



Warriors of learning and challenge

ANDERTON PARK NEWSLETTER

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Celebrate diversity & equality with colours!

Friday 15th February is PSHE day in school. To celebrate diversity & equality, children can wear a different, brightly coloured top for the day. A rainbow is so often used to celebrate equality; we would love as a school to see a rainbow of colours being worn on Friday. There is no charity donation, just wear a top that is brightly coloured if you wish, with normal school trousers or skirt.

Uniform

Even though it's very cold outside, we have the heating on in school to keep us lovely and warm whilst we are learning - it's approximately 20 degrees inside the school building. Some children come to school in lots of layers; vests, t-shirts, shirts and a jumper! Some are even wearing two pairs of leggings and a skirt on top and are complaining that they feel hot and uncomfortable. Warm coats and hats are needed for play and lunchtime but please don't make children wear many layers.

Readathon

During February half term we're going to have a Readathon to raise money for school fund. This money will be spent on buying new reading books for classrooms and the library area. Children will ask friends and family members to sponsor them for every book, comic, magazine, newspaper etc they read during half term. At the end of the week, they need to count up how many they have read, collect their sponsor money and bring the money back to school after half term. See sponsor form overleaf.

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 your 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...Mr Jarvis whose favourite quote is "My good decisions are a result of my experience. My experience is a result of my bad decisions".

Parents' Evening

Parents' Evening will be on **Wednesday 27th February**, 3.45pm onwards. Please speak to your child's class teacher on Monday 25th or Tuesday 26th February to arrange a time to see them on Wednesday afternoon.

Half Term

We break up for half term on Friday 15th February and are back to school on Monday 25th February. Have a superb rest and enjoy time with your family.

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 -

BREATHING COLOURS



1. Sit or stand comfortably. Keep your body straight. Be still and silent. Soften your breath and shut your eyes.
2. Think of a relaxing colour. It can be any colour, as long as it reminds you of relaxing.
3. Now think of a colour that represents stress, sadness or anger.
4. Imagine you are surrounded by the relaxing colour. No longer is the air clear, it is the relaxing colour.
5. Take a deep breath in and imagine breathing in the relaxing colour. Imagine the colour filling your lungs.
6. As you breathe out, imagine that your breath is the colour of stress.
7. See the stress colour mix into the relaxing colour around you. Watch it disappear.
8. Breathe in your relaxing colour. Breathe out your stress colour.
9. Continue for 3 to 5 minutes, or until the teacher says "Stop".

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 **11.00am on Friday 15th February**, in the Sports Hall.