

Tuesday
20th
March

Important dates this week:

- Yesterday was the Spring Equinox – this is the official first day of Spring. What signs of spring have you noticed?

-Today is World Poetry Day. Read the poem about Spring together. How does the poem make you feel? (Read A3 poem with group or select a child to read)

- Ramadan starts tomorrow (22nd March). Can anyone tell us what Ramadan is? (Ramadan is a holy month of fasting and prayer for Muslims, the followers of Islam. It is celebrated as the month during which Muhammad received the initial revelations of the Quran, the holy book for Muslims).

News:

Miss O'Donoghue would like to meet the Rights Respecting Rangers on Wednesday at 1pm in her classroom.

Discussion:

The Spring equinox, beginning today signifies the days becoming longer and the nights shorter. We say goodbye to winter and hello to Spring! What are you looking forward to in Spring?

Which of the 5 ways to wellbeing could you link a new change in season to?

(Connect, Be Active, Take Notice, Keep Learning, Give)

Take Notice

'Take Notice' encourages us to pay attention to what is going in our environment. In spring, this may be done by taking a walk and noticing the new life that comes with it. For example, new plants sprouting, trees budding, or a rise in temperature.

Get Active

Now the weather is getting warmer you can spend more time outside in the park, riding your bike or playing a sport that you enjoy. How does getting active effect your wellbeing? Have you heard of endorphins? They are chemicals that our bodies make when we do exercise and they actually make us feel happier! Isn't that amazing!

Give Back

Now the weather is better, what did the Green Team say that they were going to start doing in the mornings to give back to our local community? (litter picking outside St Pauls) Which right does caring for our environment link to? Article 24 – We have the right to a clean and safe environment.

Curriculum catch-up!

PE

1. What have you been learning about in PE?
2. Can you remember any of the PE lessons you did in the past?
3. How do the teachers make sure you are challenged/supported in PE(what do you do if you don't understand?)
4. What's your favourite/ least favourite topic in PE

BONUS Q IF TIME: How does PE effect your mental wellbeing?

Positive Affirmation for today:

Practicing morning affirmations can help you start your day on the right track. It puts you in a good headspace for tackling the rest of the day. This kind of positive self-talk becomes easier with practice and when you remember them they will pop into your head when you need it most.

I believe in myself.

Thank you and have a great week! 😊



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Frogs croak
Rains soak
Chicks peep
Crickets leap
Bees hum
Robins come
Birds sing
It's spring!

