

Tuesday 1 st February	<p>Can we remember the 5 key things to do that keep our minds and bodies healthy? (Connect /active /take notice/learning/giving and being kind)</p> <p>Today we have a special One Voice, our Rights Rangers are going to give us a recap on Mindful meditation, which of the 5 aspects of wellbeing does this link to? Rights Rangers will lead Mindful Meditation session (Please set up the powerpoint that has been sent as it will prompt them!)</p> <p><u>Playground</u></p> <p>Mrs Huck has set up the construction table in the playground and we love to see you getting creative! However, adults around school have noticed a lot of lego around the playground. If children would like to continue to have the construction table outside, you must make sure that you tidy up after yourself and keep everything on the table. Teachers will be checking to see if there is an improvement this week.</p> <p><u>Rights Respecting School Award</u></p> <p>Children's Mental Health Week is 7th- 13th February. This is St Paul's opportunity to shine the spotlight on the importance of children's mental health. We have chosen to fundraise for children and young people's mental health by donating money raised to Place2Be. This is a children's mental health charity with over 25 year's experience working with pupils, families and staff in UK schools. This theme for this year's Mental Health Week is Growing Together. This is about growing emotionally and finding ways to help each other grow.</p> <p>On Friday 11th, the final day of Mental Health Week, we want you to Dress to Express. It is up to you to decide how you would like to dress on that day. You can wear your favourite colour, your favourite jumper, what you feel most comfortable in or a unique outfit to express how they're feeling. It can be as simple or elaborate as you like! Dress to Express is an opportunity for self-expression and celebrating a diverse range of emotions. Teachers will join in too! We would like a donation of £1.00 from each child who dresses to express. We aim to raise at least £250 to support children's and young people's mental health and wellbeing. Let's do it together!</p> <p>Thank you everyone!</p>
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