



Keeping in Touch



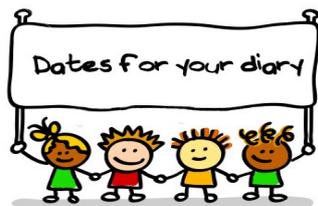
Autumn 1 2020

A warm welcome back to everyone as we start a new academic year at St. Mark's C of E Primary School. Seeing all the children return has been so lovely and all staff are proud of how well the children have begun a new school year, more so with some of them not being here since March. We welcome any new starters, including new nursery children, new starters in Reception, as well as any of our in-year transfers - welcome to the St. Mark's family!

We cannot ignore the fact that it has been a very different start to the academic year, with the new guidelines that are in place. We continue to say thank you for your help, patience and understanding in adapting to the new measures and we ask you to continue to adhere to them as we work our way through this.

Many thanks.

Mrs Hindson.
Headteacher.



1.9.20 PD Day Closed to pupils
14.9.20 Roald Dahl Day See separate message
W/C 12th October: Meet the teachers for parents & carers (details to be confirmed at a later date).
4.1.21: PD Day - Closed to pupils
28.5.21: PD Day - Closed to pupils
19.7.21: PD Day - Closed to pupils
20.7.21: PD Day - Closed to pupils

Isaiah 43:19

**Watch for the news thing I am
going to do, it is happening already - you can
see it now!**

**I will make a road through
the wilderness
and give you streams of water there.**

Whatever you do, work at it with all your heart.

Colossians 2:23

TIMETABLE REMINDER

For PE & Forest Classroom timetables please refer to previously sent emails.

Homework: details to follow

REMINDER

Can **ALL** children please remember to bring in their pebble, to decorate, for the whole school project **ASAP!**

ROALD DAHL DAY - 14TH SEPTEMBER

To celebrate Roald Dahl's birthday (13th September) we are going to wear something yellow. Unfortunately, during the current restrictions, we **cannot** allow children to bring in items linked to Roald Dahl from home.

Hello from EYFS

We would like to say a huge well done to all our wonderful EYFS children for how well they have settled back into their nursery and school routines. We are very impressed with their lovely manners and independence. Thank you for all your support in keeping all of the children as safe and happy as possible in their return to school.

The children are spending lots of time learning outdoors which they are really enjoying. We have started to use the 'Forest School' which is located on the school field. Please can you make sure that your child has a coat with a hood and brings in their wellies, to be able to enjoy the full outside experience and keep warm and safe.

Forest School:

Nursery - Wednesday

Reception - Monday

On a Friday all of Reception will do PE outside. Please make sure your child wears their PE kit to come into school every Friday.

Thank you.

From the EYFS team



HOUSE CAPTAINS 2020/21

Millennium: Sophia White & Mason Thompson

Infinity: Louis Bryan & Libbi Woodhouse

Princess of Wales: Lucas Maine & Amelia Cardhill

Victoria: Cohen Carter & Morgan Dee

QUOTE

"It is only in our darkest hours that we may discover the true strength of the brilliant light within ourselves that can never, ever, be dimmed."

FRENCH

Bonjour - Good Morning

ONLINE BEHAVIOUR

Around a quarter of 8–11 year olds regularly use social networking sites. Source - UKCCIS



ACTION CALENDAR: SELF-CARE SEPTEMBER 2020



MONDAY



7 Remember it's ok not to be ok. We all have difficult days

14 Talk kindly to yourself like you would to someone you love

21 Remind yourself that you are loved and worthy of love

28 Accept your mistakes as a way of helping you make progress

TUESDAY

1 Remember that self-care is not selfish. It's essential

8 Notice the things you do well today, however small

15 Find a caring, calming phrase to say to yourself when feeling low

22 Look at photos from a time with happy memories

29 Write down three things you appreciate about yourself today

WEDNESDAY

2 Be willing to share how you feel and ask for help when needed

9 Avoid saying 'I ought to' or 'I should' to yourself

16 Notice what you are feeling today, without any judgment

23 Let go of other people's expectations of you today

30 You matter. Remember that you are enough, just as you are

THURSDAY

3 Free up time in your diary by cancelling any unnecessary plans

10 Give yourself permission to say No to requests from others

17 Leave positive messages for yourself to see regularly

24 Ask a trusted friend to tell you what they like about you

FRIDAY

4 Forgive yourself when things go wrong. We all make mistakes

11 Aim to be good enough, rather than perfect

18 Don't compare how you feel inside to how others appear outside

25 Release yourself from inner demands and self-criticism

SATURDAY

5 Plan a fun or relaxing activity this weekend and make time for it

12 Let go of being busy. Allow yourself to take some breaks today

19 Get active outside and give your mind & body a natural boost

26 Find a new way to use one of your strengths or talents today

SUNDAY

6 Focus on the basics: eat well, exercise and go to bed on time

13 Make time today to do something you really enjoy

20 No plans day - make time to slow down and be kind to yourself

27 Take your time. Make space to just breathe and be still



Self-care is not selfish. You can't pour from an empty cup



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/self-care-september

Keep Calm · Stay Wise · Be Kind