

# The Mosley Academy – Newsletter

Issue 21

[www.mosley.staffs.sch.uk](http://www.mosley.staffs.sch.uk) @MosleyAcademy



## Stars of the Week

Year 3 have chosen the Stars of the Week this week...

They have chosen the Midday Supervisors as stars of week.

Headteacher's Award – Joel, Edward T, Viktoria, Edward G.

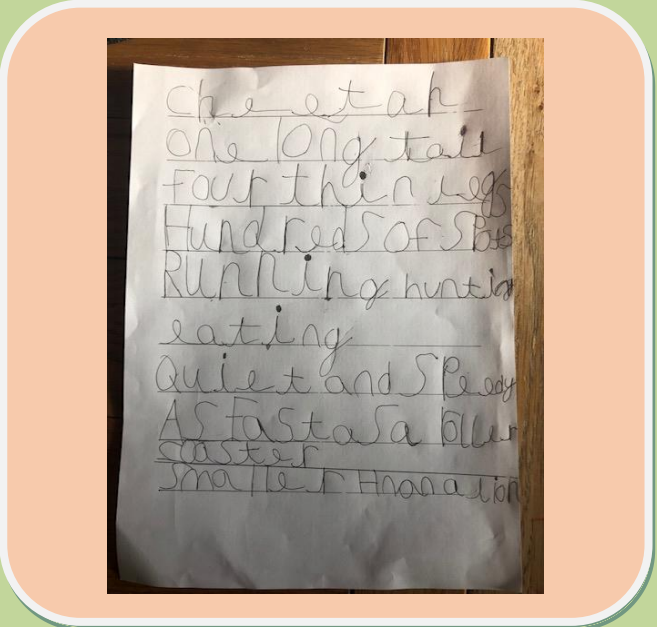


Home Learning Obstacle Course!



Half Term

Have a wonderful half term break! School re-opens for critical worker children on Monday 22<sup>nd</sup> February. Thank you to all of our parents and carers for your support this term.





# ACTION CALENDAR: FRIENDLY FEBRUARY 2021



## MONDAY

**1** Send someone a message to say how much they mean to you

**8** Share what you're feeling with someone you really trust

**15** Smile at the people you see and brighten their day

**22** Give sincere compliments to people you talk to today

## TUESDAY

**2** Ask a friend how they have been feeling recently

**9** Thank someone and tell them how they made a difference for you

**16** Check in on someone who may be struggling and offer to help

**23** Be gentle with someone who you feel inclined to criticise

## WEDNESDAY

**3** Do an act of kindness to make life easier for someone else

**10** Look for the good in people, even when they frustrate you

**17** Respond kindly to everyone you talk to today, including yourself

**24** Tell a loved one about their strengths that you value most

## THURSDAY

**4** Organise a virtual 'tea break' with colleagues or friends

**11** Send an encouraging note to someone who needs a boost

**18** Appreciate the good qualities of someone in your life

**25** Thank three people you feel grateful to and tell them why

## FRIDAY

**5** Show an active interest by asking questions when talking to others

**12** Focus on being kind rather than being right

**19** Share a video or message you find inspiring or helpful

**26** Give positive comments to as many people as possible today

## SATURDAY

**6** Get back in touch with an old friend you've not seen for a while

**13** Send a friendly message of support to a local business

**20** Make a plan to connect with others and do something fun

**27** Call a friend to catch up and really listen to them

## SUNDAY

**7** Make an effort to have a friendly chat with a neighbour

**14** Tell your loved ones why they are special to you

**21** Actively listen to what people say, without judging them

**28** Make uninterrupted time for your loved ones



"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain



"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS

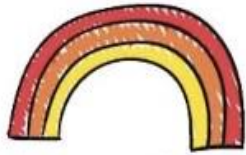


[www.actionforhappiness.org](http://www.actionforhappiness.org)

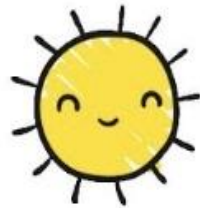
Learn more about this month's theme at [www.actionforhappiness.org/friendly-february](http://www.actionforhappiness.org/friendly-february)

Happier · Kinder · Together

# Self-Care & Mental Health for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.

"I am angry."  
"I am sad."

Encourage journaling and diaries.

Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.



Establish a self-care routine.



Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.

We hope all of our families are well and staying safe. You can access information about our home learning and other resources via the following link:-

<https://www.mosleyschool.co.uk/page/?title=Home+Learning&pid=119>