

Date: 13/03/2020

Brownlow Fold Newsletter

Key Dates

Monday 23rd March – Year 2 visiting St Saviours
Thursday 26th March – Epilepsy Purple Day
Monday 30th March – Thursday 2nd April – Rock Kidz event (letter to follow)

Head Teacher Award

Well done to the children who have received the Head Teacher Award this week:-

Lilly Healey – Year 4

Note from the Head teacher

ACTION FOR HAPPINESS

Look for what's good

Positive emotions - like joy, gratitude, contentment, inspiration, and pride - are not just great at the time. Recent research shows that regularly experiencing them creates an 'upward spiral', helping to build our resources. So although we need to be realistic about life's ups and downs, it helps to focus on the good aspects of any situation - the glass half full rather than the glass half empty.

Mrs J Cheung
Head teacher

Star of the week

Every week staff choose 'Stars of the week' from every class. This may be because they have been working extremely hard, demonstrating excellent manners or they have tried their best. Can your child explain to you why they have been chosen to be the 'Star of the week'?

Class	Pupil/s
Reception	Aksha
Year One	Arsal
Year Two	Ayaan E
Year Three	Ayaan
Year Four	Mohammad Rayhan
Year Five	Sara
Year Six	Mcauley



Brownlow Fold Rock Kidz

Does your child want to be a Rock Star? Now is their chance. Pupils at Brownlow Fold will have the opportunity to work with established musicians.

Pupils will learn and sing four original songs and perform a live rock star concert. The **whole school** will come together each day to work collaboratively and learn important life lessons along the way. Throughout the week pupils will learn about anti-bullying, self-esteem/self-worth, perseverance, goals, dreams, friendship, inclusion, valuing diversity and respecting one another. The programme will run over four sessions. At the end of the week, pupils will display all their hard work to friends and family.

They will come dressed as Rockstars, which will give them a sense of ownership for the work they have done. The whole school will take part in a performance, which is a great way to have all year groups working together. The programme will conclude with a whole school concert held at Brownlow Fold on Thursday 2nd April 2019 3.00pm – 4.00pm. Please purchase tickets from the school office (£2.50 per adult ticket/children free) Space will be limited so tickets will be sold on a first come first served basis.

British Values

9th-15th March

Individual Liberty

If we feel strongly about something that affects us, there are different ways we can share our opinions with those who make decisions. Explaining our reasons can help bring about positive changes.



Joe Brindle, age 17 from Devizes School, is a founder member of Teach the Future. The group are recently formed and are taking their call for environment issues to be taught in schools as part of the curriculum to Parliament! Ministers have agreed that "it is vital that pupils are taught about climate change" but the group believe that schools are failing to prepare them for a climate emergency.





Things to talk about at home...

Which are your favourite subjects at school? Talk about what you like about them.

Ask people at home who are older or younger what their favourite subjects are. Were there any different subjects mentioned?

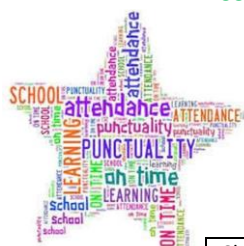
Are there any new subjects that you think should be taught? Explain why.

MERCHANDISE PRICE LIST

ITEM	PRICE
 CD	£5
 T-SHIRT	£12
 SNAPBACK (CAP)	£15
 HOODIE	£20

ALL MERCHANDISE WILL BE AVAILABLE AT THE CONCERT.
WE ACCEPT CASH AND CARD PAYMENTS

Attendance and Punctuality



Ofsted say:	
Attendance	Judgement
Above 96%	High
95.1% - 96%	Above Average
94% - 95%	Average
Below 94%	Low

Class	
Reception	90.9%
Year One	95.9%
Year Two	95.6%
Year Three	96.1%
Year Four	94.8%
Year Five	94.1%
Year Six	96.4%



ACTION CALENDAR: MINDFUL MARCH 2020



SUNDAY

- Set an intention to live with awareness and kindness
- No plans day. Slow down and let spontaneity take over
- Stop to just watch the sky or clouds for ten minutes today
- Have a device-free day and enjoy the space it offers
- Appreciate your hands and all the things they enable you to do

MONDAY

- Get outside and notice five things that are beautiful
- When someone is speaking, take a full breath before you reply
- Do something creative that absorbs your attention
- Take an unusual route and notice what looks different
- Mentally scan down your body and notice what it is feeling

TUESDAY

- Cultivate a feeling of loving-kindness towards others today
- Stay fully present while drinking your cup of tea or coffee
- Look around and spot 3 things you find unusual or pleasant
- Notice when you're tired and take a break as soon as possible
- Go nature spotting today. Even in a city, life is all around

WEDNESDAY

- Start today by appreciating that you're alive and have a body
- Notice how you speak to yourself. Try to use kind words
- If you find yourself rushing, make an effort to slow down
- Make a list of amazing things that you take for granted

THURSDAY

- Every hour simply take three calm breaths in and out
- Feel the cool of a breeze or warmth of the sun on your face
- Listen deeply to someone and really hear what they are saying
- Tune in to your feelings, without judging or trying to change

FRIDAY

- Eat mindfully. Appreciate the taste, texture & smell of your food
- Stop, breathe and just notice. Repeat regularly during the day
- Happy International Day of Happiness! dayofhappiness.net
- Stop work earlier and use the time to be still and relax

SATURDAY

- Listen to a piece of music without doing anything else
- Enjoy doing any chores or tasks more mindfully today
- Notice the joy to be found in the simple things of life
- Bring to mind all the people you love and care about

"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn

