



'Wellbeing Week' is here. Activities for the children include: Mindful Monday (story, box breathing, meditation, etc.,) Thankful Tuesday (gratitude journal, gratitude cup, etc.,) Workout Wednesday (sensory walk, Zumba, Yoga, etc.,) Thoughtful Thursday (anti-bullying activities, random acts of kindness, etc.) and Feel Good Friday ('What makes me feel good' display, etc.)



IN BRIEF

Mid-Term Break: Classes finish at the regular times (1.30pm and 2.30pm) this Friday. School reopens Monday 24th February.

The children have 10 minutes snack time and up to 15 minutes lunchtime, before they go outside to play. The staff give reminders to use snack time and lunchtime "for eating."

We also give the children reminders to look after their jackets and other belongings. Please check the lost & found boxes by Friday. Unclaimed items will go to the recycling centre.



Photos: Friday assemblies - springtime frogs and the rugby 6 nations.

SENSORY ROOM

The revamp of the school's multi-sensory room is going ahead! (Funded 1/3 by business donations, 1/3 by the school's PTA and 1/3 by our Board of Management.) Many thanks!

The facility will be used by the children in our special classes, along with some other pupils with additional needs and the few children who experience particular difficulties from time to time. Sensory rooms can help to calm and focus children. They can help in reducing stress & anxiety, whilst improving mood & self-esteem. Sensory rooms enable safe exploration of an environment.



Always leave the few Special Needs and Baby parking spaces at our school for those with most need (including parents of children in our special classes for autism.) Thank you.

