

# Spring Personal Development Newsletter 2020



**Welcome** to our Spring newsletter. It is packed full of the wonderful things you have been doing both at school and at home over the past weeks. School has been buzzing with Science week, the Valentines Disco, MATP sport events, colourful Holi, our Buddhism learning, World Book Day and all of the other fantastic learning opportunities taking place in classrooms. We now have a range of learning being done at home and are so proud of you all for the work being shared with your teachers.

Well done to all of our students – keep being fantastic!



## Healthy Living

Students have taken part in sporting events across the county again this term. One special event in school was the MATP (Motor Activities Training Programme) celebration event where a select group of students took part in a range of fun and interactive sports games in the hall.

RDA continues and our secondary students really benefit from their horse riding sessions.

Sixth Form have been thinking about healthy living in their Sixth Form 'Preparation for Work' and 'Health and Hygiene' sessions – they've thought about First Aid in the workplace and created some healthy snacks to sell in our Friday 'Five Trees Café' enterprise event.

## Science Week!

Everyday materials, seasonal changes and plants were our core learning topics during Science week. Students took part in experiments in their groups and we finished with a special assembly where we shared our learning with everyone in school. Children worked with recycling materials to see which made better straws, they made cress sandwiches and explored the weather in a range of sensory activities – including this class that went out to explore the rain, hail, sleet and snow in one walk - can you spot the broken umbrella?





## RE Focus: Buddhism

We have explored Buddhism this term and learnt about some of the core ideas within the religion. School linked with the Kagyu Dechen Dzong Buddhist Centre in Harrogate and students were able to see images from their meditation space and explore items in a sensory box. Oak class made prayer flags, Owls listened to calming sounds and students thought about the learning and values in the story of 'Siddhartha and the Swan' - being kind to animals and looking after our community and the environment around us.



### Valentine's Disco

Students from across school set up the Valentine's Disco on Friday 14<sup>th</sup> February. We had party games like Pass the Parcel and Musical Statues, cakes baked by all classes, disco lights and dancing. The Student Council said they had enjoyed it and it was a great way to end the first half term.

### World Book Day 2020

Students and staff transformed into characters from stories on World Book Day as we shared reading together and took part in literacy activities throughout the day. Students enjoyed talking about their favourite books and exploring them with each other.



**ACTIVE COPING CALENDAR: APRIL 2020**

**SUNDAY** "Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**1** Make a plan to help you keep calm and stay in contact

**2** Enjoy washing your hands. Remember all they do for you!

**3** Write down ten things you feel grateful for in life and why

**4** Stay hydrated, eat healthy food and boost your immune system

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

We hope you will find some of the resources sent by the staff team in emails helpful at this time. There are a range of videos on our 'Springwater School' YouTube channel that will help students that are missing familiar school faces, or looking for some activities to do. Here is a link to Cosmic Yoga which has been really popular amongst our students:

<https://www.youtube.com/user/CosmicKidsYoga>

Headteacher's message: What an unusual end to the term it has been – however I am glad that Kelly has still produced this great summary of the all personal development activities which have taken place this term, despite the end of term turmoil. We seem to have settled into the rhythm of home working and a limited school offer in lots of different ways, and in some senses, this may be bringing out the best in people. I am certainly hearing about some amazing home learning, and that many of you at home are seeing a different side to your child whilst you 'have them under your feet' at home! We hope that you continue to enjoy and engage with all the wonderful things on our website, the YouTube Channel and with the materials being sent to you by teachers. Please remember you may be at home, but you are not alone!