




May Value: Worship

TS&PC: Working With Others

Week	Mindful Monday	Thoughtful Tuesday	Well-Being Wednesday	Thankful Thursday	Feel Good Friday
<p>Week One 6th to 10th May</p>	<p>School Closed Bank Holiday</p>	<p>School Closed Staff Development Day</p>	<p>Set an intention to live with kindness, gratitude and awareness. Witnessing acts of kindness produces oxytocin, which aids in lowering blood pressure and improving our overall heart health.</p>	<p>This month we celebrate Our Blessed Mother Mary. Let us give thanks and gratitude for all our mothers.</p>  <p>https://www.twinkl.co.uk/resource/roi-re-3-may-is-the-month-of-mary</p>	<p>Have fun collecting flowers for your May Altar. Why not register the blossoms you see or download the blossom activity packs from the website below? https://www.nationaltrust.org.uk/features/blossom-watch</p>
<p>Week Two 13th to 17th May</p> <p>World Mental Health Awareness Week</p>	<p>Take a deep breath and settle into the week. Try 7-11 breathing. This can regulate, shift, and stabilize energy and mood. Breathe in for a count of seven. Breathe out 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. Good Luck everyone!</p> 	<p>May is also Skin Cancer Awareness Month. Remember to pop on sunscreen before coming to school.</p> <p>https://www.twinkl.co.uk/event/skin-cancer-awareness-month-2022</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>Celebrate all the hard work during your tests this week. Well done, everyone!</p> 
<p>Week Three 20th to 24th May</p>	<p>Speak positively to yourself and others. E.g., 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>Do a litter pick beside your home. 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>We are thankful for all our staff. Give a compliment or do an act of kindness for your teacher, classroom assistant or our secretary today.</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.</p>
<p>Week Four 27th to 31st May</p>	<p>School Closed Bank Holiday</p>	<p>School Closed Staff Development Day</p>	<p>Monday is National Biscuit Day. Have a cup of tea with your favourite biscuit. Yum!</p>	<p>Thank God for pets. Spend some quality time with a favourite pet or visit a friend or neighbour and spoil their pet with a walk or some tasty treats.</p>	<p>Gardening is being prescribed for people facing some of life's toughest challenges. Gardens and plants are great for our physical, mental, and social wellbeing.</p>