



**May Value: Worship**

**TS&PC: Working With Others**

Week	Mindful Monday	Thoughtful Tuesday	Well-Being Wednesday	Thankful Thursday	Feel Good Friday
<p>Week one 5<sup>th</sup> to 7<sup>th</sup> March</p>	<p>Bank Holiday</p>	<p>Staff Development Day</p>	<p>Staff Development Day</p>	<p>This month we celebrate Our Blessed Mother Mary. Let us give thanks and gratitude for all our mothers.</p>  <p><a href="https://www.twinkl.co.uk/resource/roi-re-3-may-is-the-month-of-mary">https://www.twinkl.co.uk/resource/roi-re-3-may-is-the-month-of-mary</a></p>	<p>Have fun collecting flowers for your May altar.</p> <p>Why not register the blossoms you see or download the blossom activity packs from the website below.</p> <p><a href="https://www.nationaltrust.org.uk/features/blossom-watch">https://www.nationaltrust.org.uk/features/blossom-watch</a></p>
<p>Week two 10<sup>th</sup> to 14<sup>th</sup> May</p> <p><b>School Testing Week</b></p>	<p>Take a deep breath and settle into the week. Try 7-11 breathing. This can regulate, shift, and stabilize energy and mood. The directions are simple: <b>Breathe in</b> for a count of seven. <b>Breathe out</b> for a count of eleven.</p>	<p>Believe in yourself. Ask the Holy Spirit to enlighten your mind during all our school tests this week.</p> <p>Good Luck everyone!</p> 	<p>May is also skin cancer awareness month. Remember to pop on sunscreen before coming to school.</p> <p><a href="https://www.twinkl.co.uk/event/skin-cancer-awareness-month-2021">https://www.twinkl.co.uk/event/skin-cancer-awareness-month-2021</a></p>	<p>What are you thankful for?</p> <p>Have a class circle time and share with everyone what you are thankful for.</p>	<p>Brainstorm class activities to celebrate all the hard work during your tests this week. Well done everyone!</p> 

<p>Week three 17<sup>th</sup> to 21<sup>st</sup> May</p>	<p><b>Speak positively to yourself and others. Here are some examples of positive self-talk:</b> I have permission to change my mind. Attempting to do this took courage and I am proud of myself for trying. I love myself for who I am.</p>	<p><b>Do a litter pick beside your home.</b>  Clearing the rubbish safely keeps our community clean and stops unwanted waste blowing into the fields to the animals.</p>	<p>Water is so important for our well-being. The brain is 80% water, and the body is roughly 70%. Plenty of water aids good brain activity and development.</p> 	<p><b>Set an intention to live with kindness, gratitude, and awareness.</b> Witnessing acts of kindness produces oxytocin, occasionally referred to as the love hormone which aids in lowering blood pressure and improving our overall heart health.</p>	<p>May is National walking month. Remember to stay safe and be seen when walking in the bright evenings.  Have fun trying a different walk this weekend or walking the opposite direction doing your daily mile.  <a href="https://www.twinkl.co.uk/event/walk-to-school-month-2021">https://www.twinkl.co.uk/event/walk-to-school-month-2021</a></p>
<p>Week four 24<sup>th</sup> to 28<sup>th</sup> May</p>	<p>Be mindful when out and about on farms. Remember - Stop and Think SAFE!</p> 	<p><b>Try a virtual school tour adventure.</b>  Move through the exhibits at your own pace and see what new fact you can discover!  <a href="https://www.scoilnet.ie/remotelearning/tours/">https://www.scoilnet.ie/remotelearning/tours/</a></p>	<p>Remember to keep an eye on our class vegetable plots.  <b>Gardening</b> is being prescribed for people facing some of life's toughest challenges ... <b>gardens</b> and plants are for our physical, mental, and social <b>wellbeing</b>.</p>	<p><b>We are thankful for all our staff.</b>  Give a compliment or do an act of kindness for your teacher, classroom assistant or our secretary today.</p>	<p>Tomorrow is national biscuit day.  Make a graph or tally chart of all your favourite biscuits. Yum!  <a href="https://www.twinkl.co.uk/event/national-biscuit-day-2020-2021">https://www.twinkl.co.uk/event/national-biscuit-day-2020-2021</a></p>