



**May Value: Worship**

**TS&PC: Working With Others**

Week	Mindful Monday	Thoughtful Tuesday	Well-Being Wednesday	Thankful Thursday	Feel Good Friday
Week One 1 <sup>st</sup> to 5 <sup>th</sup> May	<b>School Closed Bank Holiday</b>	<b>School Closed Staff Development Day</b>	Set an intention to live with kindness, gratitude and awareness. Witnessing acts of kindness produces oxytocin, occasionally referred to as the 'love hormone' which aids in lowering blood pressure and improving our overall heart health.	This month we celebrate <b>Our Blessed Mother Mary</b> . Let us give thanks and gratitude for all our mothers.  <a href="https://www.twinkl.co.uk/resource/roi-re-3-may-is-the-month-of-mary">https://www.twinkl.co.uk/resource/roi-re-3-may-is-the-month-of-mary</a>	Have fun collecting flowers for your <b>May Altar</b> . Why not register the blossoms you see or download the blossom activity packs from the website below? <a href="https://www.nationaltrust.org.uk/features/blossom-watch">https://www.nationaltrust.org.uk/features/blossom-watch</a>
Week Two 8 <sup>th</sup> to 12 <sup>th</sup> May	Take a deep breath and settle into the week. Try 7-11 breathing. This can regulate, shift, and stabilize energy and mood. <b>Breathe in</b> for a count of seven. <b>Breathe out</b> for a count of eleven.	Believe in yourself. Ask the Holy Spirit to enlighten your mind during all our school tests this week. Good Luck everyone! 	May is also <b>Skin Cancer Awareness Month</b> . Remember to pop on sunscreen before coming to school. <a href="https://www.twinkl.co.uk/event/skin-cancer-awareness-month-2022">https://www.twinkl.co.uk/event/skin-cancer-awareness-month-2022</a>	What are you thankful for?  Have a class circle time and share with everyone what you are thankful for.	Brainstorm class activities to celebrate all the hard work during your tests this week. Well done, everyone! 
Week three 15 <sup>th</sup> to 19 <sup>th</sup> May <b>World Mental Health Awareness Week</b>	<b>Speak positively to yourself and others. E.g.,</b> I have permission to change my mind. Attempting to do this took courage and I am proud of myself for trying. I love myself for who I am.	Do a litter pick beside your home.  Clearing the rubbish safely keeps our community clean and stops unwanted waste blowing into the fields to the animals.	Water is so important for our well-being. The brain is 80% water, and the body is roughly 70%. Plenty of water aids good brain activity and development. 	<b>School Closed Local Elections Outdoor Classroom Day</b> 	May is <b>National Walking Month</b> . Remember to stay safe and be seen when walking in the bright evenings. Have fun trying a different walk this weekend or walking the opposite direction doing your daily mile. <a href="https://www.twinkl.co.uk/event/walk-to-school-month-2022">https://www.twinkl.co.uk/event/walk-to-school-month-2022</a>
Week Four 22 <sup>nd</sup> to 26 <sup>th</sup> May	Be mindful when out and about on farms. Remember – Stop and Think SAFE! 	Try a virtual school tour adventure. Move through the exhibits at your own pace and see what new fact you can discover! <a href="https://www.scoilnet.ie/remoteteaching/tours/">https://www.scoilnet.ie/remoteteaching/tours/</a>	Remember to keep an eye on our class vegetable plots. <b>Gardening</b> is being prescribed for people facing some of life's toughest challenges. ... <b>gardens</b> and plants are great for our physical, mental, and social <b>wellbeing</b> .	We are thankful for all our staff. Give a compliment or do an act of kindness for your teacher, classroom assistant or our secretary today.	Monday is <b>National Biscuit Day</b> . Make a graph or tally chart of all your favourite biscuits. Yum!  <a href="https://www.twinkl.co.uk/event/national-biscuit-day-2020-2022">https://www.twinkl.co.uk/event/national-biscuit-day-2020-2022</a>