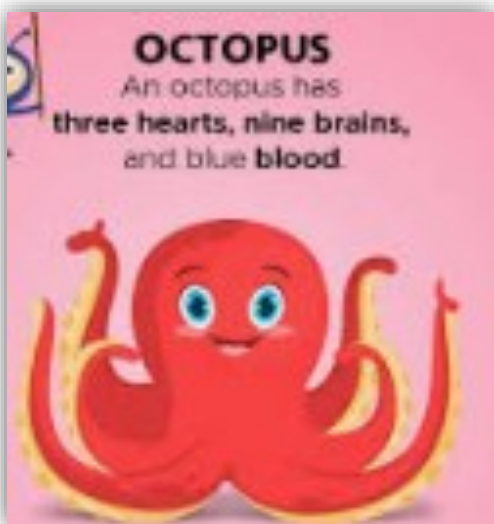
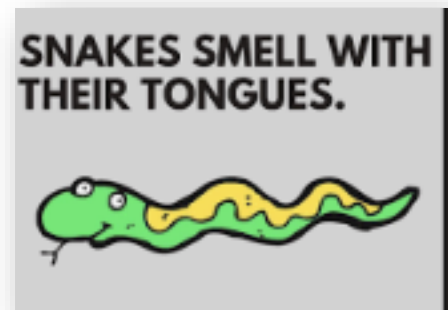
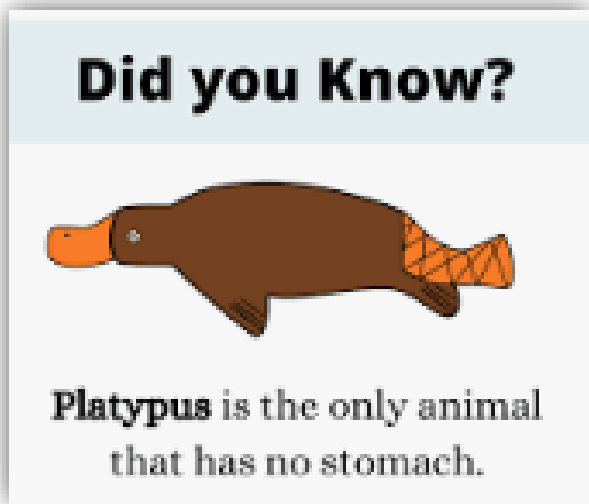
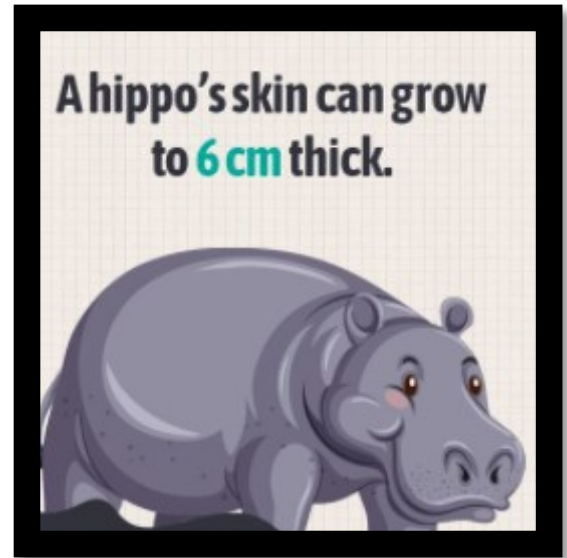


Did you know?



Year 1



Year 1 had a fantastic outdoor learning day where they took part in orienteering, made pictures from nature and made a leaf mobile. 'This is the best day ever!' This was echoing round the school.



They also went on a woodland autumn walk to help them with their writing. Whilst on the walk, they found some interesting animals.



How to: make your own self-soothe box!

This is a box you can make that contains all sorts of different things that will ground you and help make you feel more relaxed.



The box can be tailor-made to the individual, containing the things that will personally help when feeling anxious and/or low.

A good way to ground yourself is to focus on the five senses: sight, sound, smell, taste and touch. Therefore, it is a good idea to include things in the box that will engage these senses.

Below are some examples of what can go in a self soothe box:

- Essential oils
- Photos of friends and family and of your favourite places to visit
- CDs of favourite music and relaxing sounds
- Mints or other favourite tastes
- Things that feel nice to touch, this could be some beads, jewellery, felt or any homemade crafts
- Activities, such as colouring books, crosswords, sudokus etc.
- Positive affirmations
- A list of breathing techniques
- Numbers of people/organisations/charities to call when in crisis or need to chat with someone



The good news keeps on coming...



We are very thankful to all who supported and donated to the Macmillan Coffee morning. Special thanks to Mr Cole and Year 6 Ukulele players for keeping everyone entertained! This was a real delight! £250 was raised towards such a worthwhile charity.



Well done to Cesc, Alfie, Charlie and Freddie for saving our hedgehogs. The hedgehog was taken home, fed and then picked up by a rescue team to make sure that he was ok.



Proud of our Abbots Green traditions. Coming together to recognise the importance of World Mental Health Awareness day and moments in history.



Year 4



Year 4 have been busy creating unique cards with an artist. These creative designs were then sent to Oxlip house, they were welcomed with big smiles.



Year 4 have been ambitious in their geography learning. They have shown their understanding of the water cycle in a creative way. Keep your eyes peeled...



Roman Day



Year 4, had an incredible day sharing their knowledge of the Romans. They created shields, quizzes and took on the role as Celts and Romans in a battle. Their commitment and creativity was awe-inspiring.

BE THE
SUNSHINE

FUN

My most memorable moment
at Primary School



WHATEVER
MAKES
YOUR SOUL
HAPPY
do that

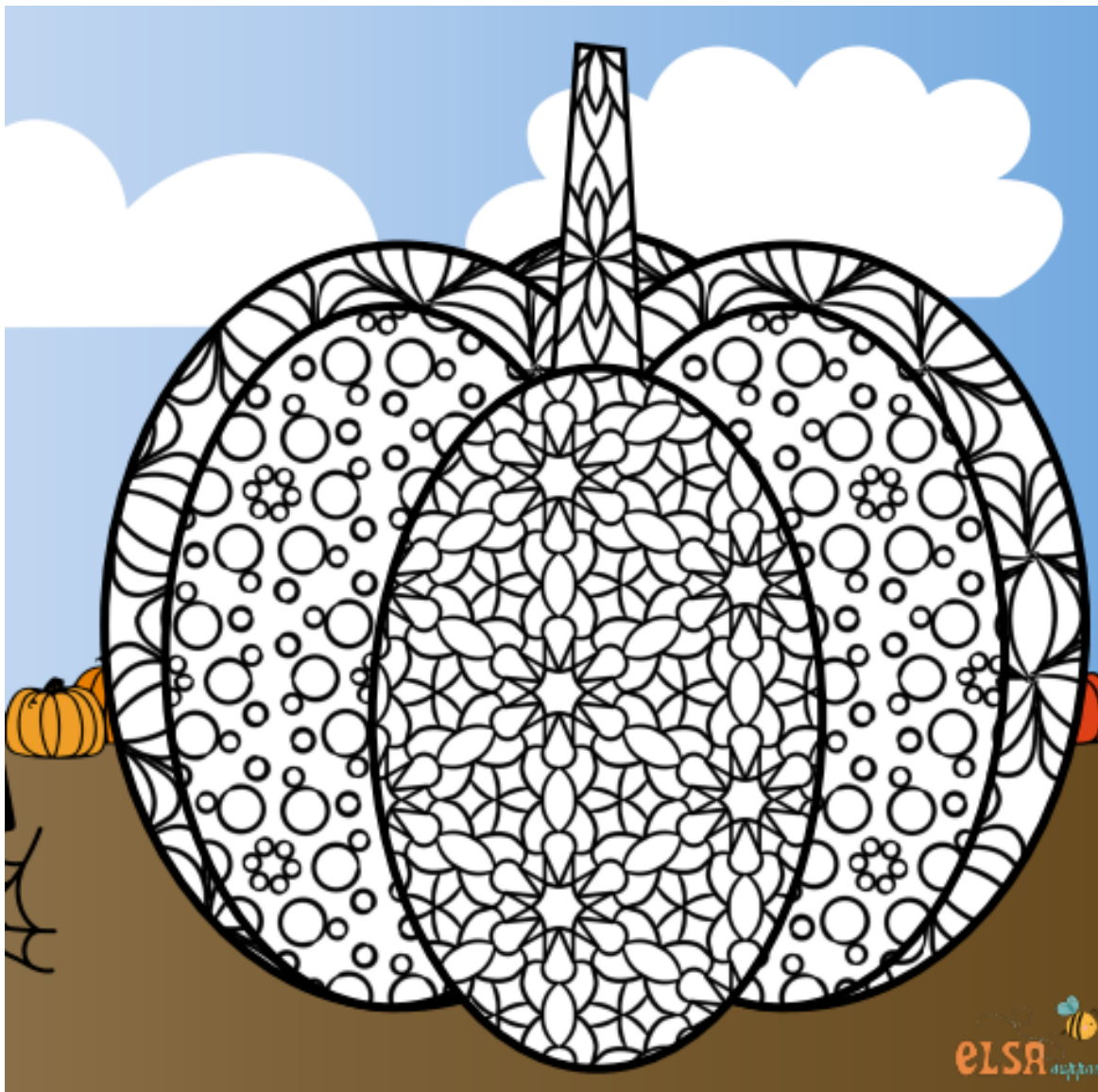


Blackthorpe Barn Art Exhibition



Year 6 had a wonderful time at Blackthorpe Barn Art Exhibition. They were inspired by the creativity and hard work. It was amazing to observe them studying the art and allowing their artistic flair to spark.

Doodle!



sometimes things are going great,
and you're all happy frog.



Today might be hard

But you deserve all the
good days ♥

I hope one finds you soon!



Year 5



Year 5, have been illustrating their aspirational attitudes in their outdoor learning day.



Year 2



Year 2 have had a wonderful time creating pictures with natural resources on their outdoor learning day. They have been busy representing AG on a trip whilst finding out about interesting careers. Their futures are bright!

UNHURRY

RELAX

RECHARGE

UNWIND

REGROUP

BREATHE

SLOW

CALM

SLOTH

STRETCH

SNOOZE

CHILL

MEDITATE

T F A R Y E C A C O
A G R D A O H A H F
P C L N L D A R I G
U S O L W Y R N L E
O W I N D S U R L R
R E A T M L A C U Y
G R E L A N J A G N
E Y F U N P S O B H
R E L A X C T M R L
S M U D A R R H E R
U R N L A X E A A Y
C K I E R E T R T R
R T Y U D Y C G H U
N V O A T H H Y E N
S H N A O R Y E L L
H A B R E T Y H R U
G E N T L S L O T H

Optimistic October 2022

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together

Every Mind Matters



1. Move every day. Being active reduces stress and can improve our sleep.
2. Be mindful. Focus on the present and do more feel good things. Try listing the things you love to do.
3. Keep sleep regular. Aim to get up at the same time each day. This helps to regulate your body clock.
4. Relax your mind and muscles. Sometimes we get so tense that we do not remember what being relaxed feels like. Recognise this and learn how to relax.
5. Talk to people.
6. Create a quiet and clear place at home.

Questions to ask your child

YOUNG MINDS PARENTS | YOUNGMINDS

What things are you looking forward to?

Is there anything you want to talk about?

When was the last time you were very happy?

What makes you feel calm?

How are you finding things at school at the moment?

What difficulties are you facing now?

What can I do to help?

Where is a place you feel safe?

What things would you like to do in the future?

Would it be helpful if we planned each day together?

Do you have any worries about the coronavirus?

Where in our home do you feel like you can have your own space?

What are you worried about when you lie in bed and can't sleep?

Can you show me what you like about gaming?

How do you feel about things changing?

What do you think could help you to feel better?

What have you enjoyed about today?

Sports Reports

Abbots Green reach another Suffolk County Finals

The girls from Abbots Green arrived in good spirits and were looking forward to the challenge ahead. After a downpour of rain, the teams were brought in for the team meetings.

The brilliant duo of Lexie and Megan kept the Horringer strikers quiet and the constant running from Elisabeth and Gabriele caused them problems at the other end. The girls started playing some lovely football with Maisie at the heart of it. They scored two great goals through Gracie. Abbots Green's final score was 5-2. Well done team!

Abbots Green B team showed great improvement on last years competition. They got off to a flying start winning 1-0 against Barrow with Daisy getting the only goal. They recorded a draw and lost two of their remaining games. The girls played some lovely football and a special mention goes to Iris who put on a fantastic performance in the last game in goal.

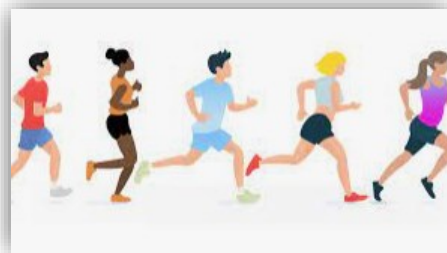
Hockey stars bring home the trophy

Children from Abbots Green travelled to the hockey competition with great excitement. Well done to all the children who played some fantastic hockey and played with a huge smile. We especially loved the development team celebration...Moose Alpaca! As always, thank you to all the parent that helped with transport and who stayed to cheer on the teams.

Abbots Green roar to victory in the Bury St Edmunds Cross Country Qualifiers

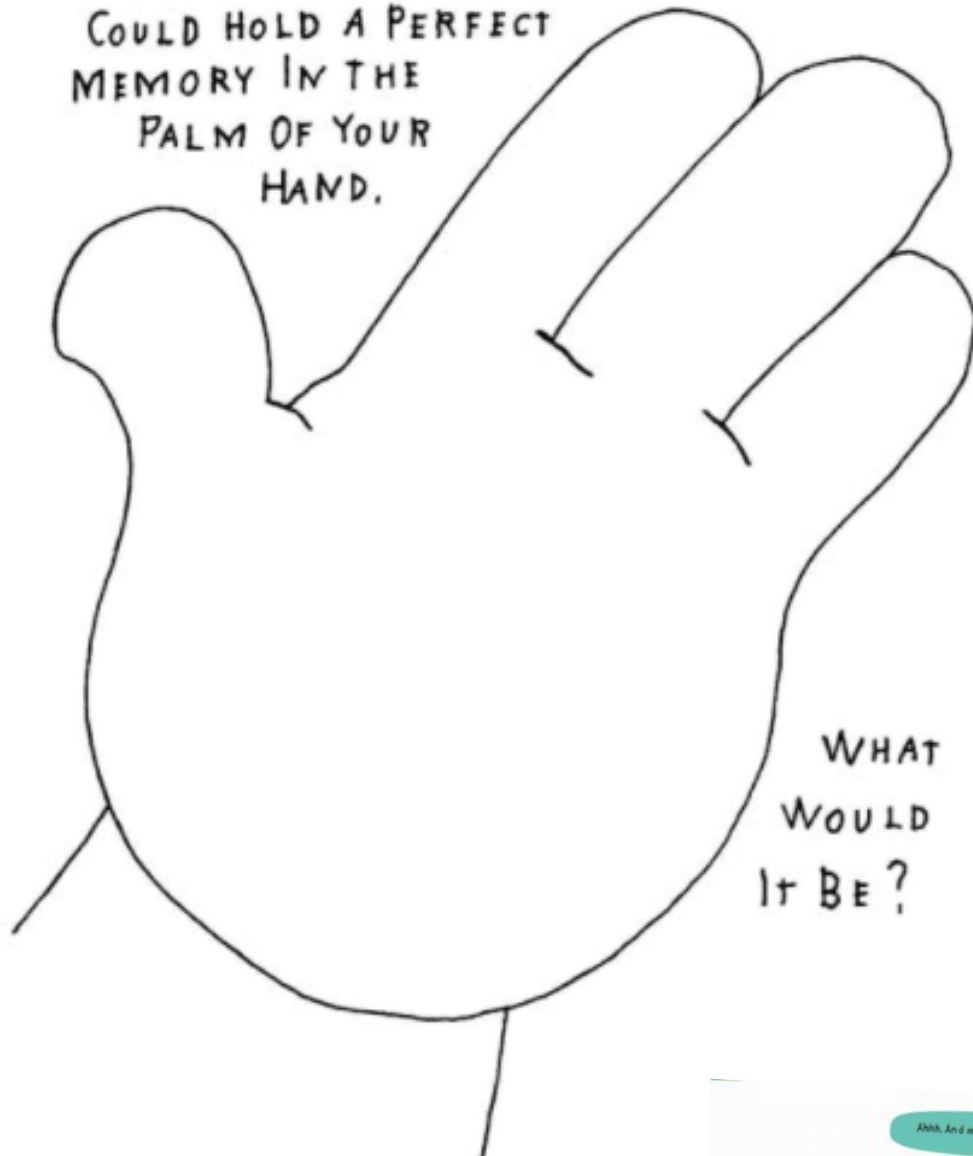
On Thursday 29th September 36 children from Abbots Green travelled the short distance to Howard Primary Academy for the Bury St Edmunds Cross Country qualifiers. After a quick tactics meeting, the children focused on warming up for the mile run. A lot of the children were nervous as it was the first time any of them had competed at a cross country, but the nerves soon faded away when the starting whistle blew.

All the children represented Abbots Green in such a positive way during the whole morning. From giving their all on the course to cheering on their team. It's with that teamwork and resilience that Abbots Green won both the girls and boys team events on the day with all of them contributing to the victory.

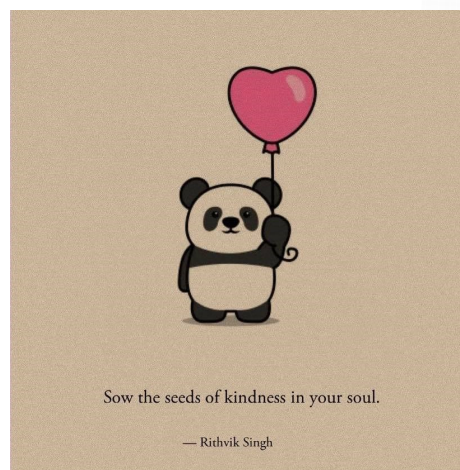


Creativity

IMAGINE THAT YOU
COULD HOLD A PERFECT
MEMORY IN THE
PALM OF YOUR
HAND.



WHAT
WOULD
IT BE ?



Sow the seeds of kindness in your soul.

— Rithvik Singh



**The next issue of the Jolly News
will be December 2022.**