

Poplar Farm Weekly Newsletter

Monday 6 January 2020

Happy New Year! I hope you all had an enjoyable and memorable break.

It is with great pleasure I write this newsletter. I am delighted to be the new Head Teacher of Poplar Farm Primary School. The staff and children have already made me feel welcome in this fabulous school.

I look forward to getting to know all of you as well. I will be at the gate in the mornings and afternoons during drop off and collection times. There will also be a coffee afternoon later this term when you will have the opportunity to pop in and meet me! I will inform you of the date as soon as it has been set.

Mrs Hodson

Head Teacher

New term, new topic!

With the start of a new term we have the enjoyment of a new topic!

This term, the focus for learning is 'Super Heroes'.

The children will be looking at real life super heroes, such as police and fire fighters; as well as fictional superheroes.

The children will be exploring their topics through a range of different books. If you have read a superhero

book at home, please let the class teachers know. It would be wonderful for the children to be able to share their learning experiences from home in school.

Please regularly look at the class pages on the school website, as during the term they will be updated with photos from the term.

www.poplarfarmsch-cit.co.uk

Diary Dates

Monday 6 January - Term 3 begins
Friday 10 January - 9.30am open morning for September 2020 intake

Wednesday 15 January - Last day to apply for Reception 2020 places
Saturday 18 January - Winnie the Pooh day

Monday 20 January - Martin Luther-King day

Thursday 30 January - Height and weight checks for Reception with school nursing team

Monday 3 February - Start of national storytelling week
Monday 3 February - Genevieve Robinson in school for storytelling workshops

Monday 3 February - Start of children's mental health week
Thursday 6 February - 2pm open afternoon for parents

Thursday 13 February - Last day of term 3

Monday 24 February - Term 4 begins

HAPPY NEW YEAR CALENDAR - JANUARY 2020

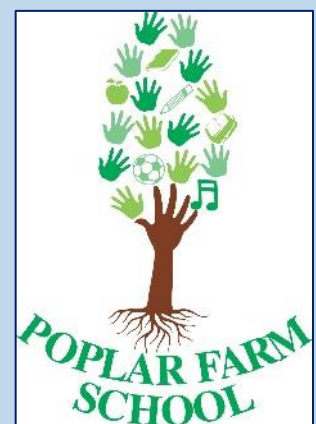
"Happiness is not something ready made. It comes from your own actions" - Dalai Lama

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY				
1 Find three good things to look forward to this year	2 Make time today to do something kind for yourself	3 Spread a bit of happiness by doing kind things for others	4 Write a list of things you feel grateful for in life and why	5 Get moving. Do something physically active (ideally outdoors)	6 Say something positive to everyone you meet today	7 Take ten minutes to sit still and just breathe	8 Look for the good in others and notice their strengths	9 Learn something new and share it with others	10 Thank three people you're grateful to and tell them why	11 Have a friendly chat with a stranger
12 Switch off all your tech 2 hours before bedtime	13 Be gentle with yourself when you make mistakes	14 Take a different route today and see what you notice	15 Put a worry into perspective and try to just let it go	16 Get outside and notice five things that are beautiful	17 Eat healthy food which really nourishes you today	18 Make something happen for a good cause				
19 Get back in contact with an old friend you miss	20 Go to bed in good time and give yourself time to recharge	21 Take a small step towards an important goal	22 Try out something new to get out of your comfort zone	23 Decide to lift people up rather than put them down	24 Today do something fun and invite others to join you	25 Put away your devices and focus fully on who you're with				
26 Say hello to a neighbour and get to know them better	27 Challenge your negative thoughts and look for the upside	28 Count how many people you can smile at today	29 Use one of your personal strengths in a new way	30 Ask other people about things they've enjoyed recently	31 Write down your hopes and plans for the future					

ACTION FOR HAPPINESS www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

We'd love to see any photos of you and your child completing one of these happiness actions! Please email them to school, and we hope to share some of them on twitter.



Phone: 01476 850680 / **Email:** enquiries@poplarfarmsch-cit.co.uk / **Twitter:** @poplarfarmsch