

Chaigeley School Weekly Newsletter

Chaigeley Educational Foundation

T - 01925 752 357 E - admin@chaigeley.org.uk W - Chaigeley.org.uk



This week's celebrations

This week's 100% attendee's:

- HV from Maple.
- JD, KL and BL from **Linden**.
- OF, DG, CR and TT from Lilac.
- EJ and OT from Lavender.
- GD and HL from Chestnut.
- ED, HJ and MMc from **Bonsai**.
- TB, MD, NR and NS from **Birch**.
- ML from Beech.

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| Ja | nu | arv | 20 | 24 |

| Mon | Tue | Wed | Thu | <u>Fri</u> |
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| 8 | 9 | 10 | 11 | 12 |
| 15 | 16 | 17 | 18 | 19 |
| 22 | 23 | 24 | 25 | 26 |
| 29 | 30 | 31 | | |

February 2024

| Mon | Tue | Wed | Thu | Fri |
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| 12 | 13 | 14 | 15 | 16 |
| 19 | 20 | 21 | 22 | 23 |
| 26 | 27 | 28 | 29 | |

This week's word of the week is:

BELONGING

In Harmony Hollow, where laughter echoed through the trees, little Bella Bunny learned the enchanting meaning of belonging. "Belonging," explained wise Grandpa Owl, "is like finding your favorite cozy nook in the forest where you're accepted and loved, just as you are." Excited, Bella invited her pals, Danny Deer and Sammy Squirrel, for a day of adventure.

They discovered a magical tree stump where their giggles blended like a harmony. Sharing acorn cookies and telling funny tales, they realised that in Harmony Hollow, belonging meant being part of a joyous melody of friendship. Together, they hopped through meadows and swung on vines, creating a tapestry of togetherness that made every day a whimsical journey of belonging in their forest haven.



UPCOMING EVENTS

Current term

(Wednesday 3rd January – Friday 9th February)

Upcoming half term

(Monday 12th February – Friday 16th February)

Inset Day

(Monday 19th February)

Start of next term

(Tuesday 20th February)

You miss 100% of the shots you don't take.

Wayne Gretzky





Embracing Positivity: Tips for a Happy and Healthy January

Recognise and Acknowledge:

Understand that feeling a bit down or less motivated in January is a common experience for many people.

Acknowledge your feelings and give yourself permission to feel them without judgment.

Set Realistic Goals:

Instead of overwhelming yourself with resolutions or large goals, set small, achievable objectives.

Celebrate small victories, and gradually build momentum throughout the month.

Social Connection:

Combat feelings of isolation by maintaining social connections. Reach out to friends, family, or colleagues for support.

Consider joining social groups or activities to meet new people and add variety to your routine.

Light and Exercise:

Lack of sunlight during the winter months can contribute to low energy levels. Spend time outdoors when possible, especially during daylight hours.

Engage in regular exercise, as it can boost mood by releasing endorphins and promoting overall well-being.

Self-Care Practices:

Prioritise self-care activities that bring you joy and relaxation, whether it's reading, taking a bath, practicing mindfulness, or engaging in a hobby.

Ensure you are getting enough sleep, as adequate rest is crucial for mental and physical well-being.

Plan Enjoyable Activities:

Schedule activities you enjoy to look forward to, whether it's trying a new hobby. watching a movie, or planning a weekend getaway.

Having positive events on the horizon can lift your spirits and provide motivation.

Reflect and Set Intentions:

Reflect on the past year, acknowledging accomplishments and areas for growth. Set positive intentions for the upcoming year, focusing on personal and professional development.

Professional Support:

If feelings of sadness or low mood persist, consider seeking support from a mental health professional.

Therapy, counseling, or talking to a trusted friend can provide valuable perspectives and coping strategies.

https://www.youngminds.org.uk/

https://www.familylives.org.uk/

Chaigeley Trivia:

- 1. In what year was our school first established?
- 2. What are the primary colours of our school?
- 3. Can you name a recent award that the school has received?



Monday

BBQ Chicken. Cheesy Bean pasta bake. Beans on Toast. Ice cream.

Tuesday

Steak Pie. Honey Chicken. Hash Brown. Jam sponge and custard.

Wednesday

Roast Dinner. Scrambled Eggs.

Crumble and custard.

Thursday

Beef Stir Fry. Ham and Cheese Baguette. Sausage or Bacon bap.

Cake.

Friday

Chicken nuggets or Fish with chips. Croissants. Biscuit.