



Monday 1 February 2021

WEEKLY NEWSLETTER

We've made it to week 5 of lockdown! Following the government announcement last week, we know the earliest school will re-open as a school again is Monday 8 March. Please continue to look after yourselves. These are challenging times for everyone.

This week is Children's Mental Health Awareness week, and Miss Cooksey has put together a 'How am I feeling?' workbook for our children to use. A copy of this booklet is available for you to download on 'The Nest' page on the school website. https://www.poplarfarmsch-cit.co.uk/web/the_nest/504868 We hope you find it useful.

I've also added a copy of the February 'Action for Happiness' calendar on the newsletter as well. These include daily small actions, and this month the actions are about being a friend to others.

I hope you all continue to stay safe at home. If any of you need anything please send a message on Class Dojo to the appropriate member of staff. We will endeavour to reply to your messages as quickly as we can during working hours.

Mrs Hodson

Free School Meals

If your child is eligible for Free School Meals (this is different to the Universal Infant Free School Meals for every child in EYFS, Y1 & Y2) you will receive a £15 voucher to spend in a supermarket every week during school closure.

If you think you might be eligible for free school meals, please use the following link to apply:

<https://www.gov.uk/apply-free-school-meals>

Childcare bookings

You will receive a booking link for the following week on a Wednesday, and the link closes at 8pm on a Thursday. Please ensure you book during this time, as registers are finalised on a Friday.

In line with the government guidance, school will be closed over half term. If you are due to work over half term, you will need to arrange alternative childcare.

Recent scientific advice shows that children and adults are at greater risk of transmission in group and crowd situations, so please only book a childcare place when absolutely essential.

ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Send someone a message to say how much they mean to you.	2. Ask a friend how they have been feeling recently.	3. Do an act of kindness to make life easier for someone else.	4. Organise a virtual 'tea break' with colleagues or friends.	5. Show an active interest by asking questions when talking to others.	6. Get back in touch with an old friend you've not seen for a while.	7. Make an effort to have a friendly chat with a neighbour.
8. Share what you're feeling with someone you really trust.	9. Thank someone and tell them how they made a difference for you.	10. Look for the good in people, even when they frustrate you.	11. Send an encouraging note to someone who needs a boost.	12. Focus on being kind rather than being right.	13. Send a friendly message of support to a local business.	14. Tell your loved ones why they are special to you.
15. Smile at the people you see and brighten their day.	16. Check in on someone who may be struggling and offer to help.	17. Respond kindly to everyone you talk to today, including yourself!	18. Appreciate the good qualities of someone in your life.	19. Share a video or message you find inspiring or helpful.	20. Make a plan to connect with others and do something fun.	21. Actively listen to what people say, without judging them.
22. Give sincere compliments to people you talk to today.	23. Be gentle with someone who you feel inclined to criticise.	24. Tell a loved one about their strengths that you value most.	25. Thank three people you feel grateful to and tell them why.	26. Give positive comments to as many people as possible today.	27. Call a friend to catch up and really listen to them.	28. Make uninterrupted time for your loved ones.

"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS

www.actionforhappiness.org

Happier · Kinder · Together

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

Phone: 01476 850680 / Website: <https://www.poplarfarmsch-cit.co.uk/web> / Twitter: @poplarfarmsch