

The Mosley Academy – Newsletter

Issue 24

www.mosley.staffs.sch.uk @MosleyAcademy

Returning to School

Very well done to all of the children for returning to school with such confidence and enthusiasm! It has been wonderful to see everyone!



Stars of the Week

Reception – Annabelle
 Class 1 – Teddy
 Class 2 – Charlie
 Class 3 – George
 Class 4 – Keon
 Class 5 – Freddie
 Class 6 – Harry
 Headteacher's Award – Pippa



Attendance:

Reception – 100%
 Class 1 – 98.7%
Class 2 – 100%
 Class 3 – 96.5%
 Class 4 – 98.9%
 Class 5 – 99.3%
 Class 6 – 99.6%
Overall – 99.02%
 Well done children!

World Book Day Competition Winners

Fantastic First 50

Alexia
 Hugo
 Harry P
 Esme I
 Ewan S
 George M

Apart but Together

Jake D
 Jasmine
 Eleni
 Eva
 Nerea
 Claudia
 Molly P
 Emilia
 Ronan

Toilet Roll Characters

Darcy T
 Noel
 Esme D
 Edward G
 Noah W
 Harvey H
 Archie I



The Mosley Blog!



Scan the QR code!

Comic Relief - 19th March 2021

Next Friday 19th March the children can come to school dressed in red for a suggested £1 donation. They can also come to school with crazy hair!

We also have a small number of noses left for sale!

AMPS (PTA) Meeting

The Association of Mosley Parents and Staff (AMPS) will be holding a short meeting on Monday 15th March at 6pm on Zoom. We will be hoping to plan some fundraising based on the Government's 'roadmap.' You are welcome to join the meeting, we would love to see old and new members!

Please let the office know if you would like to join the meeting and we can give you the meeting link.



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

1 Set an intention to live with awareness and kindness

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

15 Stop, breathe and just notice. Repeat regularly during the day

22 Walk a different route today and see what you notice

29 Notice what is working today and be thankful that this is so

TUESDAY

2 Notice five things that are beautiful in the world outside

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

16 Get really absorbed with an interesting or creative activity

23 Tune in to your feelings, without judging or trying to change

30 Mentally scan down your body and notice what it is feeling

WEDNESDAY

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

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

17 Look around and spot 3 things you find unusual or pleasant

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

31 Notice the joy to be found in the simple things of life

THURSDAY

4 Notice how you speak to yourself. Try to use kind words

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

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

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

FRIDAY

5 Take three calm breaths at regular intervals during your day

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

19 Cultivate a feeling of loving-kindness towards others today

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

SATURDAY

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

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

20 Celebrate the International Day of Happiness dayofhappiness.net

27 Have a device-free day and enjoy the space it offers

SUNDAY

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

14 Find ways to enjoy any chores or tasks that need doing

21 Listen to a piece of music without doing anything else

28 Appreciate nature around you, wherever you are

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS

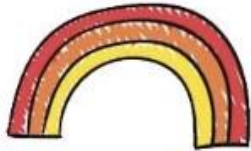


www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

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.