

# Mawnan C of E VA Primary

# Newsletter



Friday 12<sup>th</sup> March 2021

Dear families,

Thank you all for a brilliant, very smooth and safe return to school.

We have all really enjoyed being back together and continue to be impressed with the exemplary behaviour and excellent learning attitudes of the children.

It has been a real pleasure watching the children settle back in to school, engage with their learning, reconnect with their friends and enjoy their playtimes so much. The children continue to amaze us with their adaptability, resilience and brilliance. It has all be incredibly positive and I am exceptionally proud of your magnificent children.

The children have all been awarded with a prize today as a reward for their phenomenal efforts and achievements with their learning during the partial closure. Thank you to the PTA for kindly funding these prizes.

Thank you for supporting our belated World Book Day today. The children and staff looked magnificent and we have all had a terrific day.

Have a wonderful, restful weekend.

*Miss Pridmore*

## Upcoming Events

Please put these dates in your diaries:

### March 2021

19<sup>th</sup> – Comic Relief – Red Nose Day

### April

2<sup>nd</sup> – 16<sup>th</sup> – Easter Holiday

### June 2021

7<sup>th</sup>, 8<sup>th</sup> & 9<sup>th</sup> – Closure Days (School closed to everyone)

## Attendance

All classes reached our attendance target of 98% this week. Well done!

Oppie – 99.65% 0 - late

Topper – 99.66% 1 - late

Pico – 100% 3 - late

Fusion – 100% 0 – late

Dart – 100% 0 - late

Well done Pico, Fusion & Dart Class for having the highest attendance this week.

## Covid Safely Measures

I'm very sorry that the school isn't as welcoming for parents as we'd like it to be but we must ensure that our Covid risk assessment remains robust in order to keep our community safe.

### To keep us all safe please continue to follow our safety plans:

- If your child or anyone in your household is displaying symptoms or awaiting the outcome of a test, do not come to school - you must self-isolate the whole household during this time
- Maintain a 2 metre distance from other families and staff whilst at school
- Wear a face covering when you are on the school grounds
- Do not come into the school building
- Arrive at the correct staggered time for drop off and pick-ups (only one parent to drop off)
- Swiftly exit the school grounds
- Do not gather in groups
- Keep the one way system clear so everyone is able to safely enter and exit the school grounds
- Follow the government's current guidance outside of school at all times

## Staffing Updates

We have two staffing updates to share with you this week.

Firstly, the wonderful Lizzie Hibbert will be retiring at the end of this term. Lizzie has been a teaching assistant at Mawnan for 19 years and will be leaving us to dedicate more time to her many hobbies. We are all incredibly fond of Lizzie and she will be greatly missed. If you would like to contribute to her leaving gift, please take your donation to the office in a sealed envelope by **Friday, 19/03/2021**.

Secondly, the amazing Ruth Rawley will be reducing her hours and from next term will be working three days a week. Following recent interviews, we are pleased to share that Natalie Cattle will be joining the Mawnan Team as a part time school administrator. Mrs Rawley will be in the office Monday – Wednesday and Mrs Cattle will be in Wednesday- Friday.

## Parental Feedback on Remote Learning

We would really appreciate it if you could complete this quick questionnaire about the remote learning provision during this lockdown. The questionnaire is anonymous and we would like you to complete one for **each** of your children. You do not need to complete it if your child was in school 5 days a week during this time.

It will take a few minutes to complete and your views will be greatly valued. The information gathered will be reported to our governing board, our school improvement officer, Ofsted (as we are due a visit this year) and will inform any future remote learning plans.

Please complete it by **Friday 19<sup>th</sup> March at 9am**. Thank you for your time.

<https://docs.google.com/forms/d/e/1FAIpQLSfLJMb1sssYz3IM-7Wbe4vmsyJwLNn2vle1vw2Jld1a0EF9kw/viewform>

## Red Nose Day - Friday 19<sup>th</sup> March



Our school council would like to support Red Nose Day next week. The council are requesting that you do not buy red noses but instead dress in red or as a superhero in exchange for a donation. Despite the fact that the new red noses are plastic-free, we would rather not have them in school because of Covid.

We will have the bucket on the gate in the morning for donations.

The theme for this year is raising money through humour...please could your child be prepared to share a (school appropriate) joke with their class.



## We have our wings back!

Our school totem pole has been fully restored and is looking very impressive.

We would like to thank Andrew Martin (Keira and Olivia's dad) for making this important part of the school look beautiful again.



Happy  
Mother's Day  
to all of our  
amazing  
Mawnah  
mums!





# ACTION CALENDAR: MINDFUL MARCH 2021



## MONDAY

**1** Set an intention to live with awareness and kindness

**8** Eat mindfully. Appreciate the taste, texture & smell of your food

**15** Stop, breathe and just notice. Repeat regularly during the day

**22** Walk a different route today and see what you notice

**29** Notice what is working today and be thankful that this is so

## TUESDAY

**2** Notice five things that are beautiful in the world outside

**9** Take a full breath in and out before you reply to others

**16** Get really absorbed with an interesting or creative activity

**23** Tune in to your feelings, without judging or trying to change

**30** Mentally scan down your body and notice what it is feeling

## WEDNESDAY

**3** Start today by appreciating your body and that you're alive

**10** Get outside and notice how the weather feels on your face

**17** Look around and spot 3 things you find unusual or pleasant

**24** Appreciate your hands and all the things they enable you to do

**31** Notice the joy to be found in the simple things of life

## THURSDAY

**4** Notice how you speak to yourself. Try to use kind words

**11** Stay fully present while drinking your cup of tea or coffee

**18** If you find yourself rushing, make an effort to slow down

**25** Focus your attention on the good things you take for granted

## FRIDAY

**5** Take three calm breaths at regular intervals during your day

**12** Listen deeply to someone and really hear what they are saying

**19** Cultivate a feeling of loving-kindness towards others today

**26** Notice when you're tired and take a break as soon as possible

## SATURDAY

**6** Bring to mind people you care about and send love to them

**13** Pause to just watch the sky or clouds for a few minutes today

**20** Celebrate the International Day of Happiness [dayofhappiness.net](http://dayofhappiness.net)

**27** Have a device-free day and enjoy the space it offers

## SUNDAY

**7** Have a 'no plans' day and notice how that feels

**14** Find ways to enjoy any chores or tasks that need doing

**21** Listen to a piece of music without doing anything else

**28** Appreciate nature around you, wherever you are

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



[www.actionforhappiness.org](http://www.actionforhappiness.org)

Learn more about this month's theme at [www.actionforhappiness.org/mindful-march](http://www.actionforhappiness.org/mindful-march)

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