



St Michael's C of E Primary School

OUR VISION: 'Working together, growing together, for all to flourish.'

March 2022 Newsletter

Dear Parents and Carers,

We hope you all had a lovely half term.

It is great to see that the children have come back enthusiastic and refreshed for learning. Let's hope Spring is almost here!

Thank you for your support with our school closure on the final day of last half term. We felt that the weather conditions that morning were too unsettled to ask staff and our families to get to school safely. If for any reason you did not receive a parentpay, email or text message, please get in touch with the admin team and we will resolve this for you.

Christian Value:

This term, the value that we are focusing on is **COMPASSION**. Compassion means we care about others, treat them with kindness, and feel a strong desire to help people in need. We celebrate this in our whole school assembly on a Friday and on our Values Blog.

Our Right:

Each half term, we will consider a different article and ensure the rights are being taught through our daily classroom practice. This month, we are focusing on Article 7 of the UNCRC says that **all children and young people have the right to a name and nationality**, which they should be granted at birth. It also says that they have a right to - as far as possible - know and be cared for by their parents.

Additional School Spaces

We still have some spaces remaining for child admissions in our current Reception year and in Years 1, 2 and 3, so please help to spread the word! We would love to welcome some more children to our school and would be only too happy to give anyone interested more information or a guided tour.

Illness

Can I please remind you that if your child is unwell, phone the school office by 9:30am to report their absence. If you are leaving a message, please leave clear details as to the nature of the illness. If your child has had sickness and/or diarrhoea, they need to stay at home for 48 hours after the last episode - this is especially important to help stop any bugs from spreading.

Parking

I'm sure you will have noticed the presence of the local traffic warden -this is to help us remember how important it is to keep the pavements, double yellow lines and zig zag areas clear during the busy drop off and pick up times.

With so many children and parents looking to cross the road in Church Street, it is really important that these areas are kept clear so pedestrians and drivers alike have a clear view and safe access to our school entrance. Although it may mean a little further to walk, I'm sure you will all agree it is worth it to help prevent any accidents and keep our families safe.



UNCRC Article 24

I have the right to good quality health care, to clean water and good food



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Mental Health

In our busy world, life can sometimes feel a little overwhelming. We are all human and can experience these feelings. We are encouraging everyone to take small moments in their day to practise feeling calm, through controlled breathing. Controlled breathing can promote feelings of calm and relaxation and can be used whether you are at your desk, sitting at home, on the bus or just about anywhere!

Attached is a monthly plan of some great ideas for each day in March - maybe you could try these as a family or take some time for yourself to do.

If you have any queries, please do not hesitate to use our 'tier' system. If you are unable to pop into school, please ring or email via the school office.

Thank you for your continued support.

Kind Regards,
Mrs Kate Arnold
Head of School

KEY DATES	
March:	
Thursday 3rd	World Book Day
Friday 4th	Break the Rules Day
Wednesday 16th	Science Day



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Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

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

4 Notice how you speak to yourself and choose to use kind words

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

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

7 Take three calm breaths at regular intervals during your day

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

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

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

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

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

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

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

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

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

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today
dayofhappiness.net

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

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

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

26 Choose to spend less time looking at screens today

27 Cultivate a feeling of loving-kindness towards others today

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

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life

