



Academy Newsletter

We have welcomed back our Year 6 and EYFS pupils over the last couple of weeks, adding to our pupils from Key Workers. The pupils have settled really well and have been a pleasure to teach. Each class has now been split in to separate bubbles to adhere to social distancing guidance. Our bubble names are:

EYFS – Orange and Green

Year 6 – Yellow and Blue

Key Worker – Pink and Purple

We will beginning our phased return of Year 1 on Wednesday 24th June beginning with Lime bubble. We look forward to seeing Lilac bubble in the coming weeks. Individual letters have been sent to Year 1 parents.

The teachers love to see the work you are all doing at home. We appreciate any pictures you send to us and are proud of the work you are completing. Keep up the good work and thank you to the 'home teachers' for your continued support.



As you may be aware, the government is giving support for those pupils in receipt of **Free School Meals**, by providing vouchers during this difficult time. If your circumstances have recently changed and you feel your child should be in receipt of **Free School Meals** we would encourage you to make an application using the link below. If you are already in receipt of **Free School Meals** you do not need to take any further action.

https://www.bromley.gov.uk/site/xfp/scripts/xforms_form.php?formID=18

JOYFUL JUNE (EVEN IN DIFFICULT TIMES) 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Decide to look for what's good, even on the difficult days	2 Re-frame a worry and try to find a positive way to respond	3 Think of 3 things you're grateful for and write them down	4 Show your appreciation to those who are helping others	5 Smile and be friendly, even while you're social distancing	6 Notice the upsides during the lockdown, however small	7 Find a joyful way of being physically active (indoors or out)
8 Write a letter to thank someone for what they did	9 Find the joy in music today: sing, play, dance or listen	10 Take a photo of something that brings you joy and share it	11 Say positive things in your conversations with others today	12 Make a plan with friends to do something fun together	13 Appreciate the joy of nature and the beauty in the world around	14 Do three things to bring joy to other people today
15 Rediscover a fun childhood activity that you can enjoy today	16 Ask a loved one what they feel grateful for at the moment	17 Be kind to you. Treat yourself the way you would treat a friend	18 Send a positive note to a friend who needs encouragement	19 Create a list of favourite memories you feel grateful for	20 Make time to do something playful today, just for the fun of it	21 Enjoy trying a new recipe or cooking your favourite food
22 Share a happy memory with someone who means a lot to you	23 Look for something to be thankful for where you least expect it	24 Thank a friend for the joy they bring into your life	25 Eat food that makes you feel good and really savour it	26 See the upside in a difficult situation you learnt from	27 Watch something funny and enjoy how it feels to laugh	28 Create a playlist of your favourite songs and enjoy them
29 Take time to do something that makes you happy today	30 Make a list of the joy in your life (and keep adding to them)					

"Every day may not be good, but there is something good in every day" ~ Alice Morse Earle

ACTION FOR HAPPINESS

www.actionforhappiness.org

Keep Calm · Stay Wise · Be Kind

30 actions to look after ourselves and each other as we face this global crisis together