

DEPTFORD PARK PRIMARY SCHOOL NEWSLETTER

Friday 19th March 2021

Welcome back to school! It's been really great to see all the children back smiling and so grown! They have settled back into school life well and appear delighted to be able to socialise with their friends and have the space to run freely outside within their "bubbles." We hope you found the virtual parents' meetings helpful; it was really useful to hear how your children have been getting on with their learning at home. Well done to you all for juggling a range of commitments and challenges whilst at the same time ensuring your children continue with their online learning not an easy feat! Please remember we are required to keep all the windows open during this time as part of our risk assessment; so whilst the weather is still quite cold, please continue to ensure your children are wearing lots of layers so they can add and remove clothing for their comfort. Thank you for your support and have a lovely weekend!



Again, a big well done to all of you for the work you have done at home, on Google Classrooms and with your adults. An especially big well done to **Amber Class** and **Jasper Class**, who had 100% engagement for the last two weeks of online learning! Also, well done to **Opal Class**, who had 100% engagement for the penultimate week of online school.

In the unfortunate event of a future bubble or school closure please remember to check the Remote Education information on the school website, which will outline how children will continue with their learning from home.

If you need to convey a non urgent message to your child's class teacher please remember to use the **class email address**. Many thanks.

Please remember to check Google Classrooms every Friday for your weekly homework!

Year 6 Parents

Don't forget to accept your secondary school place.

ATTENDANCE

Now that the children are back we will continue to monitor attendance very carefully and remind you that holidays **should not** be taken during term time. We are keen to get the children back into the routine of school life and learning and this is best achieved through regular attendance.

Please keep a close eye on Government's advice before booking any summer holidays during this time.

Kindness Hearts

As mentioned in the previous newsletter, the kindness hearts made by some of the children were displayed on the Deptford Park gates for all to see this Valentine's Day. Thank you Bernadette for involving us in such a lovely project. What a great way to express love in a non-commercial way.



The Children are really enjoying the Well-being project since returning to school. Try out some of the activities as a family below. Let your teacher know how you get on!



ACTION CALENDAR: MINDFUL MARCH 2021



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|--|---|
| 1 Set an intention to live with awareness and kindness | 2 Notice five things that are beautiful in the world outside | 3 Start today by appreciating your body and that you're alive | 4 Notice how you speak to yourself. Try to use kind words | 5 Take three calm breaths at regular intervals during your day | 6 Bring to mind people you care about and send love to them | 7 Have a 'no plans' day and notice how that feels |
| 8 Eat mindfully. Appreciate the taste, texture & smell of your food | 9 Take a full breath in and out before you reply to others | 10 Get outside and notice how the weather feels on your face | 11 Stay fully present while drinking your cup of tea or coffee | 12 Listen deeply to someone and really hear what they are saying | 13 Pause to just watch the sky or clouds for a few minutes today | 14 Find ways to enjoy any chores or tasks that need doing |
| 15 Stop, breathe and just notice. Repeat regularly during the day | 16 Get really absorbed with an interesting or creative activity | 17 Look around and spot 3 things you find unusual or pleasant | 18 If you find yourself rushing, make an effort to slow down | 19 Cultivate a feeling of loving-kindness towards others today | 20 Celebrate the International Day of Happiness dayofhappiness.net | 21 Listen to a piece of music without doing anything else |
| 22 Walk a different route today and see what you notice | 23 Tune in to your feelings, without judging or trying to change | 24 Appreciate your hands and all the things they enable you to do | 25 Focus your attention on the good things you take for granted | 26 Notice when you're tired and take a break as soon as possible | 27 Have a device-free day and enjoy the space it offers | 28 Appreciate nature around you, wherever you are |
| 29 Notice what is working today and be thankful that this is so | 30 Mentally scan down your body and notice what it is feeling | 31 Notice the joy to be found in the simple things of life | "Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn | | | |



ACTION FOR HAPPINESS

www.actionforhappiness.org

Happier · Kinder · Together

This week has been:



Ask your children what they have been

Red Nose Day!



What fun we had today with our pyjama event!
We will let you know shortly how much we raised.

Our outstanding Inset day will be on Thursday 6th May as the school is being used as a polling station. Thank you

Term Dates

- Wednesday 31st March ~ Last day of Term
- Thursday 1st April -Friday 16th April - Easter break
- Monday 19th April: INSET day for staff
- Tuesday 20th April -Children return to School

A copy of this newsletter can also be downloaded from the school website:
www.deptfordpark.lewisham.sch.uk

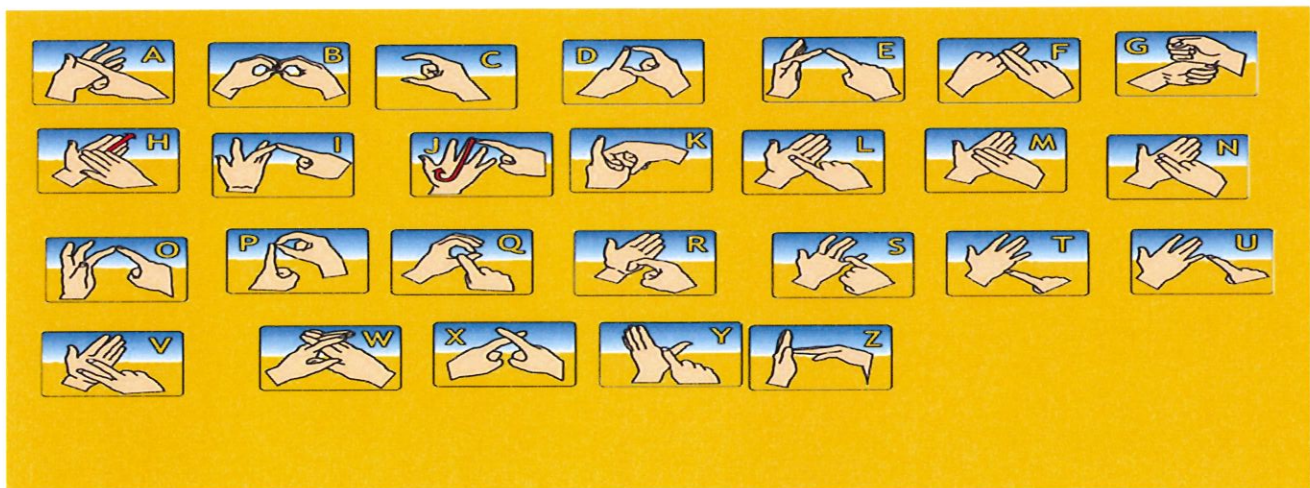
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Welcome Back



Can you finger spell your name?