



ST LEVAN PRIMARY SCHOOL



BULLETIN 21 5TH MARCH 2021

With this bulletin:

- Link to St Piran's Day story.
- Car sharing during lock down hints & tips.
- Mindful march calendar—some strategies to calm busy minds and bodies.

DATES FOR THE DIARY

Monday 8th March

School is re-opening! See you then.

Friday 19th March-Red Nose Day We have registered to take part in this.

Parent consultations in March

We have postponed these until after Easter in the hope school will be fully open.

Easter Holidays

Friday 2nd April - Sunday 18th April. Last day of Spring term is Thursday 1st April. This day has a 1.30pm finish.

Friday 5th March 2021 Happy St Piran's Day

We thoroughly enjoyed our World Book Day quiz. It was funny how the same books came up more than once but in a different way. Thank you for your enthusiastic participation once again and for your smashing book character outfits.

We look forward to getting the ball rolling with school open once more (and hopefully forever this time) next Monday. We will take things slowly and carefully, keeping all precautions and prevention measures in place.

Children may take a while to settle back into school routines and our recovery curriculum will involve allowing time to re-establish these, reassure children that school is safe and ensuring they feel secure. From a learning point of view, the practical elements of Science and PE, as well as opportunities for writing to apply all that grammar and spelling knowledge from remote learning.

Our staff are rapid flow testing twice weekly, some have had their first vaccines. Hopefully the vaccine rollout will make all the difference and enable us to embrace our Summer term as we would like to: full of clubs, trips, camps etc. Cross your fingers! In the meantime we remain in lockdown even though the schools are open, so stay safe.

Diane Blackie—Interim Head Teacher

Conversation Topic: Reflections on lockdown

What will you miss about home learning?

What are you looking forward to about the return to school?



St Piran online story resource for children and families

Penwith Landscape Partnership have recorded the story of St Piran for children, schools and families in Cornish and English:

<https://cornish-language.org/listen-to-the-story-of-st-piran/>



Car sharing on school run

At this time please **avoid car sharing**, but if you have to, please follow these simple steps.



Wear face coverings



Sit as far apart as possible



Share with the same small group only



Keep windows open



Wash hands or use sanitisers before and after



Clean the car after every journey

cornwall.gov.uk/coronavirus



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