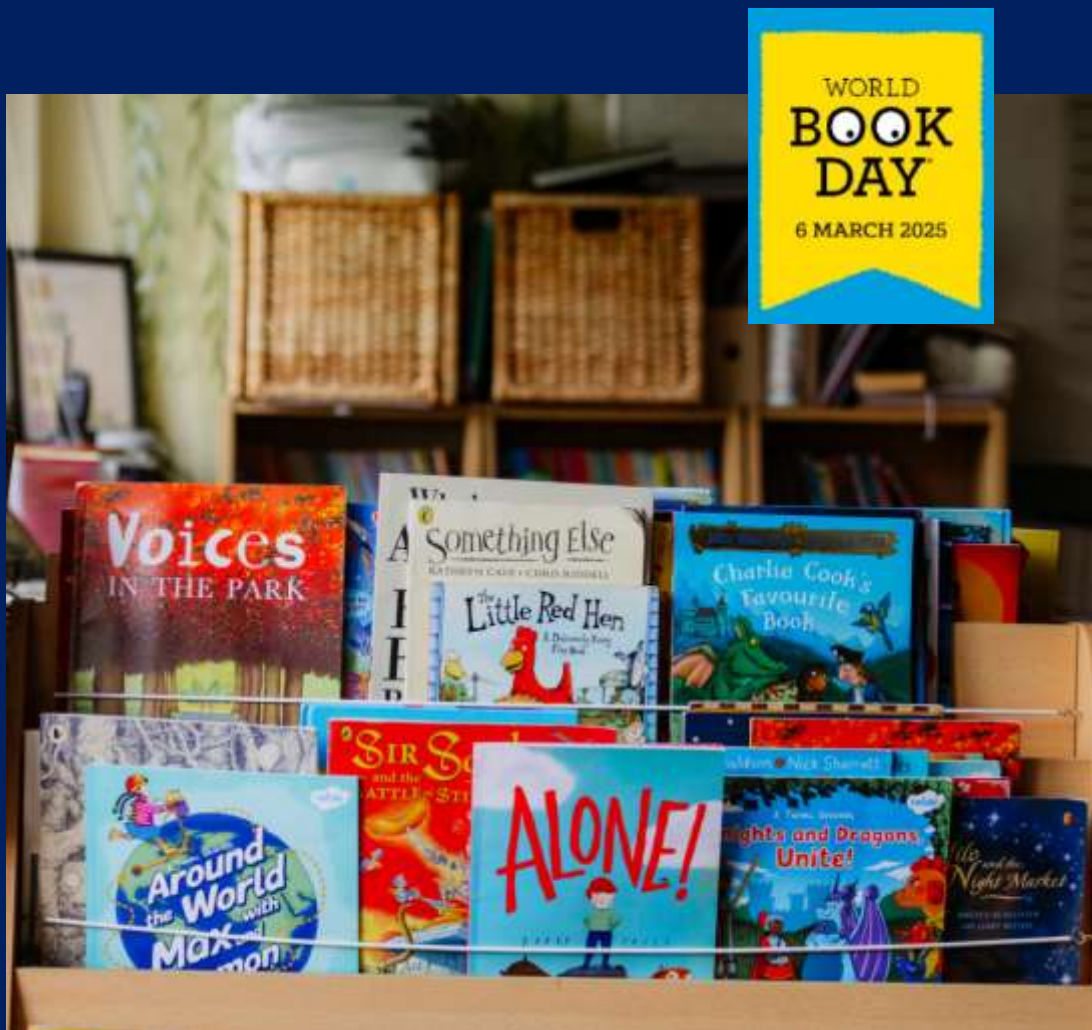


02.03.24

St. Mary's

Church of England Primary School
Kirkby Lonsdale



Honesty



Trust



Responsibility



Perseverance



Respect



Dear Parents and Carers,

What a truly fantastic start to the week! We are still buzzing from the incredible Young Voices concert last Monday. A huge thank you to all the parents and family members who joined us. It was a super opportunity to witness our children performing alongside the phenomenal Tommy Blaize, the talented Souparnika Nair, and the energetic dancers from Urban Strides. The joy and enthusiasm radiating from the stage were simply infectious!



Adding to our week of celebrations, our Reception Class showed fantastic teamwork and skill at the Multi Skills Event held at Lancaster and Morecambe College. It was wonderful to see them participating with such enthusiasm and developing their physical abilities. Well done, Reception! As we look forward to next week, we have a wonderfully busy and exciting schedule planned for our students at St Mary's!

Next week promises a flurry of educational opportunities. Our Year 5 students will be embarking on a fantastic farm trip enriching their learning in history. Year 1 will also enjoy a wonderful outing to The Judge's Lodgings, providing them with a fascinating hands-on experience. Meanwhile, our Year 6 students will have a Eucharist visit to our own St Mary's Church, further deepening their understanding of our school's Christian ethos and the local community.

We will also be celebrating some important dates within the Christian calendar. Tuesday will see us enjoying the traditional festivities of Shrove Tuesday. We will then mark the beginning of Lent with Ash Wednesday, as we prepare for Easter.

Looking ahead to Thursday, we are all eagerly anticipating World Book Day! It's always a highlight of the school year, and we can't wait to see the incredible array of costumes as our children (and staff!) dress up as their favourite book characters. Please encourage your child to embrace their creativity and share their love of reading.

Finally, I know many of you are keen to hear about our recent Ofsted inspection. We are currently awaiting the official publication of the report and will share it with you as soon as we are able to. We appreciate your patience and understanding during this time.

Thank you for your continued support and partnership. We look forward to a fantastic week of learning and celebration!

Warmly,

Brian Jones

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PTA – Fund Raising Thank You – Avanti

Thank you to everyone who attended and contributed to the Wine Tasting Evening during the half term which raised £888 for the PTA. All of the fantastic events that are organised and supported by our school community, contribute to investing in our children in our school.

Bob Sutcliffe Family Event



We know how so many families enjoy time together creating at various workshops that Bob Sutcliffe offers in the North West.

I would love to draw your attention to another opportunity on Wednesday for a family workshop. Adults come free with a child.

If you would like to sign up for this event, please follow the link below.

<https://bobsutcliffeart.com/shop/ols/products/family-tea-time-workshop>

Parent Consultations

Thank you for booking parent consultations for next week. This is a good opportunity to catch up and then follow up with looking at books.

Swimming Lessons – 1st Lesson Free

Kirkby Lonsdale Swim School

1st lesson FREE for all St Mary's pupils.

Monday and Wednesday evenings after school at Casterton, Sedbergh Prep Pool.

- Learn to swim stages; Beginners and Intermediate
- Advanced Squad Swimmers

Contact: enquiries@piranha-swim.co.uk



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Mindful March 2025

SATURDAY

1 Set an intention to live with awareness and kindness

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

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SUNDAY

2 Notice three things you find beautiful in the outside world

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 into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

MONDAY

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 three things you find unusual or pleasant

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

31 Discover the joy in the simple things of life

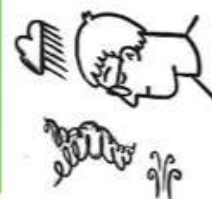
TUESDAY

4 Notice how you speak to yourself and choose to use kind words

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

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

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



WEDNESDAY

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

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

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today



THURSDAY

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

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

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are



FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

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



ACTION FOR HAPPINESS

Happier · Kinder · Together

Honesty

Trust

Responsibility

Perseverance

Respect

