



Warriors of learning and challenge

ANDERTON PARK NEWSLETTER

Issue No. 22

0121 464 1581

28th February 2018

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Peaceful behaviour

Please ensure whatever your views or ideas that you are behaving peacefully and respectfully to each other.

There has been concerning behaviour from a few parents over the last few days and it must change.

Half Term

It's great to hear all your half term stories and lovely to see all the children back relaxed and happy.

Games Café

Come and take part in games and activities with your family at our new Games Café, starting on Tuesday 5th March 2019 3.30pm - 4.15pm. Collect your children from their classes and join us in the Small Hall. All children must be accompanied by an adult who is responsible for them. It will be a chance for families to meet each other and have some fun, we look forward to seeing you there.

Book Fair

The book fair arrives on Friday 8th March and will be with us until Thursday 14th March. It will be open from 3.30 - 4.00pm in the Small Hall.

Growth Mindset Quote of the Week

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed no hope at all" - Dale Carnegie

Readathon

Please bring in any money collected from the Readathon by the end of the week. We're very excited to hear about all the reading that took place!

Have you had breakfast this morning? - FREE bagels

Anderton Park is proud to be part of the National School Breakfast Programme, to make sure every child has the right fuel for learning. This means that every morning we will have toasted, buttered bagels available for all children in school. We are starting with 200 this week to try it, then moving to 500+ when we are ready. So grab a bagel from the Shared Area in the mornings!

Quotes from staff

We asked staff for their favourite quotes so each week we will give you one of them. This week we have...Miss Scott whose favourite quote is *"Those who don't believe in magic will never find it"*.

World Book Day

Thursday 7th March is World Book Day. Dress up as your favourite book character!

Women's History Month

March is women's history month, which aims to focus on women throughout history who have paved the way for change and done great things.

Anderton Park School app

The new and exciting APS app has been launched and is ready for you to download. To download, access your play store and search for 'School Jotter'. Download this and then search for Anderton Park Primary School in the school list. You will then receive notifications when there are important updates, including weekly newsletters.

Thankful Thursday - healthy minds

Gratitude helps to keep our minds healthy and so we have started 'Thankful Thursday.' This involves taking just a little time each Thursday to stop and think about the things you are thankful for. The aim is to help us make thankfulness a habit and cultivate a culture of gratitude. What will you think about tomorrow? Try the below exercise -

MINDFUL BREATHING

1. Sitting or standing, place your hands on your belly. Close your eyes, or look down towards your hands.
2. Take three slow, deep breaths in and out.
3. In your mind, count "1, 2, 3" for each breath in and "1, 2, 3" for each breath out. Pause slightly at the end of each exhale.
4. Continue for 3 to 5 minutes, or until the teacher says "Stop".

Guiding Questions

- Can you feel your hands moving?
- What is moving your hands? Is it the air filling your lungs?
- Can you feel the air moving in through your nose?
- Can you feel the air moving out through your nose?
- Does the air feel a little colder on the way in and warmer on the way out?
- Can you hear your breath?
- What does it sound like?



Celebration assemblies

Assemblies for Y1 - 6 take place on Wednesdays at 1.45pm. Y5 & 6 - Large Hall, Y1 & 2 - Sports Hall, Y3 & 4 - Small Hall. Nursery and Reception's assembly will be at 1.30pm on Friday 1st March, in the Sports Hall.