



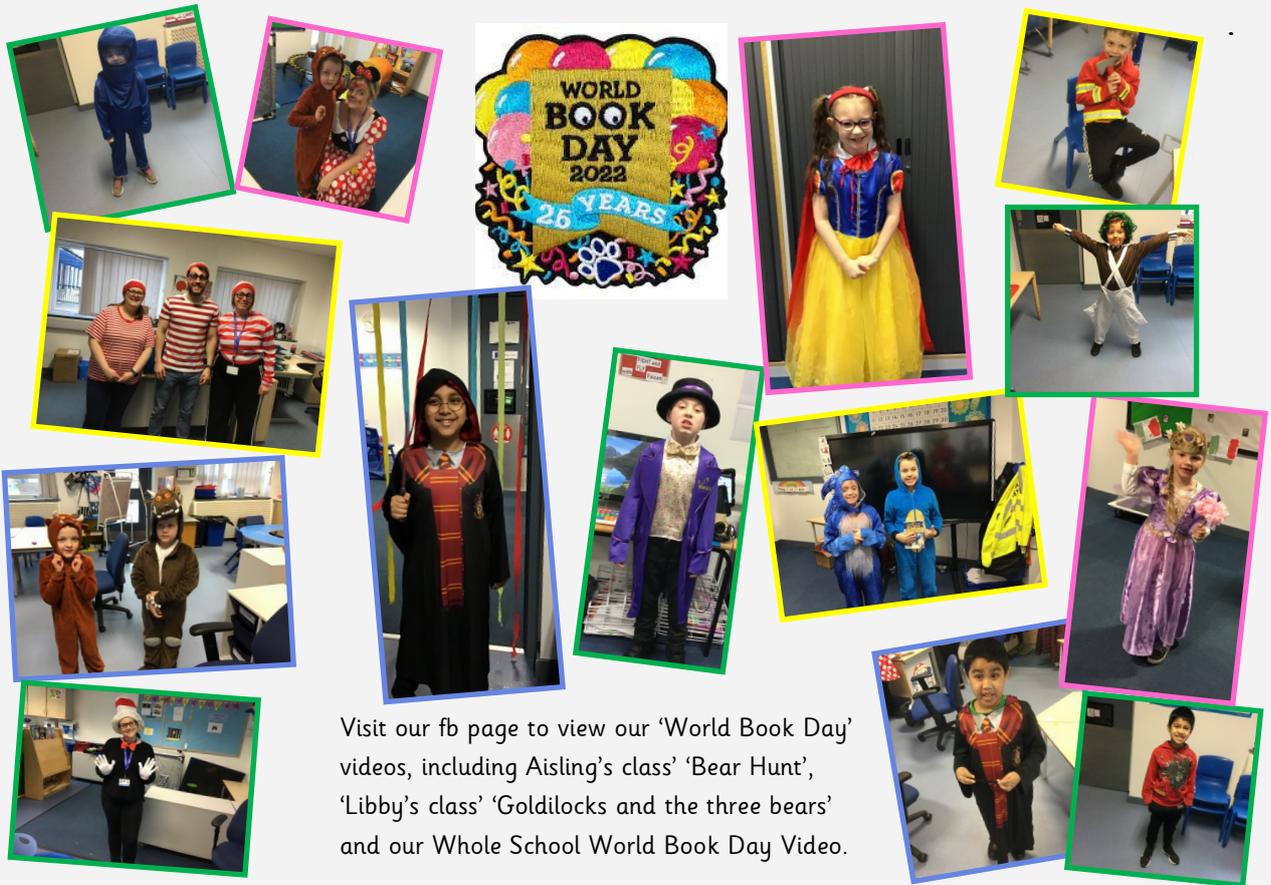
# Holly Grove School Newsletter

7th March 2022

[www.holly-grove.lancs.sch.uk](http://www.holly-grove.lancs.sch.uk) / [www.facebook.com/HollyGroveSchool](https://www.facebook.com/HollyGroveSchool)

We hope you had a Great Weekend!

**WOW!** Thank you for the huge effort everyone made for World Book Day. Everyone looked fantastic. We had an amazing day taking part in lots of fun activities.



Visit our fb page to view our 'World Book Day' videos, including Aisling's class 'Bear Hunt', 'Libby's class' 'Goldilocks and the three bears' and our Whole School World Book Day Video.

Ella, Reo and Ted certainly enjoyed Pancake Day. It looks like Ella had lots of fun making the batter mix.



Ted's pancake was topped with banana, ice-cream and Nutella.



Thank you for sharing your photos with us!



Reo's is a very 'happy' pancake.



**PANCAKE DAY**

**Libby's Class**





A huge well done to Leighton for his performance of Alphabet Hip Hop. You can watch Leighton's amazing performance video via our fb page .



## Science Week



This week we are celebrating British Science Week. During the week, there will be daily fun Science tasks for each class to carry out and we will be conducting experiments.

Instead of money donations, we are asking if you could please send in any spare white shirts you might have (all sizes will be greatly appreciated) so that your child can wear them as a lab coat during Science lessons.

Thank you for your support!

### PARENT WORKSHOPS

We are planning on holding some parent workshops over the remainder of the year. We aim to combine these with our regular Family Forums which are held on Friday afternoons at 1.30pm.

More info has been sent to you via the Parent Portal

### Head Sprout Reader of the Week

4<sup>th</sup> March 2022

**Fahd**

Fahd is making great progress and has just completed episode 18, scoring 100%. Wow!

Well Done Fahd!

## HAPPY BIRTHDAY!

**Staff** - Fiona, Alison, Cheryl and Tracey

**Children** - Samuel



### FAMILY FORUM

Our next Family Forum is planned for Friday 11th March at 1.30pm.

We are pleased to announce that our Assistant Head, Danielle Alty, will be delivering a presentation on Sensory Processing and how it affects our children plus sharing strategies on how to help them regulate.

If you would like to join us, please meet Nick at Holly Grove reception at 1.15pm. If you are intending taking your child home after school, please let Nick know and he will inform their class team to keep them until the meeting has finished.



Lizzy is our staff member of the week for all her hard work organising class trips and for always being a fantastic team member in class .

**Well Done Lizzy!**

### Holly Grove Heroes

- Aisling's Class** - Freya
- Samantha's Class** - Stanley
- Laura's Class** - Shaydon
- Libby's Class** - Bhryss
- Rebecca's Class** - Blake
- Danielle's Class** - Dylan
- Julie's Class** - Ayaan
- Connor's Class** - Theo
- Alison's Class** - Grace
- Jack's Class** - Lucas.BD



*Have a Great Week!*

# Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 Have a 'no plans' day and notice how that feels

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 If you find yourself rushing, make an effort to slow down

19 Appreciate nature around you, wherever you are

20 Focus on what makes you and others happy today [dayofhappiness.net](http://dayofhappiness.net)

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Cultivate a feeling of loving-kindness towards others today

28 Notice when you're tired and take a break as soon as possible

29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together