follow
24 th October	Last day of school – normal finish time
25 th October	TD day – no children in school
4 th November	TD day – no children in school
5 th November	First day of Term 2
11 th November	Remembrance Service – time to be confirmed
14 th November	Individual school photos including pre school
25 th November	Mr Nuts coming school – Assembly and Book Sale
2 nd December	Advert Service at the church time TBC
11 th December	Reception Nativity 9.30
12 th December	I Rock concert for school and parents of musicians 2.30pm
13 th December	KS1 Christmas Play 9.30
17 th December	KS2 Christmas performance TBC
20 th December	Last day of term – finish at 1pm
6 th January	TD day – no children in school
7 th January	First day of Term 3

Poster Competition

A great opportunity for children to design healthy eating posters for our school. We would love to display these around our school and use them to advertise healthy snacks.

The poster needs to be:

- Bright
- Colourful
- Have pictures
- Promote healthy eating

These could be done on paper or computer.

Send in all entries to Mrs Williams by Friday 4th October