

# The Mosley Academy – Newsletter

Issue 17

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

## Rory Fund Raising

Dunstall Cricket Club (Rory plays for the U11s) decided to raise some money for both the club and Prostrate Cancer Research by collectively running the distance to Lords Cricket Ground by the end of January. The idea being to get some sponsorship and encourage everyone out to exercise.

Rory has been running one mile per day (about 9min 20secs) as his contribution, joined by Heather, Lucy and Roxie who is Rory's puppy.



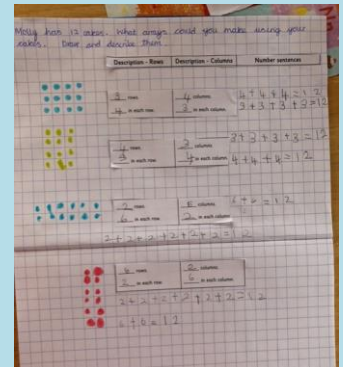
The initial target was £1000 but the whole thing has snowballed and the target now stands at £2,500 with over £2,200 raised. Well done Rory!

## Stars of the Week

This week we have chosen all of our parents as stars of the week, for their hard work and support with the home learning.



Molly's Maths



## Liam's Monet Picture



## Resources

We have included some links to resources, ideas and activities at the end of this newsletter.





# ACTION CALENDAR: HAPPIER JANUARY 2021



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



**"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi**

**4** Write a list of things you feel grateful for in life and why

**5** Look for the good in others and notice their strengths

**6** Take five minutes to sit still and just breathe

**7** Learn something new and share it with others

**1** Find three good things to look forward to this year

**2** Make time today to do something kind for yourself

**3** Do a kind act for someone else to help to brighten their day

**8** Say positive things to the people you meet today

**9** Get moving. Do something physically active (ideally outdoors)

**10** Thank someone you're grateful to and tell them why

**11** Switch off all your tech 2 hours before bedtime

**12** Connect with someone near you - share a smile or chat

**13** Be gentle with yourself when you make mistakes

**14** Take a different route today and see what you notice

**15** Eat healthy food which really nourishes you today

**16** Get outside and notice five things that are beautiful

**17** Contribute positively to a good cause or your community

**18** Focus on what's good, even if today feels tough

**19** Get back in contact with an old friend you miss

**20** Go to bed in good time and give yourself time to recharge

**21** Take a small step towards an important goal

**22** Try out something new to get out of your comfort zone

**23** Plan something fun and invite others to join you

**24** Put away digital devices and focus on being in the moment

**25** Decide to lift people up rather than put them down

**26** Say hello to a neighbour and get to know them better

**27** Challenge your negative thoughts and look for the upside

**28** Ask other people about things they've enjoyed recently

**29** Use one of your personal strengths in a new way

**30** Count how many people you can smile at today

**31** Write down your hopes or plans for the future

ACTION FOR HAPPINESS



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

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

Happier · Kinder · Together

## **Lockdown Links, Resources and Ideas**

Mind – Mindfulness and well-being

<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>

Joe Wicks – Exercise and well-being

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Oak National Academy – Lessons and videos

<https://classroom.thenational.academy/>

BBC Bitesize – Educational resources and videos

<https://www.bbc.co.uk/bitesize/dailylessons>

Oxford Owl – Online Reading and E-books

<https://home.oxfordowl.co.uk/>

NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/arguments-conflict-family-tension-coronavirus-lockdown/>