

Tuesday

## 5 Ways to wellbeing

15th

November

Last week we discussed which one of the five ways to wellbeing we could focus on this week and improve on (either giving, keeping active, connecting, taking notice or learning). What did you work on? Can you see that doing this more often could improve your wellbeing?

## School News

- In Ms Lee's assembly last week she mentioned that it has been noticed that the children are dropping more food than usual on the floor at lunch e.g. big chunks not crumbs and mistakes. Can everyone please remember to keep food on the tables and plate?
- This week, the instructors from Bikeright are in school in to run the year 6 cycle training. As in previous years, the pitch will be used for this each morning.
- It is Walk to school week this week, we are trying to reduce the number of cars in our community- try your best to walk, scoot or cycle to school all/ part of the way to school. Children will receive a point for each day they don't use a car and at the end of the week the winning class with the most walkers will be rewarded. If you live a bit further away you could swap the car for the bus or park a bit further and walk the rest of the way into school.
- Please let Rights Rangers know that they are meeting at 12.45 in Miss Gallienne's room today.
- This Friday 18<sup>th</sup> November, we are having a non- uniform day in school, you can donate in a bottle for the PTA Christmas tombola. A message has been sent to parents with ideas, this could be a bottle of shampoo, a jar of jam, body wash etc

## Being Active- World Cup Week 28th November

For world cup week, the class countries are:

	Country	Flag colours
Mr Kennedy	Canada	red and white
Miss Bailey	USA	red white and blue
Miss Najdich	England	red and white
Miss Anderson	Spain	red and yellow
Miss Draycott	France	red white and blue
Miss Talbot	Germany	black red and yellow
Miss Gallienne	Switzerland	red and white
Miss Saleem	Portugal	red and green
Mrs O'Connor	Denmark	red and white
Miss Fleet	Argentina	blue white and yellow
Miss O'Donoghue	Poland	red and white
Mr Davies	Wales	red white and green

Also **today at 12pm** is the last day to sign up to the football tournament in year 3/4 and 5/6. The 5/6 tournament will take place on the 2nd December (Friday) and not the Wednesday as first stated.

Sports Leaders: they try their best to make sure everything runs smoothly on the pitch. Please listen to them and follow the rules carefully.

### **Rights Respecting**

One Voice is about having the opportunity to get your voice heard, what article does this link to?

**Article 12 Says children and young people have the human right to have opinions and for these opinions to be heard and taken seriously.**

Is there anything else that you think should be included in our weekly One Voice sessions? (This is for adults and children!) Please let Rights Rangers make a list and they can bring your ideas to Ms Gallienne at the next meeting. Thank you 😊