

Poplar Farm Weekly Newsletter

Monday 9 March 2020

Thank you to everyone who supported our activities on World Book Day last week. The children looked amazing in their character costumes, and it was wonderful to see so many of you join us for a reading session at the end of the day. The children all received their world book day token last Thursday, and these need to be used by the end of the month. If you haven't visited a book shop yet to choose a free book, please do so as there is quite a selection of books available for the children to enjoy.

On Friday this week, for a suggested donation of £1 the children can wear sports clothes or dress as a sporting hero to raise money for Sport Relief. We still have some of the wristbands available to buy for £1 from the school office, and the children can wear these in school this week. I will inform you of the total amount raised for Sport Relief in the newsletter next week.

Mrs Hodson

Head Teacher

FoP

At the FoP committee meeting last week, some final arrangements were made to a few events taking place this term. The committee is working hard to raise money for school and we hope you can support their events.

Friday 20 March

The children can wear their own clothes to school for a chocolate donation. These donations will become the prizes for the family chocolate bingo event.

Friday 27 March

The family chocolate bingo evening will start at 5.30pm. Mr Murphy will be the bingo caller, and is looking forward to seeing you all at the event. Further information about entry costs and available refreshments can be seen on the posters around school.

Wednesday 1 April

After the success of the film night last term, there will be another film night, 3.30-4.30pm for the children to enjoy.

Diary Dates

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

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

Monday 30 March - Book Fair open after school

Tuesday 31 March - 3.40-6.30pm parents' evening

Tuesday 31 March - Book Fair open after school

Wednesday 1 April - 9.30am Easter assembly

Wednesday 1 April - 3.30pm FoP film night

Thursday 2 April - 3.40-7pm parents' evening

Thursday 2 April - Last day of term

ACTION CALENDAR: MINDFUL MARCH 2020

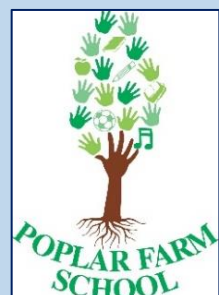
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|--|---|--|
| 1 Set an intention to live with awareness and kindness | 2 Get outside and notice five things that are beautiful | 3 Cultivate a feeling of loving kindness towards others today | 4 Start today by appreciating 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 | <p>"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn</p> | | | |

ACTION FOR HAPPINESS

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

www.actionforhappiness.org

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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