

# Roe Green Strathcona School Mindfulness Newsletter April/May 2019

## Summer Term

Dear Parents and Caregivers,

Welcome back to a very short, but busy half term.

Our school value for May has been 'Health and Safety'. All children have been focusing on safety in and around the school, as well as how to make healthy choices through eating and fitness.

Year two have been working extremely hard this half term to complete the Standard Attainment Tests.

Year 6 have also completed their end of Key stage 2 Assessments.

Next half term Year 2 have a theatre trip to look forward to.

Year 6 alongside Year 5 will have a Music Rendition to finish off a successful chapter in their RGS journey.

## Mindfulness and Wellbeing

# Go on a SAFARI

Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



## RIVER

1 "I am long and fluid."  
Sit tall with your legs out in front of you.



2 "I breathe and flow."  
Press your hands down and lengthen your back.



3 "I am a water current."  
Reach your hands to your feet. Hold your toes.



4 "I am a deep river."  
Stretch your chest out over your legs.



Bend your knees and lengthen your spine before you flow forward. With finesse, fold a little further each time you breathe out. As you hold the pose, imagine you are in warm water and let yourself melt.

# Mountain Rising



Grow strong and steady

## Mountain Rising

- 1 Stand straight with your feet apart, arms by your sides. Feel the bottoms of your feet planted on the floor. Keep your eyes open.
- 2 Imagine you are a mountain rising up from the ocean. Your head is the top of the mountain.
- 3 Raise your arms, fingers apart. This lifts your mountain higher. Hold this position for a moment, solid as a mountain.
- 4 Notice if you have any thoughts or worries. See them as tiny waves splashing the mountain.
- 5 Breathe in and breathe out to blow the waves far out to sea. Watch the water become calm and still around you.
- 6 Lower your arms, take a mindful breath and relax. You can stay strong as a mountain all day.



Tip: You can also try this activity seated.

# Open Ears



Build your listening skills

## Open Ears

This is an activity for two or more people. You need a bell, a chime or something that makes a ringing sound.

- 1 Sit mindfully in a circle, with spines straight and bodies relaxed.
- 2 Choose a leader. The others close their eyes and take three soft, slow, mindful breaths.
- 3 The leader rings the bell or other object.
- 4 Listeners, pay attention to the sound. Notice how it fills the room. Raise your hand when the sound is gone.



- 5 Put down your hand and focus all your attention on the other sounds you hear, close by and far away.



- 6 The leader gives you time to listen and rings the bell again to signal listeners to open their eyes. Talk about the sounds you heard.

You have been training your ears and brain to work together.

## Attendance and Punctuality

**Our class attendance winners for this month are:**

Week of the 22<sup>nd</sup> April - **Willow 100%**

Week of the 29<sup>th</sup> April - **Apple Blossom 98%**

Week of the 6<sup>th</sup> May - **Willow and Silver Birch 100%**

Week of the 13<sup>th</sup> May - **Silver Birch 100%**

Week of the 20<sup>th</sup> May - **Oak 100%**

Please make sure that you are dropping off and picking up your children at the correct school times.

AM – 8.45am PM – 3.00pm



Help your child's class to get Paddington Bear by coming to school on time every day.

## Assemblies

Congratulations to **Cherry Blossom Class** for an informative assembly based on Fair Trading Chocolate. It was great to hear a lovely song and have so much class participation.

It was jam packed full of interesting facts and information which showed all the learning that they have been doing in class. Well done Cherry Blossom.

Congratulations to **Apple Blossom Class** for an excellent assembly on Recycling and Growth Mindset. All children worked extremely hard to learn their lines and song, and made their teachers and families feel proud of their efforts on the day.

## Reception trips to the Natural History Museum

Reception had a fantastic time on their school trip to the Natural History Museum.

In class, they had been studying 'Mini-beasts', so the visit to the museum made their learning that much more exciting and informative.

The children enjoyed the day, locating facts and information, as well as getting up close and personal to the collections of creepy crawlies.

A huge thank you to all the parents who helped on the trip. Your support is very much appreciated.

# Mental Health Awareness Week

It was 'Mental Health Awareness Week' from the 13<sup>th</sup> - 19<sup>th</sup> May. The overall theme was 'Body Image'.

Body image is the perception that a person has of their physical self and the thoughts and feelings that result from that perception.

These feelings can be positive, negative or both, and are influenced by individual and environmental factors.

Your identity is made up of lots of things. It includes your race, ethnicity, gender, disability, how you look, your strengths and weaknesses and your likes and dislikes. All of these together make up who you are and how others see you. Your identity makes you unique from every other person.

All classes spent the week discussing 'body image' and talking about the things that they like about themselves, and others.

## **As a school we focused on:**

Our positive qualities, skills and talents.

Saying positive things to ourselves every day.

Avoiding negative self-talk.

On appreciating and respecting what our

# Dates To Remember

**Year 1 (Willow) class trip- 14<sup>th</sup> June**

**Refugee Day - 17<sup>th</sup> June**

**Music Festival for Year 2- 21<sup>st</sup> June**

**Art week - 24<sup>th</sup> June**

**Year 1 (Willow) Class Assembly - 26<sup>th</sup> June**

**Year 2 Class trip to Theatre- 27<sup>th</sup> June**

**Sports Day - 3<sup>rd</sup> July**

**KS2 concert- 16<sup>th</sup> July**

## Mental Health Awareness Activities in our Classrooms



body can do.

Setting positive goals for ourselves.

Reminding ourselves that many media images are unrealistic.

