

A mindfulness reminder

Dear Owls,

We witnessed a lot of changes to our lives this week. We can no longer see those we do not live with and it is hard. Even beyond hard. Remember though, by keeping your distance physically, you are proving your love to them by limiting their contact to this virus.

It is also a time to tell each and everyone of you how special you are to us; you remain in the forefront of our minds when we are in school looking after a few (your chairs and indeed our empty class remind us constantly of your place in our school and hearts); we are thinking of you when we are working at home; our school staff support group is constantly coming up with ideas to keep the whole school community together when we cannot be and we even wonder about you when cooking or doing the washing up!

This is a time when you have to try to stay upbeat for not only the loved ones you live with or talk to on the phone, but also for yourself. You all have something unique which makes you extraordinary to us all.

Plan in special times, focus on them and then share the great moments in your day with those around you if you can. These could range from watching a robin in the garden for a little while to singing along to the radio or setting up an obstacle course for an individual or pet. Be inventive, creative, take your time to do it well and then enjoy it. Take pictures of these activities to remind yourself of how amazing you are; you can look back on them and laugh or smile at your efforts. You can even make a scrapbook of them or email them to loved ones (they would love that).

We remain proud and impressed of how you have all risen to this new challenge. On days when you are low, think of all our mindfulness discussions. You are brilliant at it. On the next page are a few reminders from Mrs Marshall.

Instead of stating: I never could
do this,

Say: How can I find out how to
do this?

INSTEAD OF CRYING: I WANT TO SEE THEM!

THINK: IT WILL BE GREAT TO CHAT
TO THEM LATER ON THE PHONE.

Instead of shouting: I will do this
another day as I don't like it...

Exclaim: If I do this bit now, it will be
done for tomorrow!

A positive one!

view!

This one is upside down. Remember, not
everything in life is easy - sometimes you
need to look at it from a different point of