





## March Value: Self – Discipline

## TSPC: Managing Information

Week	Mindful Monday	Thoughtful Tuesday	Well-Being Wednesday	Thankful Thursday	Feel Good Friday
Week one 1 <sup>st</sup> to 5 <sup>th</sup> March	Let's be mindful of our food waste. Food is a comfort, an essential, and a luxury. And yet in UK households we waste 6.5 million tonnes of it every year, 4.5 million of which is edible. <a href="https://www.lovefoodhatewaste.com/">https://www.lovefoodhatewaste.com/</a>	Call an old friend or a relative you haven't seen for a while. Connecting with others is more important than we might think. It can help us regulate our emotions, lead to higher self-esteem, and actually improve our immune systems.	Notice when you are tired and take a break as soon as possible. Mini breaks help to support your wellbeing and increase productivity. This may be chatting with someone who is in the room with you or getting a drink.	World Book Day - Reading is a wonderful way for you and your child to connect, improve listening skills and expanded their vocabulary. <b>Why not dress up as your favourite character and send a photo to your teacher.</b>	<b>Movie Night!</b> Why not enjoy a family movie night and watch Mulan? The main character had immense courage, but her self-discipline cannot be beat in this movie.
Week two 8 <sup>th</sup> to 12 <sup>th</sup> Match	<b>Happy International Women's Day</b>  The campaign theme is, <b>&amp;ChooseToChallenge</b> A challenged world is an alert world. Individually, we're all responsible for our own thoughts and actions - all day, every day.	Notice the joy to be found in the simple things in life. Some of the simple things make us happiest are sleeping in a freshly made bed, feeling the sun on your face, or saying thank you to a stranger. Why not pay an act of kindness forward today?	Make an obstacle course. You can use cushions, pillows, small tables, hula hoops etc. Make a balance beam by marking a straight line on the floor with masking tape. Jump in and out of circles - mark these using masking tape. Climb high, lie low, jog on the spot, star jumps and lots more!	The United Nations World Food Programme is the world's largest humanitarian organization. Visit, <a href="http://www.freerice.com">www.freerice.com</a> . Every dictionary definition you get right the cash equivalent of 5 grains of rice are donated to the World Food Programme.	<b>Happy Mother's Day for Sunday</b> Plan for a no plans day tomorrow or Sunday and notice how it feels. Take time to enjoy the precious present. Here is a great song for the moment from Jason Mraz - Living in The Moment 🎵 <a href="https://youtu.be/YUFs_1vKYLY">https://youtu.be/YUFs_1vKYLY</a>

Week three 15 <sup>th</sup> to 16 <sup>th</sup> March	Prioritise time for outdoor play - allow children the space and freedom to play outdoors. Encourage some of the old traditional games such as skipping, hopscotch, kerbsie and tag.	May the "luck of the Irish" be with you as you take this St. Patrick's Day quiz! Have fun! 😊  <a href="https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-st-patricks-day/">https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-st-patricks-day/</a>	Happy St. Patrick's Day 	School Closed	Staff Development Day
Week four 22 <sup>nd</sup> to 26 <sup>th</sup> March	Census 2021 was yesterday and happens only once every 10 years. The last census was in 2011 and counted 1,810,900 people living here. Visit <a href="https://ccea.org.uk/learning-resources/census">https://ccea.org.uk/learning-resources/census</a> for lots of fun activities about the census.	World Poetry Day was on 21st March as well. A UNESCO day to promote the reading, writing, publishing, and teaching of poetry throughout the world. Click on the link to read some popular poems, <a href="https://www.familyfriendlypoems.com/poems/children/">https://www.familyfriendlypoems.com/poems/children/</a>	Get out in the fresh air and now try some bird watching and join the Big Garden Birdwatch and upload the birds you see.  <a href="https://www.rspb.org.uk/fun-and-learning/for-teachers/schools-birdwatch/">https://www.rspb.org.uk/fun-and-learning/for-teachers/schools-birdwatch/</a>	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.	Make a den! Consider seating areas for 'chilling out' (this can be as simple as old carpet squares, a sheet or rug or two crates with a plank of wood). Add props such as playing cards, dominoes, marbles, or a football. Add music too to create a real hang-out space.
Week five 29 <sup>th</sup> to 31 <sup>st</sup> March	Take a deep breath and settle into the week. Try 7-11 breathing. This can regulate, shift, and stabilize energy and mood. The directions are simple: <b>Breathe in</b> for a count of seven. <b>Breathe out</b> for a count of eleven.	Plan an Easter Egg Hunt  <a href="https://www.personalcreations.com/blog/easter-egg-hunt-clues">https://www.personalcreations.com/blog/easter-egg-hunt-clues</a>  e.g. I have windows and doors, but I am not your house! I go vroom vroom. (car)	Holy Wednesday Half Day School Closure	 Happy Holidays and Stay Safe!	