



*"Nurturing Hearts  
and Minds"*

# Belthorn Academy Primary School

Headteacher: Mrs Helen Rowan

## Friday Newsletter

Week Ending: 5<sup>th</sup> February 2021

★★★ **This week's BADGE WINNERS...** ★★★

★ **Year 1 – Nieve**

★ **Year 3 – Max**

★ **Year 5 – Grayson**

★ **Reception – Charlie and Ayesha**

★ **Year 2 – Alfie Y**

★ **Year 4 – Toby**

★ **Year 6 – Katie**

### **Welcome to this week's newsletter...**

A warm welcome from a chilly Belthorn. This week we have been focusing on Children's Mental Health week alongside our other learning and we hope you have managed to take a look at some of the activities we have posted. As a school, we have been championing children's wellbeing for a number of years now and all children in school should be able to talk about strategies they can use if they are struggling with their emotions.

Miss Egan has talked the children through handbreathing as one strategy and the children have all experienced a range of mindfulness strategies as part of their learning in school. If we can do anything to support families who might be struggling, please let us know. It might be that we can facilitate something to support you, or at least point you in the right direction. Some parents have contacted us this week, and we have been able to help.

As part of our efforts to keep connected with families we have piloted 'Belthorn Radio' today. This really has just been a chance for Mr Furness and Mr Griffiths to realise their dreams of being radio presenters, and I am sure those of you who know them and have seen them in action at good work assembly know they love a good audience. So, to combine with children's mental health week we thought the children might like to give a shout out to friends and ask for specific songs to be played. As I write this, I am feeling a little nervous, but hopefully it might raise a smile and we will have a good response.

As a staff we have created a playlist this week on the theme of express yourself and we have been dancing along to some tunes as we go through the hall. It has certainly brightened up our days.

My daily update from Lancashire advisory service contained the grid below. Although it is aimed at adults, it is also something we could do with children if we adapt it slightly. I like the idea of friendly February and I know we are all missing our friends.

**ACTION CALENDAR: FRIENDLY FEBRUARY 2021**

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   | SUNDAY  |
|---|--|---|--|--|--|---|
| 1 Send someone a message to say how much they mean to you | 2 Ask a friend how they have been feeling recently               | 3 Do an act of kindness to make life easier for someone else        | 4 Organise a virtual 'tea break' with colleagues or friends  | 5 Show an active interest by asking questions when talking to others | 6 Get back in touch with an old friend you've not seen for a while | 7 Make an effort to have a friendly chat with a neighbour   |
| 8 Share what you're feeling with someone you really trust | 9 Thank someone and tell them how they made a difference for you | 10 Look for the good in people, even when they frustrate you        | 11 Send an encouraging note to someone who needs a boost     | 12 Focus on being kind rather than being right                       | 13 Send a friendly message of support to a local business          | 14 Tell your loved ones why they are special to you         |
| 15 Smile at the people you see and brighten their day     | 16 Check in on someone who may be struggling and offer to help   | 17 Respond kindly to everyone you talk to today, including yourself | 18 Appreciate the good qualities of someone in your life     | 19 Share a video or message you find inspiring or helpful            | 20 Make a plan to connect with others and do something fun         | 21 Actively listen to what people say, without judging them |
| 22 Give sincere compliments to people you talk to today   | 23 Be gentle with someone who you feel inclined to criticise     | 24 Tell a loved one about their strengths that you value most       | 25 Thank three people you feel grateful to and tell them why | 26 Give positive comments to as many people as possible today        | 27 Call a friend to catch up and really listen to them             | 28 Make uninterrupted time for your loved ones              |

 "The best way to cheer yourself up is to cheer somebody else up" - Mark Twain
  "The only way to have a friend is to be one" - Ralph Waldo Emerson

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)  
 Happier · Kinder · Together

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

### Snow closure

It was a very difficult decision to make on Tuesday regarding closing or opening. Initially we wanted to try our best to open to support those parents who are working in hospitals in particular and with the vaccination programme. In addition, the weather forecast in Blackburn was giving rain for later on. However, it quickly became apparent that it was very dangerous to try to drive up the hill. Many staff could not get in and therefore for health and safety reasons we had to close. The good news regarding all of this is because of our online learning, we need never have a 'snow day' again regarding missed learning as we can always move to online work.

### And finally .....

Keep up the good work re Showbie and Zoom lessons. We have had some excellent engagement and all this will make a difference when we come back together.

Thank you as always for your support with all the online learning. Please have a look at the remote learning tab on the website for more ideas if you need them.

Have a lovely weekend everyone.

Mrs Rowan and all the Belthorn staff.