

Keep
learning



Mindful March 2024

Our 3rd annual Mindful March celebration

Mindful March

As part of this year's Mindful March we will be revisiting The 5 Ways to Wellbeing and mindfulness across the school, to promote calmness, and relaxation in our classrooms.

Children all deal with the challenges and changes that are constantly going on around them and sometimes we all need a few minutes to clear our minds, relax and generate a positive mindset. Additionally; mindfulness can also support concentration, sleep and behaviour.

Fitness Fridays

Every Friday in March is themed around fitness. The children will get a chance to try a variety of sports and activities throughout the month. Please come to school on Fridays in March* dressed in sporty gear.

*apart from Fri 15th - Comic Relief Fancy Dress Day

Be active



Wellbeing Warriors

Try and complete at least one activity from the suggested list (attached) in each wellbeing category. Take a photo and prove you have done it, talk positively about how it makes you feel, take in your evidence and see if you can achieve Silver Status (if you achieved Bronze last year). If you did not achieve Bronze status last year then go for it this year!

Dental Health

We plan to have a focus on 'what makes a healthy snack?' after disappointing recent feedback from the visiting dental service and our own observations. This will be linked to our focus on children's rights and led by a Pupil Voice Group.

Take
notice



Health & Wellbeing Curriculum

As part of our planned programme of study, children from P1-7 will be completing a unit of work on Emotional Wellbeing and Body Image during March. We will investigate feelings and what to do when we feel sad or worried. The older class will learn about body image and self esteem as well.

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Give



Comic Relief

We are thinking about 'Give' as we have fun on Comic Relief this year.

The children will be able to give a donation to wear fancy dress for the day. The P7's are giving up their time to run a bake sale on the day at breaktime, as well as helping Mr Swanney to run fun activities in the afternoon.

The Boy, The Mole, The Fox & The Horse

We invite you to join us for our whole school production as we round off Mindful March. You're in for a treat as the children present the story of a boy, a mole, a fox and a horse as they journey together in the boy's search for home - a story of kindness, friendship, courage and hope.

6:30pm Wed 27th March.

Connect

