

Poplar Farm Weekly Newsletter

Monday 2 March 2020

The children had a wonderful start to term 4 dressed as superheroes. The children all had a fabulous day, and the day really launched the topic well and has inspired the children with their writing and learning.

Parents' evenings take place later this term - Tuesday 31 March and Thursday 2 April. These evenings will give you the opportunity to meet with the class teacher and find out about the achievements and progress your child is making with their learning. You will be able to book appointments later this week.

We have a busy term at Poplar Farm, so please read the diary dates section of this newsletter. Additional dates are also on the school website <http://www.poplarfarmsch-cit.co.uk/website/calendar/283260>

Mrs Hodson

Head Teacher

Reminders

We are selling the official Sport Relief wristbands in school for £1 each. These are available from the school office.

The children will be taking part in a sport challenge every day during the Sport Relief week. On Friday 13 March, for a £1 donation, the children can come to school in sports clothes, dressed as a sporting champion or wearing official sport relief clothes.

We hope you can support us with our fundraising efforts.



Diary Dates

Monday 2 March - Reception classes to David Wilson for story telling sessions

Monday 2 March - 6.15pm FoP meeting at Miller & Carter

Thursday 5 March - World Book Day

Monday 9 March - Sport Relief week

Tuesday 10 March - Hawk class visiting Newton House

Thursday 12 March - Swift class visiting Newton House

Thursday 12 March - Reception classes on lambing trip

Friday 13 March - Sport Relief dress up day for a £1 donation

Thursday 19 March - Hawk class visiting Newton House nursing home

Friday 20 March - Non-uniform day for a chocolate donation

Friday 20 March - International day of happiness

Thursday 26 March - Firefly class visiting Newton House

Friday 27 March - 5.30pm FoP family chocolate bingo evening

Monday 30 March - Tree dressing day

Tuesday 31 March - 3.40-6.30pm parents' evening



ACTION CALENDAR: MINDFUL MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to live with awareness and kindness	2 Get outside and notice five beautiful things	3 Cultivate a feeling of loving kindness towards others today	4 Start today by appreciating that you're alive and have a body	5 Every hour simply take three calm breaths in and out	6 Eat mindfully. Appreciate the taste, texture & smell of your food	7 Listen to a piece of music without doing anything else
8 No plans day. Slow down and let spontaneity take over	9 When someone is speaking, take a full breath before you reply	10 Stay fully present while drinking your cup of tea or coffee	11 Notice how you speak to yourself. Try to use kind words	12 Feel the cool of a breeze or warmth of the sun on your face	13 Stop, breathe and just notice. Repeat regularly during the day	14 Enjoy doing any chores or tasks more mindfully today
15 Stop to just watch the sky or clouds for ten minutes today	16 Do something creative that absorbs your attention	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Listen deeply to someone and really hear what they are saying	20 Happy International Day of Happiness! dayofhappiness.net	21 Notice the joy to be found in the simple things of life
22 Have a device-free day and enjoy the space it offers	23 Take an unusual route and notice what looks different	24 Notice when you're tired and take a break as soon as possible	25 Make a list of amazing things that you take for granted	26 Tune in to your feelings, without judging or trying to change	27 Stop work earlier and use the time to be still and relax	28 Bring to mind all the people you love and care about
29 Appreciate your hands and all the things they enable you to do	30 Mentally scan down your body and notice what it is feeling	31 Go nature spotting today. Even in a city, life is all around	"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn			

ACTION FOR HAPPINESS www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

We'd love to see any photos of you and your child completing one of these mindful actions! Please email them to school, and we hope to share some of them on twitter.

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