

Monday Memo

Monday 26th January

Spring Term

Issue #17

Celebration Assembly

Congratulations to the recipients of last week's awards in Celebration Assembly. These moments remind us why learning is such an adventure. Keep reaching for those stars - there's so much more magic to come! ✨

	Star of The Week	Good Work	Courageous Advocate
Reception	Cassion B	Lily M & Max S	Briar K
Year 1	Robyn K-B	Colbie B & Frankie O	Zackary W
Year 2	Alice T	Emma T & Mason N	Leyannah W
Year 3	Lola H	Hallie D	Omoese E
Year 4	Harris W	Rosie M & Freya S	Alice D
Year 5	Sebastian D	Rose W & Marley T	Isabella G
Year 6	Heidi C	Amelia B & Brooke I	Ava L



	Diary Dates	
	Monday 2 nd February Year 6 Bikeability	Thursday 5 th & Friday 6 th February Word Guerilla Poetry and Spoken Word Workshops
Thursday 12 th February Year 3 Class Worship 09:05am	Friday 13 th February End of term awards 09:05am	Friday 13 th February Finish for half term 3:20pm from school

Computing Mark

 In our most recent Headteacher's Update, we shared our excitement that we were eagerly awaiting a response from the National Centre for Computing Education (NCCE) to our submitted application.

We are now thrilled to announce that we have been awarded the NCCE Computing Quality Mark through formal assessment of the quality of our computing curriculum, 'The NCCE Computing Quality Mark'.

Our school continues to prioritise digital education and future-ready skills for children. We extend our sincere appreciation to Mrs Quinton for her meticulous work in compiling the evidence, and to our teaching staff for their collaborative support throughout this process. 



Worship Values

Our worship value this half term is Courage



In our Celebration Assembly, we will celebrate 1 pupil from each class who has shown the term's value. 🏆

This term we will celebrate our 'Courageous Advocates'

Attendance w/b 19/01

Reception: 98%

Year 1: 95%

Year 2: 96%

Year 3: 93%

Year 4: 96%

Year 5: 96%

Year 6: 94%

Whole School Overall: 95%

Target: 97%

House Points w/b 19/01



Bowland: 180



Parlick: 154

Pendle: 172

Longridge: 148

St. Pauls' Parish News & Events

Tuesdays 09:00am—11:30am

Warm Space (coffee and bacon butties)

supported by members of our

Children's Chaplain from

10:00-10:30am

WHY 'KINDNESS MATTERS' & HOW DOING GOOD DOES YOU GOOD

'WE MAKE A LIVING BY WHAT WE GET. WE MAKE A LIFE BY WHAT WE GIVE.'

SIR WINSTON CHURCHILL

THE FOCUS FOR THIS YEAR'S MENTAL HEALTH AWARENESS WEEK IS 'KINDNESS MATTERS'. IT IS AN OPPORTUNITY TO LOOK INTO THE BENEFIT OF HELPING OTHERS WHICH IS GOOD FOR IMPROVING OUR OWN MENTAL HEALTH AND WELL BEING. HERE ARE SOME IDEAS TO GET YOU THINKING:

ALTRUISM

Altruism is acting in someone else's best interests in order to improve their welfare. When we feel compelled to donate money, shop for someone, call a relative in need or help a neighbour, we are considering the needs of others even when we may not know them. Showing kindness like this, often motivated by empathy, creates a sense of purpose, making us feel good and developing our wellbeing. Children and young people can take part in altruistic activities at home or school. They could create a video for those in isolation, fundraise for a local cause, bake cakes for neighbours or write letters to older members of the community who may feel isolated.



GIVE TO GIVE, NOT TO RECEIVE

Sometimes when we are kind there is no payback, which can make it more difficult to keep being kind. Our natural reaction is to shrink back and withdraw our kind act, feeling frustrated that it has either not been reciprocated or that it has not been valued. This is probably one of the most difficult concepts for children to understand and where the 'random acts of kindness' approach is helpful. If it is a random act then it is 'just because' and for no other reason than a one-off act for someone.



COMMUNITY

When we help others in our community, it improves our wellbeing by helping us to feel less isolated as we connect with others. When we show kindness, it is something which we feel we can control, particularly when things may feel a bit chaotic and unusual. Helping others can often give us a different perspective on our own challenges and our own problems. Peer support, for example, is often overlooked as an important part of improving wellbeing. Older students can often greatly benefit from sharing similar, shared experiences and can offer a level of empathy and understanding that adults may not be able to.



GENEROSITY

In the context of kindness, being generous with our time, resources and words can provide a low-cost approach to helping others. A generous act is accessible to all. Giving compliments, for example, are a well-researched way of creating a sense of wellbeing and positivity in a community at school or with family. It helps us to recognise the positivity in others as we actively choose to notice and comment on what is valuable and meaningful in someone else. When compliments are given regularly, consistently and with meaning, the community benefits are far reaching!



HOLDING OTHERS IN MIND

By holding someone in mind we show that we have been thinking about them and that they matter to us. This act of kindness is so important now, more than at any other time, due to isolation. A simple text to say 'I saw... on the telly last night and it made me think of you!' or a quick call to say 'I was just thinking about you yesterday and was wondering how you're doing?' can mean so much. We probably all do this naturally as part of showing kindness and care to others, but perhaps may not appreciate the importance of this for wellbeing.



KINDNESS WITH CAUTION

There is a very helpful analogy that is used when we are in an emergency, 'we should put our own oxygen mask on before putting on someone else's'. What's helpful here is that giving to others can often improve our mental health and wellbeing. However, there are times when helping others can create stress or overwhelm us. This is sometimes called 'compassion fatigue'. So, we must balance our own wellbeing with the wellbeing of others. We should notice if we start to feel resentful or negative or if we start avoiding others, have difficulty concentrating or start experiencing unusual sleep patterns. If this happens it's a good time to take a break or ask someone for help or support.



'KINDNESS IS A SILENT SMILE. A FRIENDLY WORD. A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN.'

RA KATVIST

The
National
College

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.



For further info, check out these online resources:

<https://www.mentalhealth.org.uk/blog/random-acts-kindness>

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

Web: www.thenationalcollege.co.uk | Email: enquiries@thenationalcollege.co.uk | Facebook: [thenationalcollege](https://www.facebook.com/thenationalcollege) | Twitter: [@thenatcollege](https://twitter.com/thenatcollege)

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