



The Weekly Times
Issue 27



AFFIRMATION OF THE WEEK

I am grateful for today.

JOKE OF THE WEEK

Bigfoot is sometimes confused for Sasquatch —

Yeti never complains!

WORDS OF THE WEEK

Word: Muddled

Definition: when we feel confused and can't think clearly.

Word: Discombobulated

Definition: feeling confused and struggling to make sense of things.

Monday 7th October 2024

Did you know that Thursday 10th October is dedicated to promoting the understanding of mental health education, awareness and advocacy. This day is called '**World Mental Health Day**'. It's important to raise awareness of mental health conditions and ensure that communities recognise that the part each person has to play in creating a mentally healthy society.

What is it?

We all have mental health, just like we have physical health. Mental health is a person's condition with regard to their psychological, emotional and social wellbeing. This can affect how we think, feel and act. It's important to take care of our mental health by nurturing what's good for us and limiting things that have a negative impact on our mental health.

Here are some things you can do to support your mental health;

Have a digital detox; by taking some time away from tech can help reduce stress and worry

Talk it out; Talking to someone trusted is a great way to feel calm and look after yourself

Spend some time with or in nature; getting outside is great for recusing the feelings of stress and anxiety

Time to move; getting up and moving is a great way to de-stress and increase feel good hormones

WEEKLY CALENDAR

Monday 7 th	Tuesday 8 th	Wednesday 9 th	Thursday 10 th	Friday 11 th
	Gymnastics 1:00pm – 2:00pm	Windrush Bike Project 10:30pm – 12:00pm	11 am Stanley Flaherty Visiting (Footballer) Music 12:00pm – 15:00pm	Lunchtime 12:35pm – 1:25pm Quiet Reading 1:25pm – 1:45pm Enrichment 1:45pm – 3:30pm

STUDENT OF THE WEEK

Lower School – Melissa G

Upper School – Harry T

Cotswold Lodge – Ryan F


PUZZLE OF THE WEEK

When	Wales	England	Where
Teacher	Northern Ireland	Headmaster	What
Bedroom	Pupil	Secretary	Kitchen
Living room	Scotland	Who	Bathroom



Litter Picking Heroes!

'Thank You' to Jess and Alfie in group 10 who collected all this rubbish near our school to help clean up our local environment.



Only Connect

Connect these 16 clues into 4 groups of 4.
 You will get 1 point for each group,
 1 extra point for each connection,
 and 2 bonus points if you get it all right,
 making it a total of 10 points.

You have 3 minutes to solve this wall.

Good luck! 😊

DID YOU KNOW? 💡

LEGO bricks withstand compression better than concrete.

★ WOW WORK! ★

This amazing WOW work comes from students in Group 8 (Year 10) who have completed these mono self portraits in their Art lesson... Can you guess who's who?!

