




in a
WORLD
where you can
be anything
BE KIND

@nikkimiles
daily reminders

- today will be good
- you are growing
- believe in yourself
- you are loved
- keep shining superstar
- you are enough

PSSST
YOU CAN
DO
HARD THINGS.

IF IT 
MATTERS
 TO YOU
IT'S IMPORTANT !!!

do 
whatever 
♥ makes you
happy 

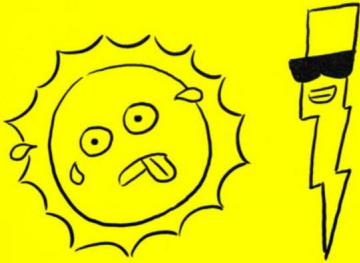
YOU JUST GOT
1 order of happiness with a side
of smiles and extra sunshine!

CHIRP

thank you! please come again!

Fun facts!

A bolt of lightning is about six times hotter than the sun.



do you know...

a GROUP of **BUTTERFLIES**

is called a

kaleidoscope

THE HAPPY NEWS
by @thehappynews

Before erasers were invented, bread was used to rub out pencil marks



DID YOU KNOW

The average ballpoint pen can draw a line 3km long

90% of people laugh harder when trying to explain why they are laughing.



Did you know...

a GROUP of **GORILLAS**

is called a **BAND**
(or a troop... or a whoop!)



Fun Facts

Did you know that - a dog's nose print is like a human finger print? It is unique to its owner!



Sports Day!

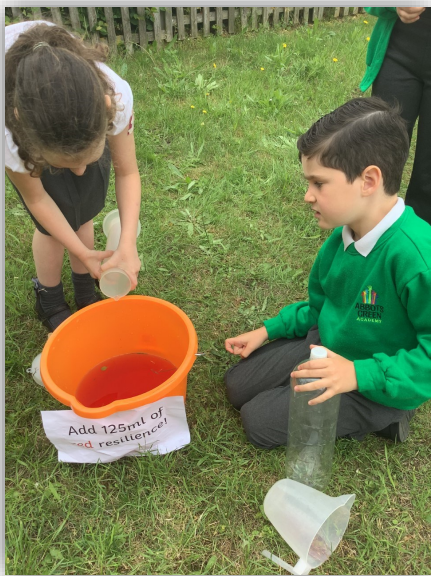


The children were bursting with excitement as they travelled around the world, to visit Olympic events on the track and field. Each event was celebrated with an Olympic podium celebration to share the highlights of the day as well as our Rainbow Sportsmanship. Every single rainbow value was demonstrated. Come rain or shine, the children flourished!





Year 3

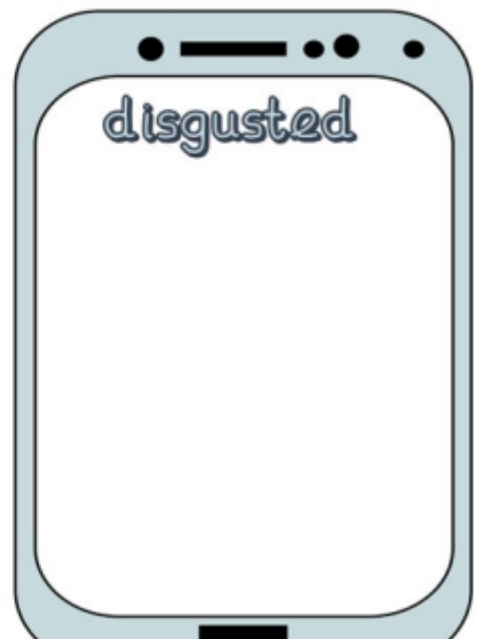
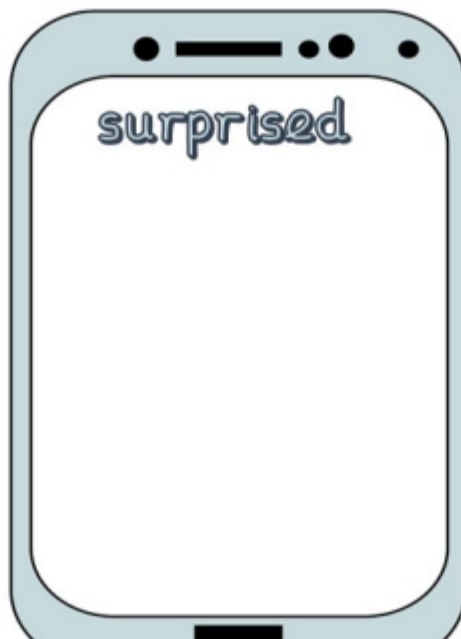


Year 3 have been busy making and eating Japanese fruit skewers. In addition, they have been working hard to try and turn their teachers into dragons. Year 3 used their capacity and measuring skills to create the evil potions. Luckily, it was reversible! Phew...



SELFIE CHALLENGE

DRAW YOUR SELFIES
SHOWING YOUR
FACIAL EXPRESSIONS



Year 1.....

This week, Year 1 have linked their English learning to an exciting DT project. They have created puppets for 'Alien Bob' who crash landed on Earth, but they can only talk in rhyme through poems. Therefore, demonstrating their nurturing attributes, they have decided to make a puppet friend for him. This was either an alien or an animal. They all loved making their puppets and worked very independently!



What are you looking forward to?

Moving on...

*Take what we have taught you
Be confident, strong and bold
The future is exciting
And waiting to unfold*

*On your journey to the stars
A step is what you need to do
Big or small each step
Takes precious memories with you*

*The friends, staff and school
Trips, laughter, fun and tears
Urging you forwards
Alleviating fears*

*On your steps towards the stars
We will look on with pride
On the small part we played
To that small reception child*



We have this in common...

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Talk to all of your friends about what you have in common. Do you share the same likes, or are you different?



The good news keeps on coming...



Marie in Russia class has qualified for a national majorette competition taking place in October! She has to practise her baton twirling lots in preparation, her determination shines through.

Harry's mum in Kenya class has been pounding the footpaths and streets of Bury St Edmunds as part of their training routine for a half marathon. They are raising money for My Wish Charity who will be directing it towards the women's chosen recipients – the Macmillan Cancer Unit and the Colorectal Department at the hospital.



Check out the new P.E kit. How smart!

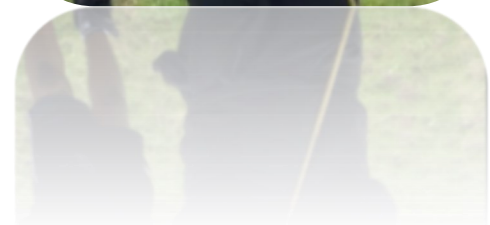


Poppy in year 5 has performed amazingly in a recent triathlon competition and came 3rd place! Look at her trophy and medal, wow!

These children are so aspirational, achieving a Blue Peter badge and a half marathon! You continue to impress and amaze us.

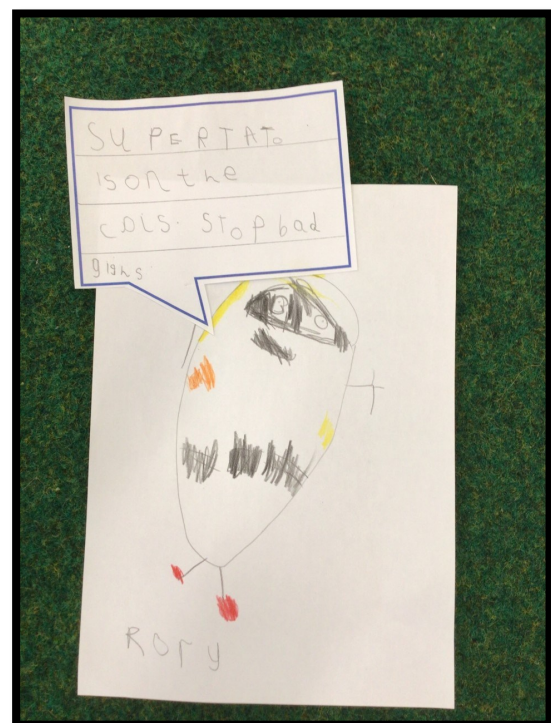


As a Rights and Respecting school, this month we have thought poignantly about how strong we are as a school community, and value our sense of belonging to our class and wider school. Following the inspiration of our Changemakers, we decided to come together to show our respect and honour Refugee's but most importantly, recognise and welcome anyone to our school.



Reception

Reception have been learning about growing fruit and vegetables. This half term, they have explored lots of different books like Oliver's Fruit Salad, Grow Your Own and Supertato. Nothing can stop them...



Evergreen

The Evergreen children of age 2 and upwards, put on their animal costumes to participate in The Big Toddle in aid of Barnardo's. As the children stomped around the field, with what must have felt like a marathon, the children continued to be so proud of themselves as they made it the whole way round the 'big field'. For the rest of the school who watched in admiration from windows, we continue to be so proud of our youngest pupils who 'just kept walking and walking forever!' What resilient learners they are already! **Keep up the brilliance!**



Jump Back Up July 2021

MONDAY



TUESDAY



WEDNESDAY

THURSDAY



FRIDAY

SATURDAY

SUNDAY

- 1 Take a small step to help overcome a problem or worry
- 2 Adopt a growth mindset. Change "I can't" into "I can't...yet"
- 3 Be willing to ask for help when you need it
- 4 Find something to look forward to today
- 5 Get the basics right: eat well, exercise and go to bed on time
- 6 Pause, breathe and feel your feet firmly on the ground
- 7 Shift your mood by doing something you really enjoy
- 8 Avoid saying "must" or "should" to yourself today
- 9 Put a problem in perspective by seeing the bigger picture
- 10 Reach out to someone you trust and share your feelings with them
- 11 Look for something positive in a difficult situation
- 12 Write your worries down and save them for a specific 'worry time'
- 13 Challenge negative thoughts. Find an alternative interpretation
- 14 Get outside and move to help clear your head
- 15 Set yourself an achievable goal and take the first step
- 16 Find fun ways to distract yourself from unhelpful thoughts
- 17 Use one of your strengths to overcome a challenge today
- 18 Let go of the small stuff and focus on the things that matter
- 19 If you can't change it, change the way you think about it
- 20 When things go wrong, pause and be kind to yourself
- 21 Identify what helped you get through a tough time in your life
- 22 Find 3 things you feel hopeful about and write them down
- 23 Remember that all feelings and situations pass in time
- 24 Choose to see something good about what has gone wrong
- 25 Notice when you are feeling judgmental and be kind instead
- 26 Catch yourself over-reacting and take a deep breath
- 27 Write down 3 things you're grateful for (even if today was hard)
- 28 Think about what you can learn from a recent problem
- 29 Be a realistic optimist. Focus on what could go right
- 30 Reach out to a friend, family member or colleague for support
- 31 Remember we all struggle at times - it's part of being human



ACTION FOR HAPPINESS

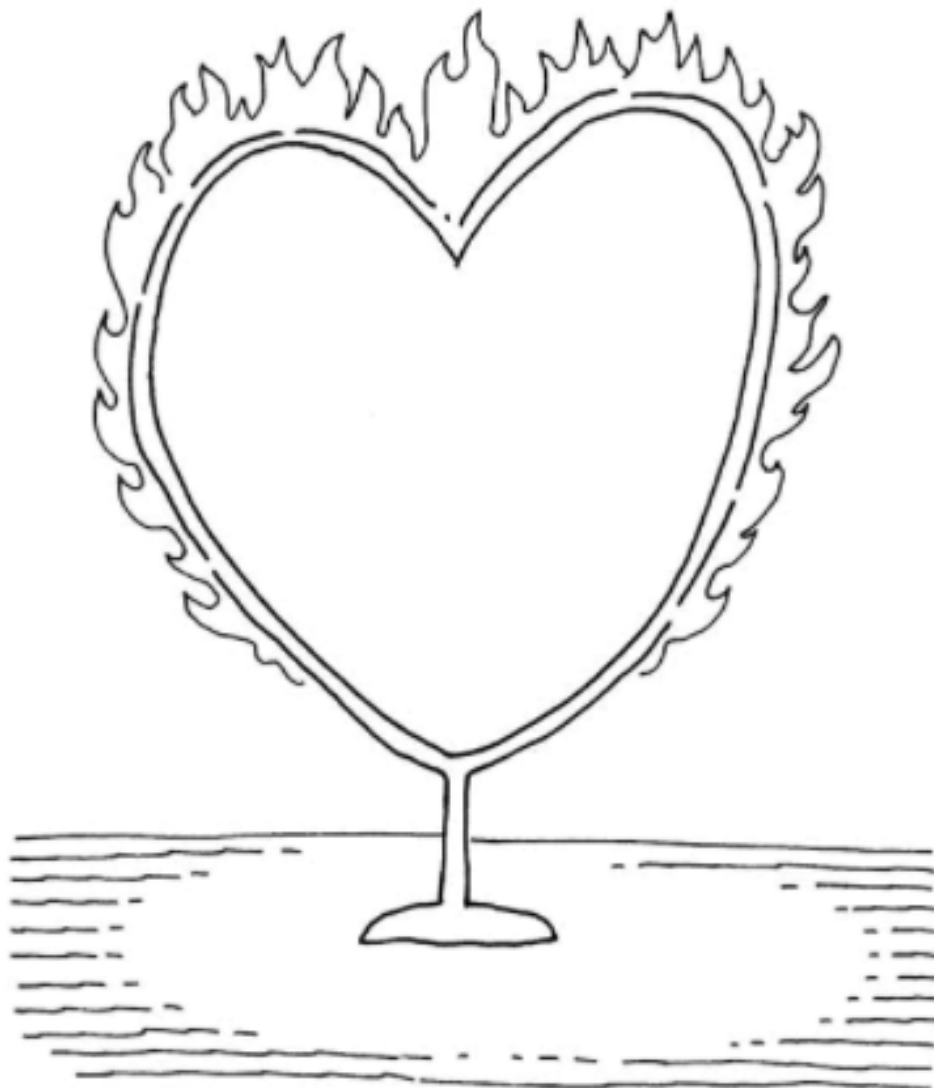
Happier · Kinder · Together

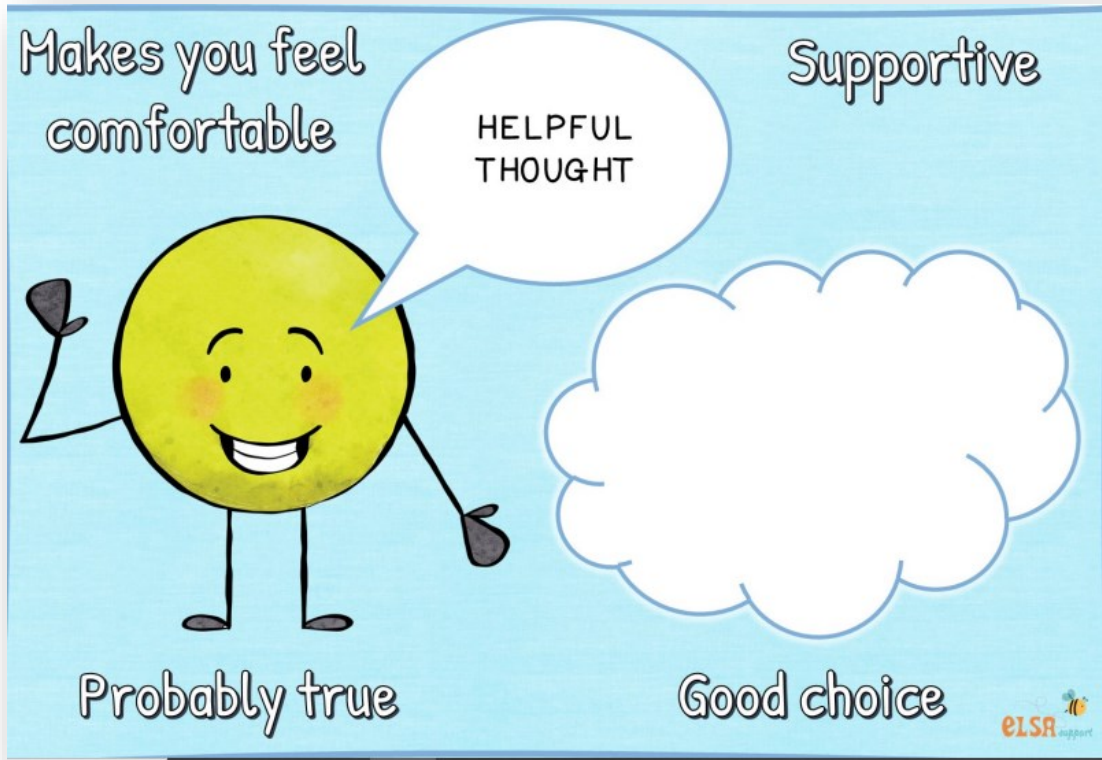


IMAGINE THAT
A VERY WISE PERSON
SHARED WITH YOU
THE SECRET
TO HAVING A GOOD LIFE.
WHAT WOULD SHE
OR HE SAY TO YOU?



FOR YOUR PASSIONS.





The next issue will be out on Friday 1st October 2021