

Acle St Edmund C of E Primary School

Newsletter



12 February 2021

Headteacher: Mrs Rebecca Clarke

Message from Mrs Clarke

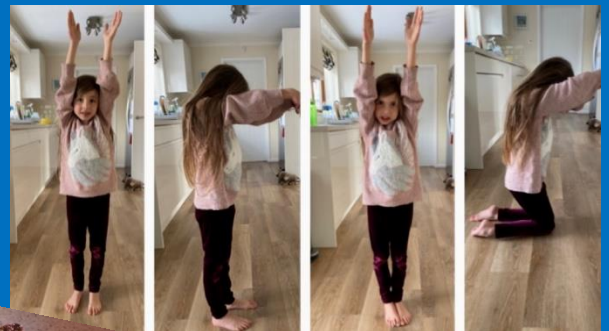
We would like to thank you all for being so understanding and supportive of school over the last half term. We have some wonderful photographs in the newsletter this week and the children certainly look like they have enjoyed being out in the snow! We hope you have a lovely relaxing break from home learning next week, and we will see you again either virtually or in person on Monday 22 February.

Mrs Clarke

Yellow is the colour..... at Acle Methodist Church

The Church is grateful to everyone who contributed hearts for the window display in February. The theme of next month's display is: Yellow is the colour.... of sunshine, daffodils, fluffy chicks, bees, primroses, crocuses..... Please create artwork on this theme to fill the church windows with yellow in March. It should be about A4 size (or suitable to fit the narrow windows) and can include other colours. Be careful about yellow writing on white which can be difficult to see. Please deliver your artwork to the Church (letter box at the back of the car park) or to Rev King at 2 Bensley Close, Acle NR13 3RD by 28 February Many thanks, Sara Edwards

Wellbeing Wednesday



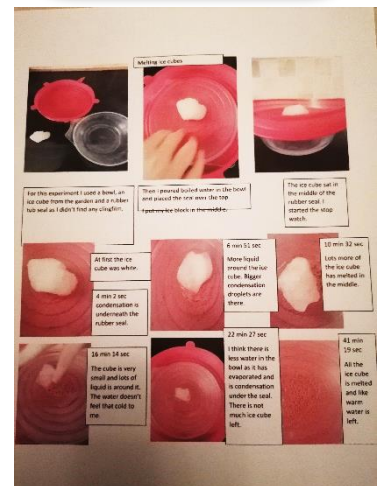
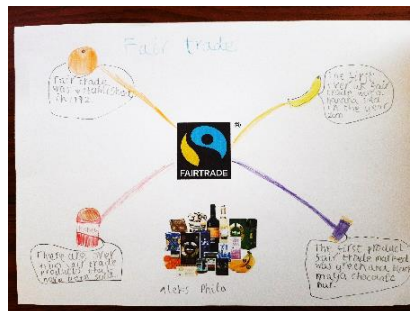
YEAR 3

LEARNING

PICTURES



We have had a chocolate filled week in Year 4 this week! In between having fun in the snow, we have designed and made our own chocolates and have written some instructions to explain to someone how they could make them. There have been experiments about the changing state of water and some fantastic information sheets about Fairtrade too!



My chocolate bar
Name is Bondibar.
Here is a picture of it.

BONDI BAR

Instructions

1. First melt the milk chocolate.
2. Then place the divider in the mould, 1cm from the end.
3. Pour the chocolate in the mould.
4. Place the mould in the freezer for atleast 5 minutes to set.
5. Repeat steps 1,2,3 and 4 with dark chocolate and white chocolate mixed with blue food colouring.
6. Repeat step 1 to 4, crush up the smarties and mix it in the chocolate place in freezer for 5 minutes.





SNOWY DAYS



Wellbeing corner with Miss Firago

I am attaching lovely video link for the whole family below - Mindfulness Meditation for kids, which will support yours and your children's mental wellbeing.

https://www.youtube.com/watch?v=Bk_qU7l-fcU&safe=active

I also recommend HEADSPACE 20 minute sessions of Meditation on Netflix, HEADSPACE App and a book.

Learn something new this week! I would like to introduce you to meditation. I have been practising meditation twice a day for a long time and I can tell you that it helps me finding my inner peace, helps me to be more present and focussed in my daily life, and I can manage stress and anxieties in a healthy way. I use different techniques in my wellbeing sessions and the children are really enjoying it.

The children become more attuned to their bodies and minds, learning different techniques of meditation like breathing and visualisation, which helps in developing life changing skills.

You are developing and learning ways how to:

- Self-regulate
- Improve attention and focus
- Manage stress and anxiety
- Control big emotions
- Become more attuned to our bodies
- Focus on what's around us
- Finding your inner peace
- Be more present

I hope you will find your inner peace ☺

Enjoy!



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