



*Through.....
Loving learning, loving each other and loving life
itself
AGAPE: The Good Samaritan (Luke 10: 25-37)*

Newsletter 01/04/20

Dear Parents/Carers,

I can't quite believe that it is Wednesday again and time for my weekly update. Many thanks for all your continued support with looking after your children at home and helping them with their learning. Staff will post work for the rest of this week but not over the Easter break. Just to re-iterate that we understand that every family situation is different and that there is no obligation to complete all these activities. Nor will they be able to be marked once schools reopen. There is no replacement for your child receiving quality first teaching from the class teacher but the work provided is an interim solution to ensure that your child has continued access to the curriculum. If you have any queries or questions about this then please do email me c/o the school office: office@nc.huish.education

Mrs Day has produced our second weekly Wednesday newsletter 'The Heron Times' for the children, which you should have received with this one (both are available from the school website). There is an optional Easter competition from me should your child/ren wish to take part over the holidays.

The school will be closed to everyone over the Easter break but we will continue to pick up emails and respond on a regular basis should you need us.

Collective Worship Theme of the Week: Easter

Easter is meant to be a symbol of hope, renewal and new life.

Janine di Giovanni



Our 'Big Question' of the Week

What is the most beautiful thing you have ever seen?

Well Being

Well Being tip for this week:

"We are just stars in our family's constellation" — Stephen Robert Kuta

This is a time of physical distancing yet also a time of great communication in different or new ways. As we connect and communicate we can share our stories with each other and, perhaps for the first time, we can begin to understand more about those closest to us, our family and friends. Let us take time to know more of our own heritage, our traditions, our milestones.

Perhaps you can talk with and record some great stories from your family and friends, in particular those who are older with a wealth of memories to share.

Data Collection:

You should all have received your invites via email to set up the new online data collection facility. Please take time to check the details we hold for you and your child/ren and update if necessary. If no changes are required, please submit a nil return, so we can be sure the data has been checked and is accurate.

If you have not received an invite please email the school office.

Thank you

Emotional Literacy:

ELSA

Mindfulness and Flow

During this unprecedented time everyone's daily lives are being affected. We are all looking for ways within our homes to switch off for a while.

Have you ever lost yourself in something, so much so that you lost track of time? Being consumed by a task is a state called '*Flow*'. When you're in the state of *Flow* you are completely focused on the task at hand, you can forget about yourself, about others, about the world around you; lose track of time; feel happy and in control; and become creative and productive. *Flow* is an essential element of mindfulness.

While we are all staying safe at home we need to look different ways and opportunities of finding *Flow*...watching a film, cooking, school work, gardening, reading a book or talking to friends – I wonder what activities work best for you?

Have you ever noticed that when you're eating your favourite food, you forget all your worries and problems? The experience is so lovely that the sense of who you are, what you do, where you come from, and whatever the plan is for tomorrow all vanish for a moment. In fact, most pleasures that you engage in result in you letting go.



Finally, I hope you and your families manage to have a happy, healthy Easter. Please continue to stay safe and do take care!



Kind regards,

HMorley

Helen Morley
Head teacher