



Ashbourne Hilltop Primary

Hilltop News – 18.03.21

Parent Survey

Now that we are all back together again we can start planning for the future at Hilltop. We are excited to be looking forwards towards improving many aspects of school life. Part of this process has been consulting with staff and in the coming weeks we will be collecting the opinions of pupils on a range of different aspects of school life.

It is so important for us that our continual improvement is driven by information collected from our community and so I am asking for information from families to help direct us in our planning.

The link below is to an online form. I hope that it will allow families of Hilltop to give us a clear indication about what aspects of learning and school life are most valued by our community. I would really appreciate you taking the time to fill in the form honestly so that we can best direct our continual drive for improvement.

<https://forms.gle/52tfWr9wZhgcY3Zq6>

Growth Mindset and Achievements

After a year of changes and challenges, we will be spending the next 7 weeks of school re-introducing a focus on learning behaviours and growth mindset values that we will be using at school to support our pupils in their development across all areas of life. We will be focussing on one growth mindset learning behaviour per week and at the end of each week one growth mindset champion will be selected from each class based on the value of the week.

Next week we will be introducing and focussing on cooperation. We will then follow with a different value each week in the following order.

- Cooperation
- Climbing out of the dip
- Courage
- Problem Solving
- Perseverance
- Taming the Beast
- Determination

In addition to a growth mindset champion, each class will be selecting a role model of the week. This could be for a variety of reasons, but will always be given to someone who has spent the week following the school rules, producing their best quality work and setting a good example for others.

Anyone receiving an award in assembly will receive a certificate from Mr Hooley through the post.

Red Nose Day

It is Red Nose Day tomorrow, Friday 19th March. In school we will be running our usual timetable with some Red Nose Day themed activities. We would like to welcome the children in school to wear non-uniform, with something **red** if they would like. There will be a bucket for donations at the end of the pedestrian path, in front of the main school doors.

Mindfulness

It is incredibly important in the current climate for us all to be aware of our own mental health and wellbeing. We will continue to keep this as a priority in school for all children, families and staff as we move forwards together. It is late in the month, but on the next page is a mindfulness calendar that some families might find interesting.



ACTION CALENDAR: MINDFUL MARCH 2021



MONDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture & smell of your food

15 Stop, breathe and just notice. Repeat regularly during the day

22 Walk a different route today and see what you notice

29 Notice what is working today and be thankful that this is so

TUESDAY

2 Notice five things that are beautiful in the world outside

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune in to your feelings, without judging or trying to change

30 Mentally scan down your body and notice what it is feeling

WEDNESDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot 3 things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Notice the joy to be found in the simple things of life

THURSDAY

4 Notice how you speak to yourself. Try to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 If you find yourself rushing, make an effort to slow down

25 Focus your attention on the good things you take for granted

FRIDAY

5 Take three calm breaths at regular intervals during your day

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Notice when you're tired and take a break as soon as possible

SATURDAY

6 Bring to mind people you care about and send love to them

13 Pause to just watch the sky or clouds for a few minutes today

20 Celebrate the International Day of Happiness dayofhappiness.net

27 Have a device-free day and enjoy the space it offers

SUNDAY

7 Have a 'no plans' day and notice how that feels

14 Find ways to enjoy any chores or tasks that need doing

21 Listen to a piece of music without doing anything else

28 Appreciate nature around you, wherever you are

"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn



ACTION FOR HAPPINESS



www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/mindful-march

Happier · Kinder · Together