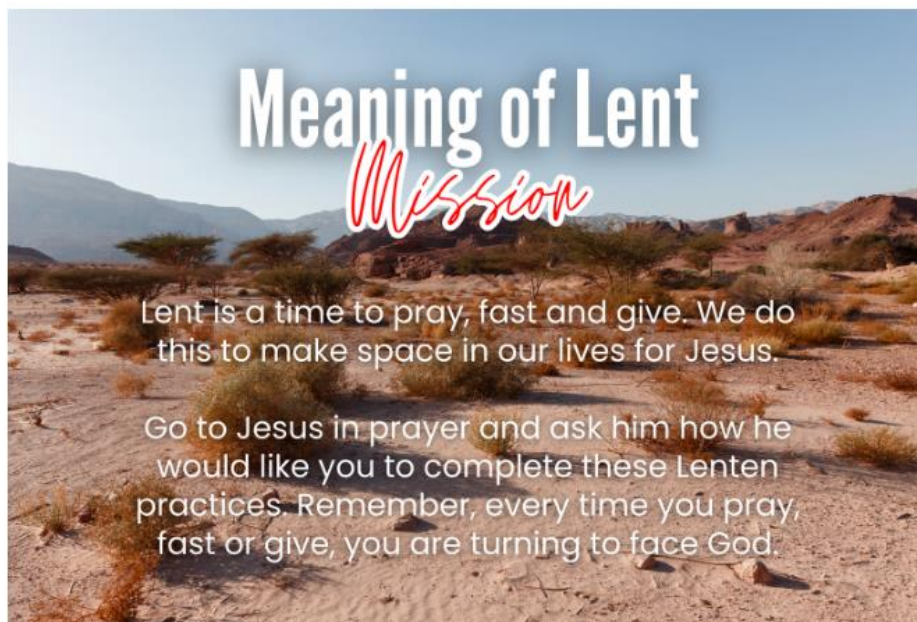


Year 6 have been working very hard over the last few weeks and I'm sure are ready for half-term. We wish you and your families a peaceful and relaxing break.

Half-Term Homework

There is no homework over the half term for the children to complete. We have included a wellbeing grid for some ideas for the half term holiday, the wellbeing challenge and the Mark 10 Mission.

Mark 10 Mission



Wellbeing Challenge

GIVE

In the week that Lent begins, think about a Lenten promise. It might be to say a special prayer for someone every day. It might be to do one kind or helpful thing each day. It might be to learn one new thing every day during Lent.



Other information

- School will resume after half-term on Tuesday 27th February as there is staff training on Monday 26th February.
- Our next foodbank donation will be on Thursday 7th March.

Have a lovely break,

The Year 6 Team 😊

Wellbeing Grid

Half-term is a great opportunity to make some time for yourself and your family; choose some activities from the grid below to do over the next week.



How many wellbeing activities will you and your family be able to tick off?

Send a letter to an elderly relative	Take a family photo	Sing your favourite song out loud like no one is listening	Pray with a friend	Take a few minutes to write down how you feel	Cook a meal with your parent or carer	Do something nice for a family member	Go for a walk in the woods	Use 10 Spanish words throughout the day	Read your favourite book again
Tidy or reorganise your room	Take an exercise class online	Bake and decorate cookies	Sit down, close your eyes, and focus on breathing for 5 minutes	Research places you would like to travel	Eat five fruits and vegetables	Design a pair of trainers or shoes	Listen to your favourite music and dance like no one is watching	Do some gardening or look after a house plant	Play your favourite board game
Create your own vision board	Go to bed 1 hour earlier and wake up 1 hour earlier	Make a pizza with healthy toppings	Leave a thank you note for someone	Write down 10 positive things about yourself	Write an acrostic poem for WELLBEING	Spend time outside, watching clouds, blowing bubbles, just relax	Visit a virtual zoo	Share something inspirational on your class page	Find some pet rocks and decorate them
Visit a virtual museum	Write down anything that come into your mind for 5 minutes	Learn a new dance sequence	Record a video of doing something you enjoy and share with others	Dress up and wear your favourite outfit	Relax in a bubble bath	Create a gratitude jar	Create your favourite animal using geometric shapes	Blow bubbles	Make a gift for someone – handmade only
Use 10 French words throughout the day	Create a family picture with handprints and do not forget to add the date	Eat something new	Meditate on a Bible verse	Create a name plaque using only natural materials	Read another book	Have a family movie night	Complete a self-portrait in your own style	Write a kindness poem	Camp out in the back garden