

*Warriors of learning and challenge***ANDERTON PARK NEWSLETTER****Issue No. 17****0121 464 1581****16th January 2018****www.andertonparkschool.org.uk, Twitter: @AndertonPark****Thankful Thursday**

The third Thursday in January is known as 'Blue Monday' - a day that can sometimes be difficult for people. This year it falls on Monday 21st January. At Anderton Park we thought it would be a good time to start a few things that might help keep our minds healthy this year.

Gratitude helps to keep our minds healthy and so we would like to start 'Thankful Thursday.' This will involve 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.

Safeguarding - Mental Health

As we all know it is very important to make our mental health as much of a priority as our physical health. Sometimes we can feel overwhelmed with things that are going on and be unsure what to do. Below is a helpful breathing technique that can help focus your thoughts. You could try it at home as a family.

Breath Star

1. Spread one hand out like a star.
2. Use the index finger on your hand to trace the outline of your star hand.
3. Take a deep breathe in as you move your tracing finger to the top of your thumb.
4. Breathe out as you move your tracing finger down between your thumb and first finger.
5. Take another breath in as you move to the top of your first finger.
6. Breathe out as you move down between your first and second fingers.
7. Continue this pattern, tracing each of your fingers until you have taken five slow, deep breaths.
8. Repeat on the other hand.

**BGFL Spring Projects**

Please see overleaf for details of BGFL projects for this half term.

Year 3 Cadbury World Trip

On Friday 25th January Year 3 classes will be visiting Cadbury World. Lots of families have paid for the trip already. For those who haven't, please pay online via ParentPay.

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.

Donations to Birmingham Children's Hospital

Tomorrow afternoon Miss Christie will be taking a group of children to Birmingham Children's Hospital to give them the money that was raised by the Festive Fun at the end of last term. This group of children had had the brilliant idea of raising money through a bake sale, tombola, raffle and games. We are very thankful for their suggestion as it means we are now able to donate £250 to Birmingham Children's Hospital.

Art competition next week

competition! We are currently thinking about the artists we could have as the inspiration for the competition so if you have any ideas, let us know!

Quotes from staff

We asked staff for their favourite quotes so each week we will give you one of them. This week we have...Mrs Hobbins whose favourite quote is "*Be kinder than you need to be*".

Celebration assemblies

Assemblies for Y1 - 6 take place on Wednesdays at 1.45pm. Y5 & 6 - Large Hall, Y3 & 4 - Small Hall, Y1 & 2 - Sports Hall. The Nursery and Reception assembly will be at 1.30pm on Friday 18th January, in the Sports Hall.