

# Roe Green Strathcona School Mindfulness Newsletter February 2019

Spring Term

Dear Parents and Caregivers,

We welcome you back to the second half of the Spring term and hope that you have had a relaxing break, ready for another busy but exciting half term ahead.

Our school value for February was 'being positive'. In and around the school we have spoken about what it means to be positive and how to remain positive, even when at times it is hard to do so. We discussed the importance of always trying our best at everything we do and that practising at things we find tough will make it easier.



## Mindfulness and Wellbeing

The practice of mindfulness has become a big trend but it can be confusing when it comes to defining it, especially as a parent.

### What is mindfulness?

Mindfulness is a practice where you use the **five senses** to engage physically and non-judgmentally with the world around you. When you do a task with **mindful awareness**, you do it with 100% of your energy and attention. Any activity can be done with a sense of mindfulness, even eating dinner with your family. For example, you can teach your child to pay attention to the texture and flavors of the food. You can guide them to think about how the food nurtures their body and keeps their body healthy.

Practising mindfulness is incredibly **empowering** for children. It can help them better manage stress and anxiety when it does occur. It helps with self-regulation, promotes

positive emotions and self-compassion.

Practising mindfulness techniques can help children change their mindset from a FIXED mindset to a GROWTH mindset.

**First**, mindfulness can help children feel empowered, so they can learn to try new things and take more risks.

**Second**, using mindfulness techniques like deep breathing and tensing and relaxing the muscles can help children overcome anxiety when they make mistakes.

**Third**, by promoting self-love and self-compassion, mindfulness activities can help children overcome negative self-talk.

## Breathing Activity

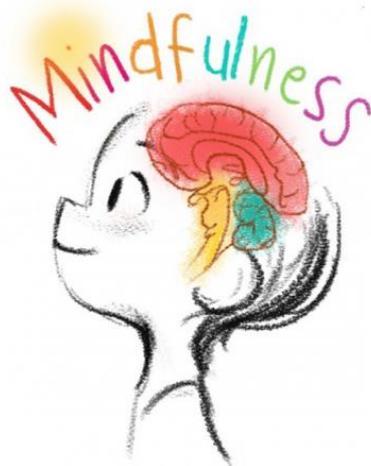
Find a relaxing place, sit comfortably, and set a timer for 1 minute.

Breathe deeply, in through your nose and out through your mouth.

Take another slow deep breath. Imagine the air moving down into the lungs and back up.

Take one more breath and hold for a moment, then release it.

Repeat three times.



## Attendance and Punctuality

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

Week of the 4<sup>th</sup> February – Magnolia 100%  
Week of the 11<sup>th</sup> February – Apple Blossom 98.33%  
Week of the 25<sup>th</sup> February – Magnolia 100%

Please make sure 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

On the last day of term, all classes in EYFS & KS1 performed a class poem written by the poet A.A Milne and KS 2 by the poet Benjamin Zephaniah. Classes added actions and performed their poems with such enthusiasm that it was a pleasure to watch.

## Science Award

Well done to the Science faculty for helping our school gain the Woodland Trust's Green Tree Schools bronze award.

As a school we have -

- been recycling
- walking to school (reducing CO<sup>2</sup> emissions)
- planted a tree (small)
- completed Woodland Trust activities

Through hard work next year we aim to get the Woodland Trust's silver award.

### School Dates to Remember-

**World Book day** – 8<sup>th</sup> March

**Cherry Blossom & Magnolia school trip to History Museum** – 12<sup>th</sup> March

**Red Nose Day** – 15<sup>th</sup> March

**Oak Class Assembly** – 20<sup>th</sup> March

**Oak Class school trip to Fire of London Walk-**  
22<sup>nd</sup> March

**Parent Evening Meetings** – 26<sup>th</sup> March and 2<sup>nd</sup> April

## Healthy School Award

This year we have been awarded the Healthy School's bronze award. To get the award we needed to –

- work on our daily fitness
- be in a partnership with Sports for All
- have a water only policy in place

Through hard work next year we aim to get the Healthy School's silver award.

### Packed Lunches

**Due to children this year having nut and egg allergies, we cannot have these foods in school lunch boxes –**

Nutella

(Also any chocolate spread as we are a healthy school)

Eggs

Nuts of any kind

## Children's Mental Health Week

4<sup>th</sup> - 10<sup>th</sup> February in Pictures

Apple Blossom during various yoga poses and mediating.



Please make sure that your children do not have these items in their lunch box as we need to think of the health and safety of all children.

## Reminders

If you would like to change from school dinners to packed lunches and vice versa, please let the office know. You need to give one week's notice for this to happen.

## Computing Week

This week has been Computing Week where all classes have had the opportunity to use and explore a wide variety of technology and software.

They have also been learning how to create and debug simple programs.

Throughout the week, the children have had lessons on online safety and what to do if they have any concerns.

