




A DAY
WITHOUT
Laughter
is a
A DAY
WASTED



ALWAYS
BELIEVE IN
YOURSELF

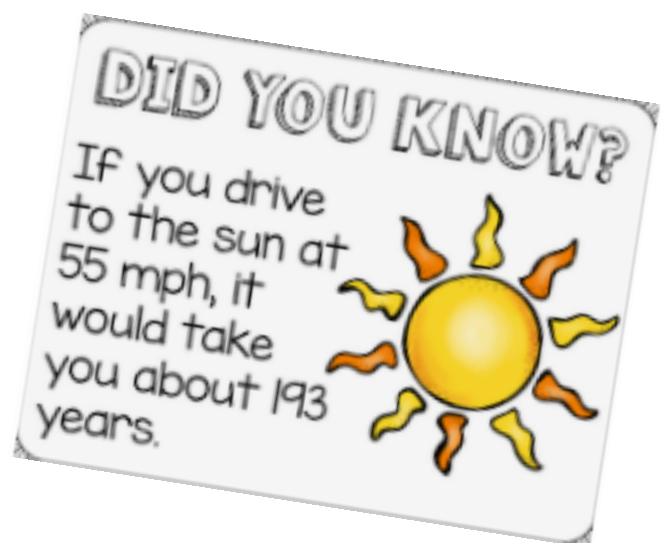
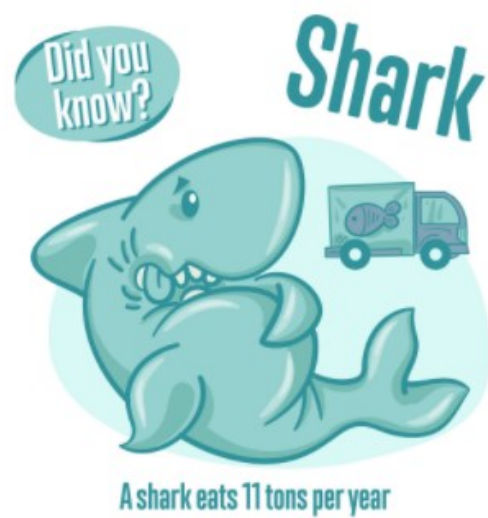
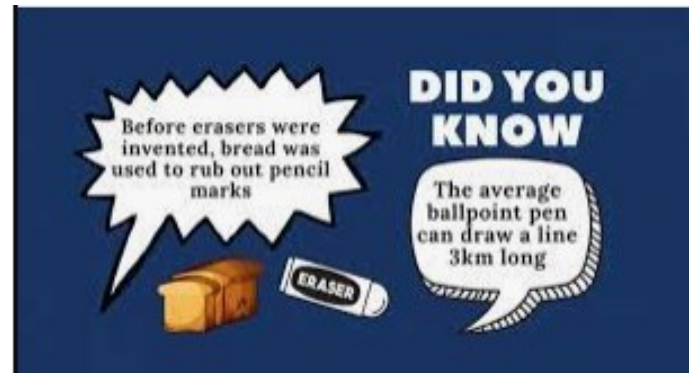
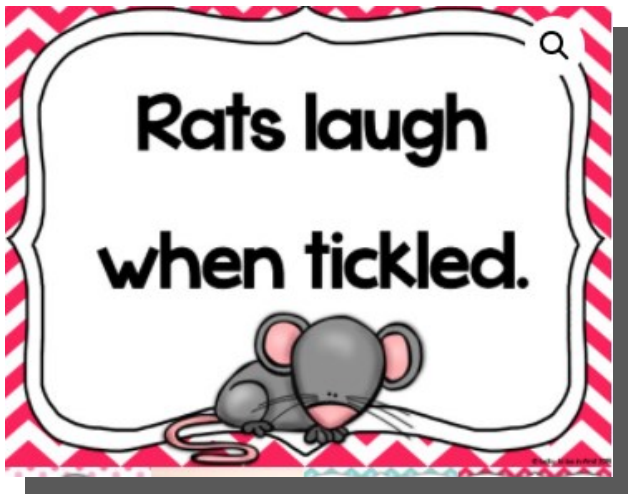
IT'S
a *good*
... DAY
TO HAVE A
GOOD Day

EVERY
child
IS AN
artist
-Picasso



WHY FIT IN
WHEN YOU WERE BORN
TO **STAND** OUT?
-Dr. Seuss

Fun facts!



World Book Day 2021

The MORE
that You read,
the MORE things
You will know.
The MORE that You
Learn,
the MORE places You'll go.



Check out year 3 who were super creative, creating characters, art work, 2p art, tin cans, and dioramas. They even saw some dragons grow!

"TODAY A
READER.
TOMORROW A
LEADER."



By Emily





By Emilia



By Gustaw



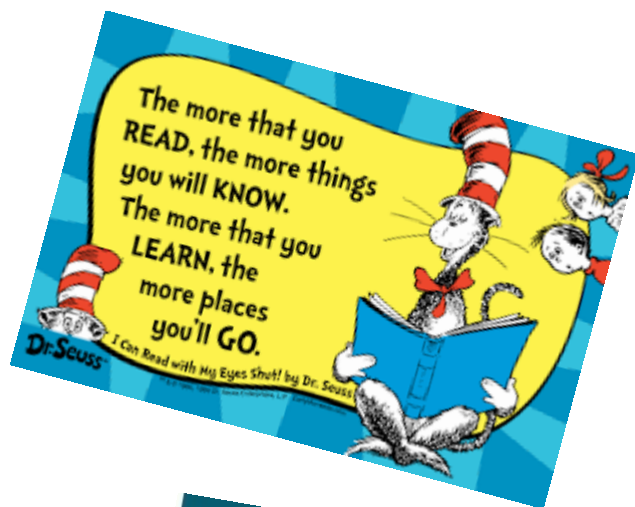
By Noah



World Book Day continued...



Noah N, Isabelle and Alfie in year 6 showcased their love of reading.
What books will be next?











Wow! Year 4 have demonstrated their favourite characters with full commitment and optimism.



MY BRAIN DUMP LIST

 Procrastinations	 Fear
 Anger	 Discouragements
 Incomplete goals	 Sorrow



BE THE SUNSHINE

Active April 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5 Eat healthy and natural food today and drink lots of water	 6 Turn a regular activity into a playful game today	 7 Do a body-scan meditation and really notice how your body feels	1 Commit to being more active this month, starting today	2 Listen to your body and be grateful for what it can do	3 Spend as much time as possible outdoors today	4 Have a day free from TV or screens and get moving instead
12 Set yourself an exercise goal or sign up to an activity challenge	13 Move as much as possible, even if you're stuck inside	14 Make sleep a priority and go to bed in good time	8 Get natural light early in the day. Dim the lights in the evening	9 Give your body a boost by laughing or making someone laugh	10 Turn your housework or chores into a fun form of exercise	11 Be active outside. Dig up weeds or plant some seeds
19 Have a 'no screens' night and take time to recharge yourself	20 Spend less time sitting today. Get up and move more often	21 Focus on 'eating a rainbow' of multi-coloured vegetables today	15 Relax your body & mind with yoga, tai chi or meditation	16 Get active by singing today (even if you think you can't sing!)	17 Go exploring around your local area and notice new things	18 Make time to run, swim, dance, cycle or stretch today
26 Try a new online exercise, activity or dance class	27 Take an extra break in your day and walk outside for 15 minutes	28 Find a fun exercise to do while waiting for the kettle to boil	22 Regularly pause to stretch and breathe during the day	23 Enjoy moving to your favourite music. Really go for it	24 Go out and do an errand for a loved one or neighbour	25 Get active in nature. Feed the birds or go wildlife-spotting
			29 Meet a friend outside for a walk and a chat	30 Become an activist for a cause you really believe in		



Being an Empathy Hero!



It feels good to help someone

It might help you gain a friend

Helps you become more emotionally literate

Helps you to understand the needs of others

Builds trust and respect

You will feel happier in yourself

They might return the empathy one day

Makes the world a better place for everyone



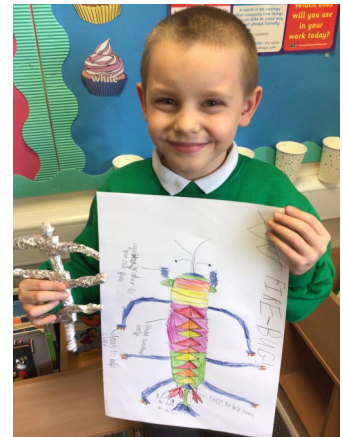
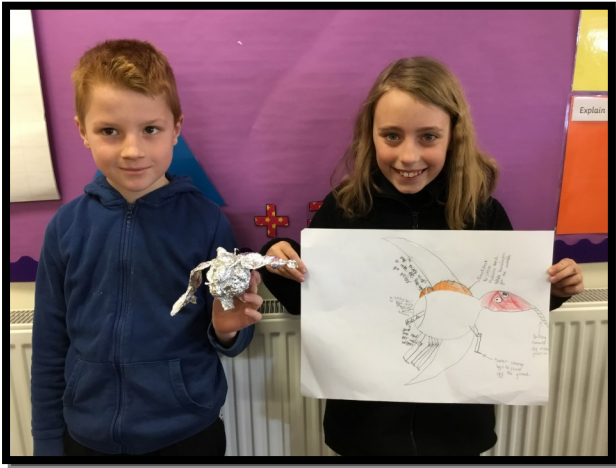
NO ACT OF KINDNESS, NO MATTER HOW SMALL, IS EVER WASTED.

Aesop



How can you be an empathy hero?

British Science Week!

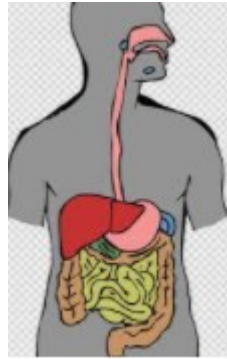
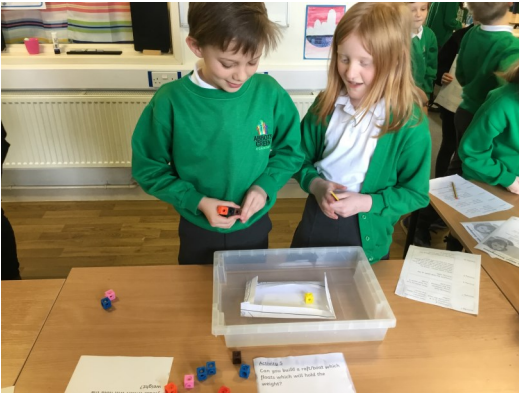


Year 3 were investigating whether the change of shape in different foods, changes the taste. Moreover, they discovered new fruits that they hadn't tried like physalis and lychee.

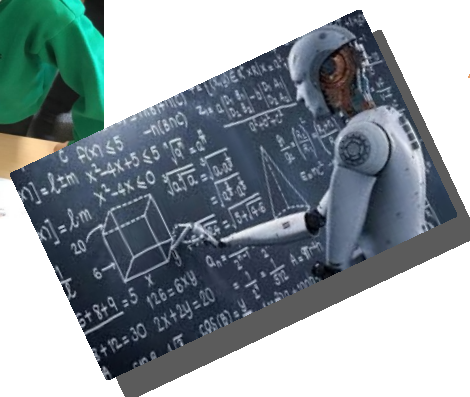
How adventurous!



Look at us...



Year 4 have been busy recreating the digestive system. They spoke through the process using tights, orange juice, water, bananas and crackers to help them visualise what happens. They have also been busy creating bug hotels and celebrating World Water Day, linking their knowledge of volume and capacity. We mustn't forget the exciting water relays they executed.



Year 1.....

Year 1 have been outgoing and independent this month, decorating cupcakes. In R.E, they are learning about the parable of the last sheep.



Wellbeing Wednesday



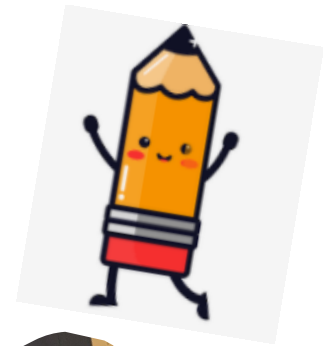
Year 3 have been building fairy dens. How active they were! However, watch out for the trails of fairy dust around Abbots Green.



The good news keeps on coming...



Well done Chloe and Jessica for continuing to strive to be inspiring and responsible.



Abbots Green continued to champion Red Nose Day. Did you see our jokes? We certainly all belly laughed. It really was a pocket of wellbeing to be able to stroll around the school and have a chuckle with each other.

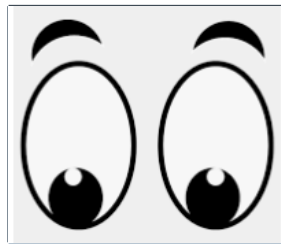
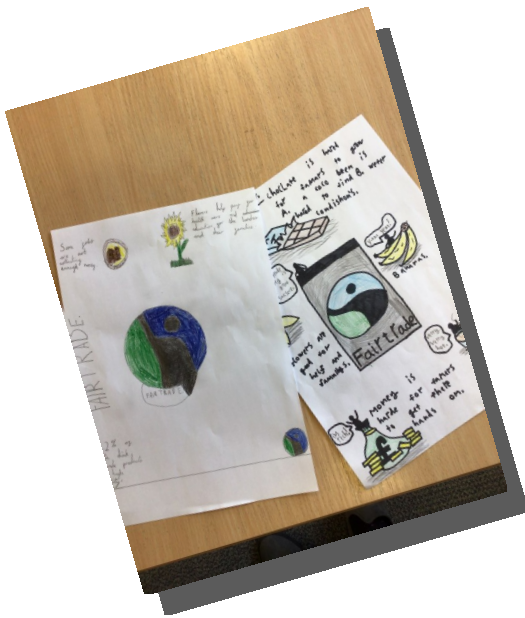


Joshua, in Japan class went the 'extra mile' to celebrate St Patricks day. We loved your themed sandwiches.



Year 4.....

Year 4 displaying what incredible humans they are, championing Fairtrade and educating others. We have noticed so many products since. Why don't you keep your eyes peeled?



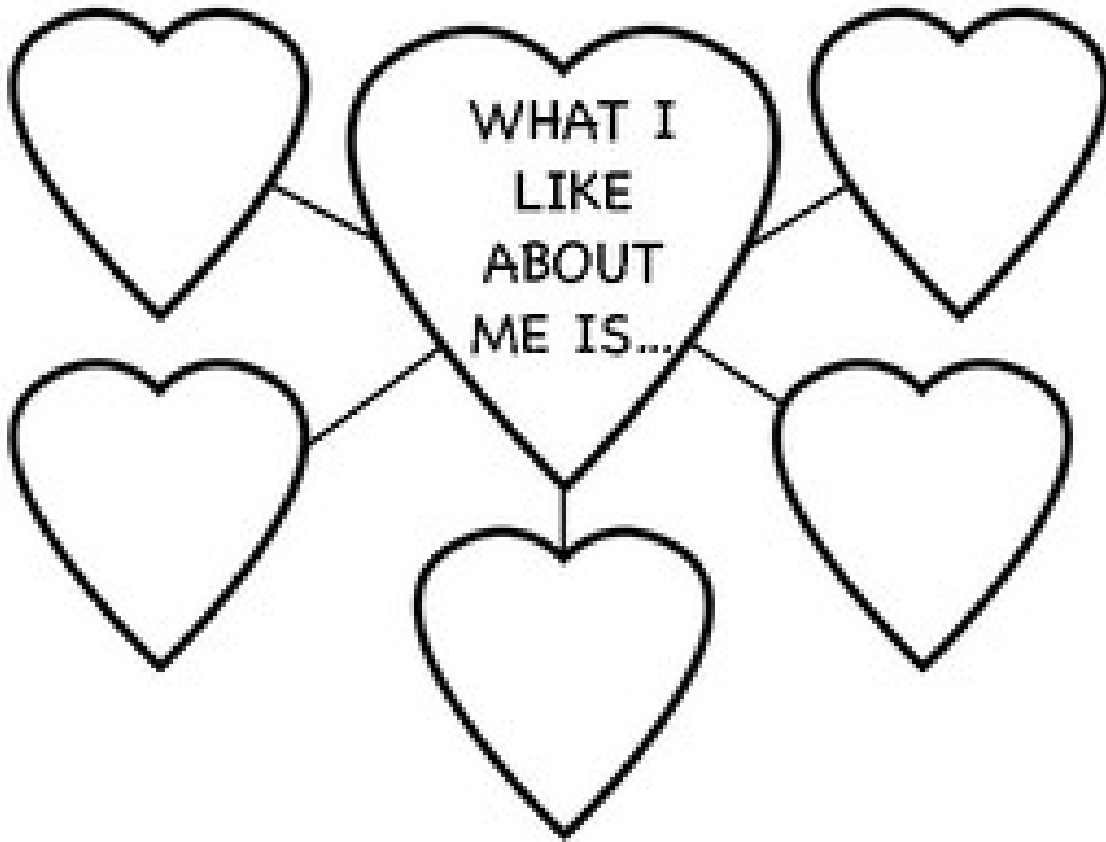
Year 4 were revealing their gardening skills. I wonder what they will create in summer?





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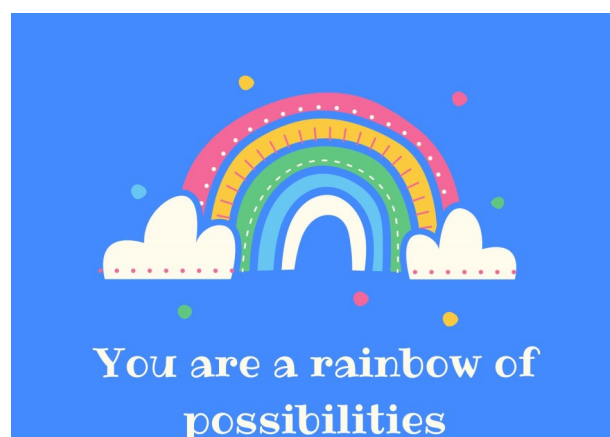
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Proud of my 'selfie'



Get active!

Healthy minds timetable

Name:

Class:



Fill in this blank timetable to reflect your school week. Try to build eating well and moving more into your week to improve your overall well-being.

	Before school	Start of the day	Break	Lunch	Break	After school
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						




change
4 life
Live Well. Move More. Eat Right.



Have you seen the shake ups on Change4Life? It only take 10 minutes. Get moving Abbots Green.



10 minute shake up from **change4life** with Disney




Cinderella's Pumpkin Race

Can you help Cinderella get to the ball without her coach getting turned back into a pumpkin?

1 players or more 3,303

10 minute shake up from **change4life** with Disney




Kristoff and Anna's Snowball Volleyball

Can you keep the snowball balloon in the air?

2 players or more 2,163

10 minute shake up from **change4life** with Disney



Fred's Jump Off

Who's the fastest? Whizz around the course like Fred and find out.

4 players or more 5,005



5 RANDOM ACTS OF KINDNESS TO TRY THIS WEEK

- 1 Show someone they are **LOVED** with a big hug for no reason.
- 2 Be kind to yourself and celebrate your successes. **MINDFUL**
- 3 *Grateful* Tell someone you love how much you appreciate them.
- 4 Call a relative that you haven't spoken to for ages. *Caring*
- 5 **HELPFUL** Offer to help with someone else's chores



The next issue will be out on Friday 7th May!