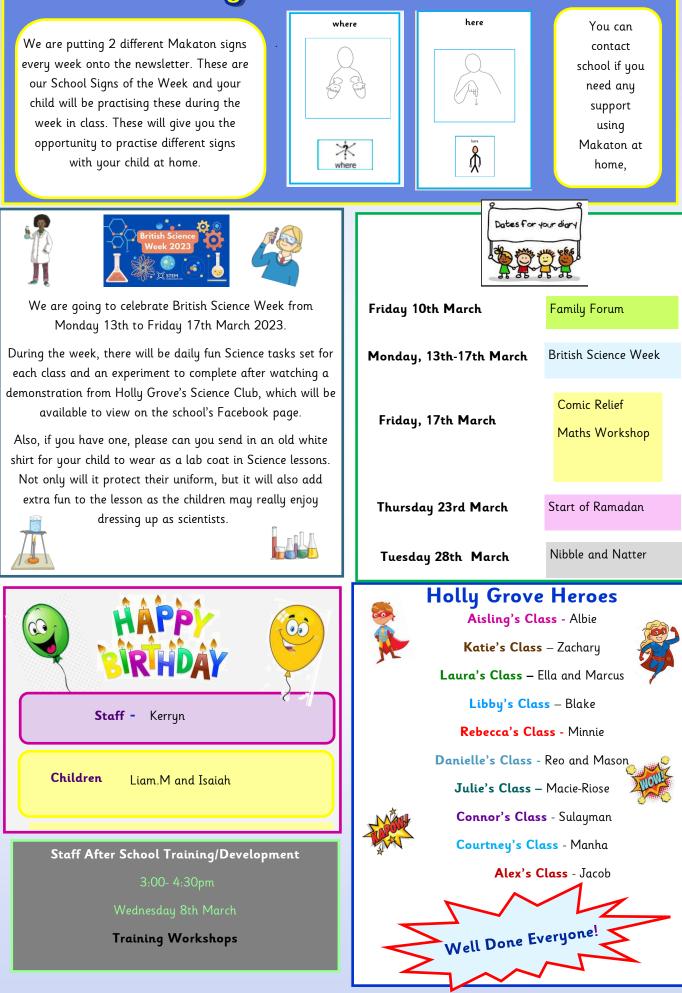


### 6th March 202 3

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## **Signs of the Week**



# Our Busy Week





Courtney's Class have been working extremely hard in Maths on recognising numerals 1-5 and matching the numerals to quantities.

In History, they have been exploring objects from the past and looking at what Burnley was like 100 years ago.





Zachary has been joining in with lots of sensory activities and giving everything a try. Well Done Zachary!





In Alex's History class, they have been learning about the Kingdom the Benin. They have been researching all key events in the early AD years.



Albie from Aisling's class has been acting as the Farmer from their Sensory Story.













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County Council



Starting on Thursday, 9th March '23

AGES 5 - 12 years FUNDA Land, The Leisure Box, Brierfield, Glen <u>Way, BB9 5NH.</u>

FREE Soft Play session for young people with SEND, Impairment and/or Disabilities.

You can use your Break Time hours here too!



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6Funda

Please book via the QR code 1, and ensure the consent form is completed via QR code 2.

The best

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BURNLEY FC

ACTION I			Mindful March 2023			
ACTION FOR HAPPINESS	27 Appreciate nature around you, wherever you are	20 Focus on what makes you and others happy today dayofhappiness.net	13 Pause to watch the sky or clouds for a few minutes today	<ul> <li>If you find yourself rushing, make an effort to slow down</li> </ul>		MONDAY
Happier · Kinder · Together	28 Notice when you're tired and take a break as soon as possible	21 Listen to a piece of music without doing anything else	14 Find ways to enjoy any chores or tasks that you do	7 Take three calm breaths at regular intervals during your day		TUESDAY
	29 Choose a different route today and see what you notice	22 Notice something that is going well, even if today feels difficult	15 Stop. Breathe. Notice. Repeat regularly	8 Eat mindfully. Appreciate the taste, texture and smell of your food	1 Set an intention to live with awareness and kindness	WEDNESDAY
	30 Mentally scan your body and notice what it is feeling	23 Tune into your feelings, without judging or trying to change them	16 Get really absorbed with an interesting or creative activity	9 Take a full breath in and out before you reply to others	2 Notice three things you find beautiful in the outside world	THURSDAY
×	31 Discover the joy in the simple things of life	24 Appreciate your hands and all the things they enable you to do	17 Look around and spot three things you find unusual or pleasant	10 Get outside and notice how the weather feels on your face	3 Start today by appreciating your body and that you're alive	FRIDAY
AND		25 Focus your attention on the good things you take for granted	18 Have a 'no plans' day and notice how that feels	11 Stay fully present while drinking your cup of tea or coffee	Notice how you speak to yourself and choose to use kind words	SATURDAY
		26 Choose to spend less time looking at screens today	19 Cultivate a feeling of Ioving-kindness towards others today	Listen deeply to someone and really hear what they are saying	5 Bring to mind people you care about and send love to them	SUNDAY



### PUPIL HOLIDAY DATES - 2022 / 2023

Autumn Term 2022

Re open

Half Term

Monday 5 September 2022

Monday 24 October

Monday 31 October

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Friday 28 October (Inclusive)



Re open

Christmas - Closure after school on Friday 16 December 2022

5 days

Spring Term 2023

Re open

Half Term

5 days M

Monday 13 February to Friday 17 February (Inclusive)

Tuesday 21 February

Thursday 5 January 2023

Re open

Easter - Closure after school on Friday 31 March 2023

#### Summer Term 2023

Re open

May Day 1 day Coronation Bank Holiday 1 day

Half Term. 5 days

Monday 8 May Monday 29 May to Friday 2 June (Inclusive)

Monday 17 April 2023

Re open

Monday 5 June

Monday 1 May

Summer - Closure after school on Friday 21 July 2023

