



friendship
aspiration
forgiveness
justice
hope



"Do Everything in Love"
Corinthians 16:14

Friday 8th March 2024

'The more you read the more things you will know, the more you learn the more places you'll go.' - Dr Seuss.



This week, your children have been showing us what they have read, what they know and have learnt through their assessments. Next week, we start with our My Amazing Journey (MAJ) conversations with your child to help them focus on their next steps in their learning.

World Book Day was a triumph, with many children creating a 'book in a bag'. The costumes that children wore were diverse and exciting and the children loved spending the day focused on the benefits of reading.

Did you know: reading has been shown to reduce stress and anxiety by up to 68%.

Read every day with your child, encourage them to read for pleasure. Michael Rosen, author of over 200 books shares some of the researched benefits of reading, see link below:

<https://video.link/w/pH-CZleEcXs>

With blessings,

Diane Wright
Headteacher

Friday 1st March 2024- Great Fire of London Wow Day



Today we worked out that a fire destroyed lots of London in 1666. We spent our day baking currant buns and doing some country dancing to find out what life was like in 1666. We also produced some fantastic artwork based on The Great Fire of London. We're excited to be historians and find out where the fire started, why it spread, how they tried to extinguish it and how much damage it did.



Mindful March 2024

MONDAY



4 Notice how you speak to yourself and choose to use kind words

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

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

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

TUESDAY



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

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

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

WEDNESDAY



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

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

20 Focus on what makes you and others happy today
dayofhappiness.net

27 Appreciate nature around you, wherever you are

THURSDAY



7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

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

FRIDAY

1 Set an intention to live with awareness and kindness

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

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SATURDAY

2 Notice three things you find beautiful in the outside world

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 into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

SUNDAY

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 three things you find unusual or pleasant

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

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

Diary Dates

- | |
|--|
| • 15 th March- Brain Blaster Activity Day |
| • 18 th March- KSI walk to the Pleasure Park (seasonal changes) |
| • 21 st March- Class Photos |
| • 25 th March- A day of rugby, come to school wearing anything green, black or gold, representing the Northampton Saints Rugby Team. – Bring a chocolate for the tombola. |
| • 25 th March- stay and play session for under 5's
• Parent consultations |
| • 26 th March- KS2 visit to Christ the King Church for Faith day.
• Parent Consultations |
| • 27 th March- Craft morning (Easter bonnet making) and Church service at 2pm (all can attend) |



Next Friday 15th March, we will be visited by the Happy Puzzle Company. The company specialises in running workshops to encourage and enhance thinking skills and logical reasoning. Each class will visit the workshop in the hall throughout the day and engage in some exciting activities as part of our brain blaster day.

The company will have their stall open after school if parents would like to purchase any of their products. They will take cash or card and prices will range from 99p up to £25.

Please see flier below and link for more information: [The Happy Puzzle Company | Thinking Skills and Maths Workshops for Schools \(puzzlechallengedays.co.uk\)](http://puzzlechallengedays.co.uk)

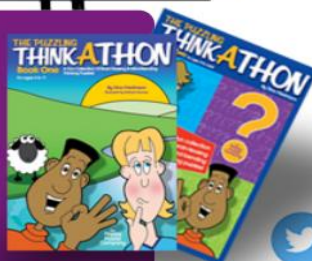
THE PUZZLE SHOP

206 Fun & Educational Ideas For the Whole Family!

LOCATION _____ **TIME** _____



Bring this voucher to the puzzle shop and claim your free Thinkathon Book with any purchase over £5.00!



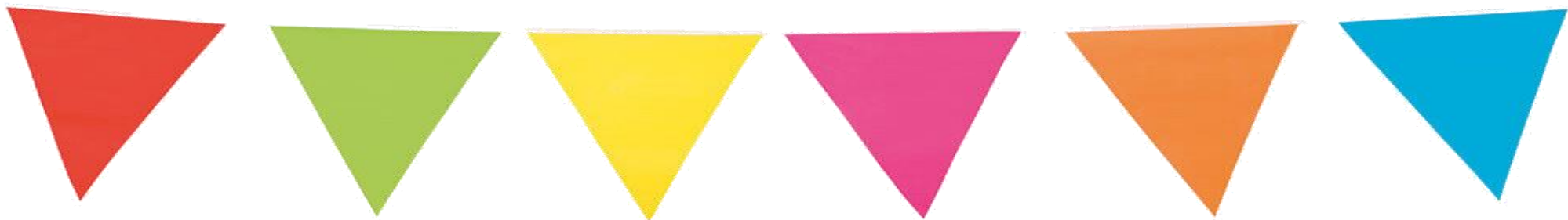
puzzlechallengedays



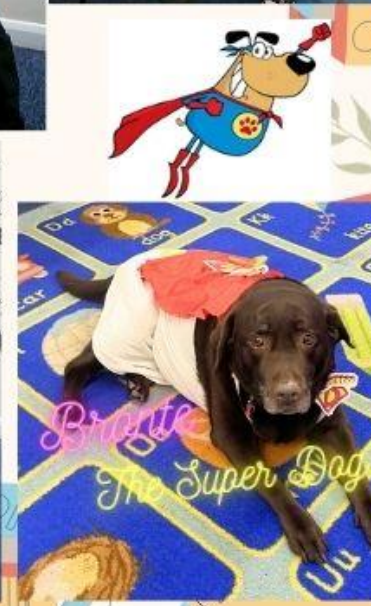
happypuzzle



happypuzzle



World Book Day 07/03/2024



Northampton Saints

Day of Rugby

Monday 25th March 2024

Come to school dressed in Green, Black
or Gold (Saints Colours) in return for a
donation of a Chocolate Egg (for the
PFA Easter tombola)





St Mary's Primary School



Star of the Week

4th-8th March 2024

EYFS

RAUL & OLIVER



YEAR 3

ISAAC



YEAR 1/2

**ANDREEA
& HUNTER**



YEAR 1

ELENA



YEAR 2

LILIANA S



YEAR 5/6

ALEX



YEAR 3/4

CALVIN



YEAR 4/5

**NATHAN &
DANIEL K**



YEAR 6

GRACE

