



Teaching and Learning

Enrichment

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing....When you're mindful, you're taking your time. You're focusing in a relaxed way, easy way.

When you notice what is happening around you, it can help you to calm down when you're sad, angry or frustrated. Mindfulness helps you deal with tough emotions, and mindfulness can make you happy and feel good.

In school this week, we have taken part in lots of different activities which have focused on our wellbeing: what we eat, how we relax, how we keep fit and healthy. Today we have been involved in a willow weaving workshop and have produced a willow tree as a symbol to remember what we have learnt this week so that it becomes part of our daily lives.



Fountains C of E Primary School

Friday 14th June



Skip2bfit ran a workshop in school on Monday. If the children would like to purchase their own rope for £5, they will be available from the school office next week. The school have also purchased the resource so that the children can be encouraged to skip daily to improve their fitness levels and continue to build upon and embed the mindfulness work we have done this week in school.



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Website

From next week you will be able to have a look at the layout of our new website and practise navigating the site. There will be new information added each week by myself and each class teacher which will replace my newsletter. The website will be used as our main form of communication and all parents will be given a log in to access the interactive elements of the site. Full details on how this works will be sent out in due course and we will run sessions in school to help.