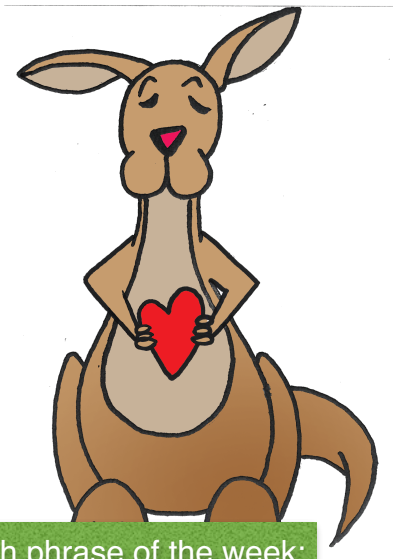
Pastoral Matters

W/C 16th March 2020

Rights Respecting School:

Article 24 - you have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment and information to help you stay well.



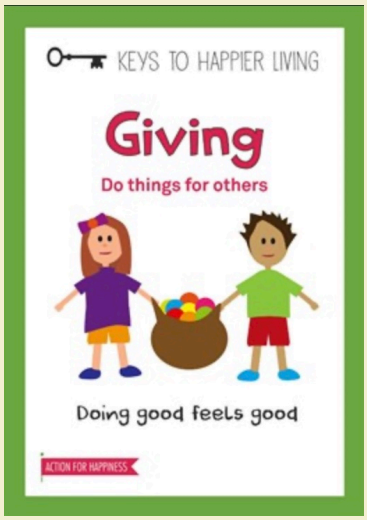
Welsh phrase of the week:

Eisteddwch I lawr plis.

(Eye-stair-dd-oo-cch ee la-w-rr please)

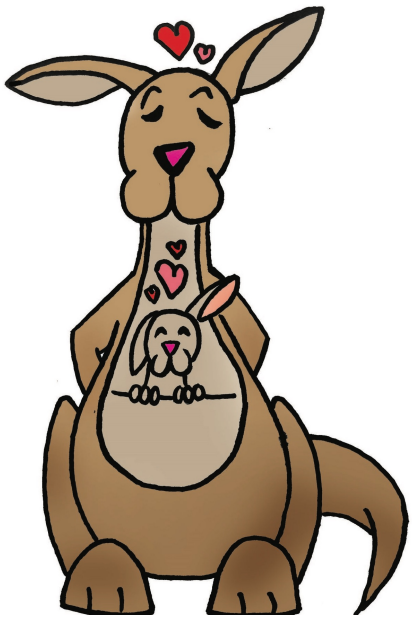
Sit down please

Positive Mindset/Mindfullness:



Create your own poster.

Each day try to think of 3 things you've done to help others.



Headteacher's Notes:

This week we focus on mindfulness and ways we can be ' Healthy Confident Individuals'.

Please continue to follow the advice of washing hands regularly and using tissues if you sneeze.

Keep working hard and please consider the exam pupils as they compete their coursework and sit practical exams.

ACTION CALENDAR: MINDFUL MARCH 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Set an intention to live with awareness and kindness	2 Get outside and notice five things that are beautiful	3 Cultivate a feeling of loving-kindness towards others today	4 Start today by appreciating that you're alive and have a body	5 Every hour simply take three calm breaths in and out	6 Eat mindfully. Appreciate the taste, texture & smell of your food	7 Listen to a piece of music without doing anything else
8 No plans day. Slow down and let spontaneity take over	9 When someone is speaking, take a full breath before you reply	10 Stay fully present while drinking your cup of tea or coffee	11 Notice how you speak to yourself. Try to use kind words	12 Feel the cool of a breeze or warmth of the sun on your face	13 Stop, breathe and just notice. Repeat regularly during the day	14 Enjoy doing any chores or tasks more mindfully today
15 Stop to just watch the sky or clouds for ten minutes today	16 Do something creative that absorbs your attention	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Listen deeply to someone and really hear what they are saying	20 Happy International Day of Happiness! dayofhappiness.net	21 Notice the joy to be found in the simple things of life
22 Have a device-free day and enjoy the space it offers	23 Take an unusual route and notice what looks different	24 Notice when you're tired and take a break as soon as possible	25 Make a list of amazing things that you take for granted	26 Tune in to your feelings, without judging or trying to change	27 Stop work earlier and use the time to be still and relax	28 Bring to mind all the people you love and care about
29 Appreciate your hands and all the things they enable you to do	30 Mentally scan down your body and notice what it is feeling	31 Go nature spotting today. Even in a city, life is all around				

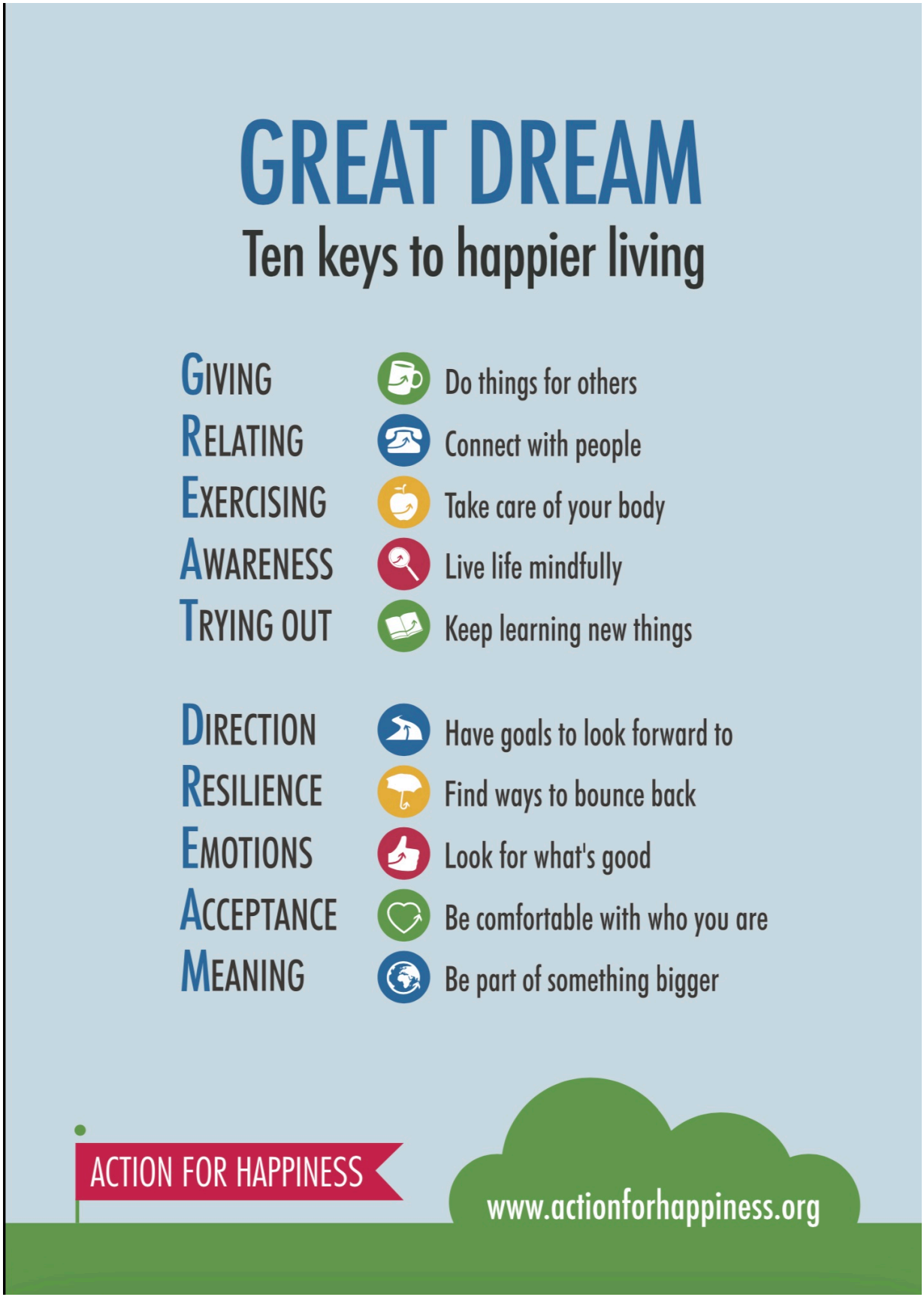
"Mindfulness means being awake. It means knowing what you are doing" - Jon Kabat-Zinn

ACTION FOR HAPPINESS

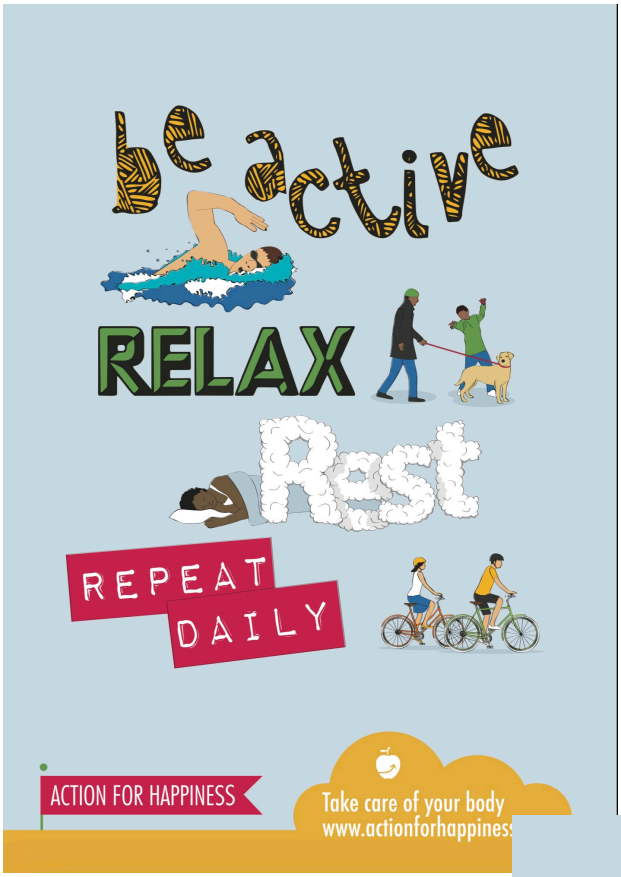
www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys

March is being called 'Mindful March'. Look at the calendar. Try to follow this for the rest of the month.



Look carefully at the list of 10 suggestions. For the next few weeks we will share these ideas in more detail. This week we focus on two.



EXERCISING
Take care of your body

Our body and mind are connected. Being active makes us happier as well as being good for our physical health. It instantly improves our mood and can even lift us out of a depression. We don't all have to run marathons - there are simple things we can do to be more active each day. We can also boost our well-being by spending time outdoors, eating healthily, unplugging from technology and getting enough sleep!

QUESTION

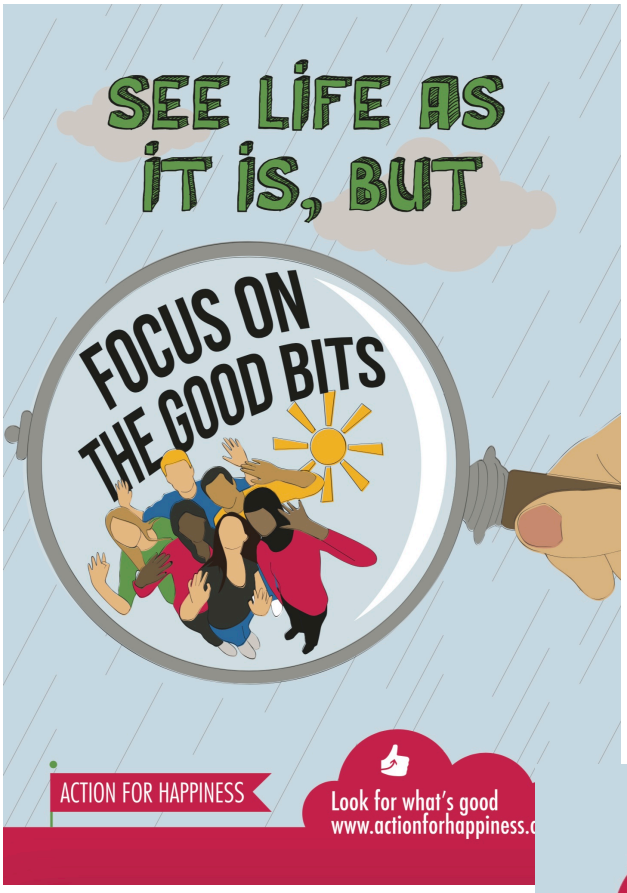
Which ways of being active and healthy do you really enjoy?

INSPIRATION

"Try to limit your sitting and sleeping to just 23 and a half hours a day" ~ Dr Mike Evans

ACTION IDEAS

- Be more active today. Get off a bus a stop early, take the stairs, turn off the TV, go for a walk - anything that gets you moving.
- Eat nutritious food, drink more water, catch up on sleep. Notice which healthy actions lift your mood and do more of them.



EMOTIONS

Look for what's good

Positive emotions - like joy, gratitude, contentment, inspiration, and pride - don't just feel good when we experience them. They also help us perform better, broaden our perception, increase our resilience and improve our physical health. 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.

QUESTION

What good things have happened in your life recently?

INSPIRATION

"Enjoy the little things in life, for one day you'll look back and realise they were big things" ~ Robert Brault

ACTION IDEAS

- Do something that you know will make you feel good. Listen to music, watch something funny, get outside or call an old friend.
- Try to smile and say something positive every time you walk into a room. Notice the reaction you get.

ACTION FOR HAPPINESS

Look for what's good
www.actionforhappiness.org

Could you, as a form or individually, create a motivational video ? Discuss the you tube link and plan your own, better version!

https://youtu.be/SfkGBKkAZ1s

March 20th is the International Day of Happiness and this year's theme is Happier Together, focusing on what we have in common, rather than what divides us.

Everyone wants to be happy - and life is happier when we're together. So let's celebrate our common humanity.

At the end of each day think about 3 things that have made you happy.