

**Monday 7<sup>th</sup> October – INDIVIDUAL Photographs**

**Tuesday 8<sup>th</sup> October – Foundation 2 Forest School Day**

**Tuesday 8<sup>th</sup> October – 9am –F1 Parents Meeting  
regarding Applications to F2**

**Thursday 10<sup>th</sup> Oct. – Year 5 Class Assembly – 9:15am**

**Tuesday 15<sup>th</sup> October – Parents Evening**

**Wednesday 16<sup>th</sup> October – Parents Evening**

**THERE WILL BE NO CLUBS ON TUESDAY 15<sup>TH</sup> AND**

**WEDNESDAY 16<sup>TH</sup> OCTOBER DUE TO PARENTS EVENING**



**It's been a  
busy week**

in school with  
lots of  
wonderful

learning going on. This week, I have visited Maths lessons in Year 3 and 4 with Miss Shutt and we have enjoyed seeing how confident the children are in demonstrating their maths skills. It was also positive to see how resilient the children are when they don't always get things right the first time. Our Chair and Vice Chair of Governors also came into school on Monday morning and visited every class. They remarked on how calm and engaged the children were in their learning and how confident the children were in explaining to them what they were doing and learning about. They particularly enjoyed the maths lesson where Year 5 were learning about negative numbers!

**Thank you** to all children who have brought in Aldi stickers so far. Please continue to bring in



stickers to complete our poster.

**A huge thank you** to all the parents that attended our Reading



Meeting and F1 & F2 'Stay and Play' session. The children loved

sharing some time with you in their classroom.



**Key Stage 2**

children...are you using 'Timestables Rockstars' at

home? This is a wonderful and fun way of practising your timestables on an ipod or ipad! If you have lost your log in, ask your class teacher who will be able to help you.

there are  
so many  
beautiful  
Reasons  
to  
be  
HAPPY.

**Attendance - Congratulations to**



Year 1 who win the cakes this week and will look after our very smart looking school bear - Michael!

Foundation 2 – 95.8%

Year 1 – 98.1% Year 2 – 95.6%

Year 3 – 97.1% Year 4 – 97.0%

Year 5 – 93.3% Year 6 – 94.5%

**Remember to look super smart on Monday ready for photographs!**

**Car Park -** Thank you to all those who park and use the car park safely and appropriately. No one should need to drive onto or over the grass.

**REMEMBER TO KEEP UP TO DATE WITH ALL SCHOOL EVENTS VIA THE SCHOOL WEBSITE, TWITTER FEED AND FACEBOOK PAGE.**



## Our Value for October is **HAPPINESS**

**Happiness** at St Michael and All Angels Primary means believing in yourself. It is being positive and joyful even when facing challenges. It is caring for others and being kind.

### **Happiness looks like:**

- \* Being kind to others
- \* Caring for one another
- \* Feeling valued
- \* Working together in harmony
- \* Making people smile



We have found lots of books that teach us about 'HAPPINESS' and mental health. Can you think of anymore?

Happiness and positivity can make a huge difference to your child's wellbeing and achievement. A happy child is more likely to perform well at school. Research has shown that mental and emotional problems affect children's academic achievement. There's a lot we can do to help children be happier on a day-to-day basis. These include:

**Laughing.** It sounds obvious, but it releases feel-good hormones and reduces stress hormones. Sit down together and watch a funny DVD or look up silly videos on YouTube.

**Performing random acts of kindness,** such as making someone a cup of tea (unprompted), helping with the washing-up or reading to their younger sibling a story.

**Encouraging a growth mindset.** Praise children for hard work and perseverance rather than results, rewarding the effort rather than the outcome.

**Exercising.** There's a strong link between physical activity and mental wellbeing, so walking or cycling to school, playing football in the garden after school or taking up dance or gymnastics lessons could boost your child's emotional health.

**Celebrating their strengths.** Focus on praising the things they're good at and doing more of them.

**Reading together.** You can't underestimate the impact of reading your child a bedtime story – even if they're perfectly capable of reading by themselves.

**Hugging.** Most hugs only last 2.1 seconds, but to get the maximum love-surge, they need to last seven seconds or longer, so introducing the seven-second hug is a really easy way of making your child feel special.

**Happiness is a by-product of emotional wellbeing.**

**Happiness means different things to different people and we look forward to learning from each other during this month.**

## Thought for the week.....

### 7 Steps to Happiness:

Think Less, Feel More
Frown Less, Smile More
Talk Less, Listen more
Judge Less, Accept More
Watch Less, Do More
Complain Less, Appreciate More
Fear Less, Love More