

Monday 11th May 2020



Mrs Anderson's weekly newsletter



As we enter the eighth week without seeing each other, I wish you another 'Happy Monday' and week ahead. I hope you are enjoying the newsletters and there's something for you all to read or share with your families. We enjoyed VE75 on Friday; I made some scones and set up a picnic in our front garden for my family. We had bunting and flags, like many others on our street. We listened to Winston Churchill's speech at 3pm and toasted the heroes; we also enjoyed watching the Queen's message in the evening. It was a day to reflect on what so many people, all those years ago, did for our future. I hope you had chance to reflect or safely celebrate in some way. Also, did anyone else see the fantastic flower moon last week? Wow, what a sight!

Virtually visit Galleries and Museums

The Louvre : www.louvre.fr

British Museum:

www.britishmuseum.org

Musee D'Art Moderne:

www.paris.fr

Van Gogh Museum:

www.vangoghmuseum.nl

Tate Museum: www.tate.org.uk

National History Museum:

www.nhm.ac.uk



HAPPINESS

Self-care—Top Tips We talk about the importance of well-being and good mental health a lot in school, a healthy mind and body is very important. This week, the focus is happiness.

Humans experience many emotions, happiness is something we can cultivate to lift our spirits & others around us too. Here are some ideas to boost happiness ...

Build a happiness library - make a list of films/books that make you happy. If you have a low mood try watching, listening or reading a go-to happy story.

Sing or listen to music—find your favourite song, get the karaoke machine out, dance around the kitchen or sit & listen to the words quietly.

Visualise your best day ever—Close your eyes and imagine everything from the place to the weather, the food you eat to the people you are with.

Be creative—write a song/poem. Make a book. Paint or colour in. Bake a cake. Chalk on the path. Knit or sew. Make a pompom animal. The sky is the limit.

Make a family treasure box—sit together and draw all the things that make you happy—stick it on the fridge and dip into it on days when a family member needs it.

When you feel happy, try to savour it and share it. Maybe keep a journal and you can look back at happy times. Imagine happiness as a bright, joyful explosion of colour.

If you feel sad, remember it will pass and it's ok to feel sad sometimes. You could talk to a trusted adult or friend. You could draw or write about it and then pop it into a worry box to post it away. You could dip into the family treasure box or try an idea from above to help. Imagine sadness as a type of weather, the colours and feelings, remember the weather changes and so will this feeling.

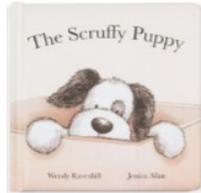
My quote of the week:

"Be the change that you wish to see in the world."

Gandhi

Joke of the week:

How did Jack know how many beans his cow was worth?
He used a cowculator!



As you know, Otto has a story (or three!) every night, like this one his Nana bought him on his christening day. There are often messages hidden in children's stories; the message here is one of accepting differences, understanding and kindness. If it gets late and dark, and I can't see the words, I make up a story about Otto and Bertie. If you have chance you could write a story for me to read to Otto. I always start my stories like this: **Once upon a time there was a little boy called Otto; he was the kindest boy in all the land. Otto had a dog called Bertie and they liked to go on adventures. This is the story of the time they ...** Use that as your starter and see where you take them!

Last week I talked about **respect** in the assembly. Not only did I say the wrong date (sorry, we all make mistakes!) I also forget to share a little family challenge. Whilst you are having a meal together this week, try to find five minutes to discuss people you respect. It could be someone you know, someone you have learnt about, a famous person or a celebrity. This week I am focusing on **questioning and curiosity**—maybe you could link the respect challenge and think of a question you would like to ask the person you respect. Have a great week together.

There are a number of national days to recognise this week. Mrs Corner sent me a list yesterday and I was very surprised by some of the days. I thought I would share a few with you, just in case you'd like to recognise them at home with your families this week. Yesterday was National Clean Your Room Day—you can still do that any day this week. It is International Hummus Day and National Apple Pie Day on Wednesday—maybe you could have some crisps and dips followed by an apple pie! On Friday it is International Day of Families and National Pizza Party Day—you could plan a pizza party with your family, even inviting other family members to join you virtually. There's something for everyone here so have a great week.



Your teachers are choosing a Star of the Week. I will email you directly if it's you. They are thinking about character, not the amount of work you do. Just do your best and keep in touch with them.



I hope you have a super week with your families, for now, good bye from Mrs Anderson, Otto and Bertie the dog.