

Poplar Farm Weekly Newsletter

Monday 7 September 2020

Welcome back to the new school year, and a warm welcome to all of our new families as well! I hope you all had an enjoyable summer. It is wonderful to have our school full of children again, and to see them approach their new classes and topics with such enthusiasm.

School obviously feels slightly different to previous years due to the changes inline with our risk assessment, however the children have responded positively to these changes, and to the new routines and arrangements. We are all very proud of each and every one of them.

We have a number of ways parents can contact staff at school - phone, class dojo, enquiries email address - but please bear in mind that responses will not happen immediately and can only be expected during working hours. Staff are not able to reply during evenings, weekends or school holidays. Please be reassured that you will receive a response when a member of staff is able to reply in working hours. In advance, thank you for your understanding.

Mrs Hodson
Head Teacher

Reminders

Website

Our website has been updated with new year group pages, and information about our school. It is also an ideal place to read letters or newsletters you might have lost. Our website is: <https://www.poplarfarmsch-cit.co.uk/website>

PE days

A reminder that the children must wear their PE uniform on their PE days. The PE days are as follows:

EYFS (Firefly and Swift) - Wednesday
Y1 (Hawk and Wildcat) - Tuesday and Friday
Y2 (Buzzard and Puma) - Monday and Thursday

The children can wear jogging bottoms instead of shorts and trainers instead of plimsolls. It is also advised that the children wear their school cardigan or jumper as well.

If you have any questions, please let us know.

Diary Dates

Monday 7 September - Youth mental health day

Tuesday 8 September - International literacy day

Sunday 13 September - Roald Dahl day

Tuesday 15 September - International day of democracy

Wednesday 16 September - National teaching assistant day

Monday 21 September - National recycle week

Monday 21 September - Bike to school week

Monday 21 September - International day of peace

Friday 25 September - Photographer in school for class photos

Saturday 26 September - European day of languages

Wednesday 30 September - 1pm Family Learning coffee afternoon

Thursday 1 October - The start of Black History Month

Thursday 1 October - National poetry day

Monday 5 October - World teacher day

Wednesday 21 October - 1pm Initial family learning session

Thursday 22 October - Last day of term 1

Monday 2 November - Term 2 begins

Thursday 5 November - Flu vaccinations

ACTION CALENDAR: SELF-CARE SEPTEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Remember that self-care is not selfish. It's essential.	2 Be willing to share how you feel and ask for help when needed.	3 Free up time in your diary by cancelling any unnecessary plans.	4 Forgive yourself when things go wrong. We all make mistakes.	5 Plan a fun or relaxing activity this weekend and make time for it.	6 Focus on the basics: eat well, exercise and go to bed on time.	
7 Remember, it's ok not to be ok. We all have difficult days.	8 Notice the things you do well today, however small.	9 Avoid saying 'I ought to' or 'I should' to yourself.	10 Give yourself permission to say No to requests from others.	11 Let go of being busy. Allow yourself to take some breaks today.	12 Let go of being busy. Allow yourself to take some breaks today.	13 Make time today to do something you really enjoy.
14 Talk kindly to yourself like you would to someone you love.	15 Find a caring, calming phrase to say to yourself when feeling low.	16 Notice what you are feeling today, without any judgment.	17 Leave positive messages for yourself to see regularly.	18 Don't compare how you feel inside to how others appear outside.	19 Get active outside and give your mind & body a natural boost.	20 No plans day - make time to slow down and be kind to yourself.
21 Remind yourself that you are loved and worthy of love.	22 Look at photos from a time with happy memories.	23 Let go of other people's expectations of you today.	24 Ask a trusted friend to tell you what they like about you.	25 Release yourself from inner demands and self-criticism.	26 Find a new way to use one of your strengths or talents today.	27 Take your time. Make space to just breathe and be still.
28 Accept your mistakes as a way of helping you make progress.	29 Write down three things you appreciate about yourself today.	30 You matter. Remember that you are enough, just as you are.	Self-care is not selfish. You can't pour from an empty cup.			

ACTION FOR HAPPINESS

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind

This Action for Happiness calendar has some lovely ideas to help look after yourself during September. As always, feel free to share any of your self-care actions from this calendar with us on Dojo or twitter.

