



# NEWS FLASH

Friday 8<sup>th</sup> May 2020



## CONGRATULATIONS – IT'S A GIRL

I'm sure you will all join us in congratulating Mrs Carey and her husband on the early but safe arrival of their baby daughter. She arrived the day Mrs Carey's maternity leave commenced, Saturday 2<sup>nd</sup> May at 8.25am, weighing a healthy 6lb 6oz. Welcome to the world Piper Grace. We wish Mrs Carey and her family all our best wishes.

## SCIENCE TO ENJOY AT HOME

Below you will find a link which is on the Science Museum website, it enables the children to create lots of different 'experiments' to make the ball go into the goal, it is quite interesting for those who like science.

<https://launchball.sciencemuseum.org.uk/>



Genie Lab HQ have been working really hard over the past few weeks to be able to continue the children's science club experience for the Summer term by developing an exciting virtual learning programme. Parents/Carers will be able to subscribe for a fee to a virtual learning platform on our website that will give them a 5 week kit delivered to their home and access to high-quality weekly science videos to accompany the kits which provide information and detailed step by step instructions.

Parents/Carers will also be able to access an extra weekly live stream with exciting experiments and demonstrations. They will review the 2<sup>nd</sup> half of the term once they know government plans for the reopening of schools. The website link you will need to subscribe is: <https://clubs.genielab.co.uk/virtual-learning/>

## ADVICE & ACTIVITIES TO HELP YOU THROUGH MAY

Attached is a helpful leaflet which gives advice on how to maintain the well-being of your family which we hope will be useful. Below is an easy action calendar that can involve the whole family.

**ACTION CALENDAR: MEANINGFUL MAY 2020**

"Start Where You Are. Use What You Have. Do What You Can" ~ Arthur Ashe

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4 Focus on what you can do rather than what you can't do	5 Send friends a photo of a time you all enjoyed together	6 Take a step towards one of your life goals, however small	7 Let someone you love know how much they mean to you	1 Take a minute to remember what really matters to you and why	2 Do something meaningful for someone you really care about	3 Reconnect with nature today, even if you're stuck indoors
11 What are your most important values? Use them today	12 Be grateful for the little things, even in difficult times	13 Today do something to care for the natural world	14 Show your gratitude to people who are helping to make things better	8 Set yourself a kindness mission. Give your time to help others	9 Look out for positive news and reasons to be cheerful today	10 Tell someone about why your favourite music means a lot to you
18 Hand-write a note to someone you love and send them a photo of it	19 Find a way to craft what you are doing to give it more meaning	20 Reflect on what makes you feel really valued and appreciated	21 Share photos of 3 things you find meaningful or memorable	15 Find out about the values and traditions of another culture	16 Look around you and notice five things you find meaningful	17 Take a positive action to help in your local community
25 Give your time to help a project or charity you care about	26 Recall three things you've done that you are really proud of	27 Today link your decisions and choices to your purpose in life	28 Tell someone about an event in your life that was really meaningful	22 Ask a loved one or colleague what matters most to them and why	23 Share an inspiring quote with others to give them a boost	24 Do something special today and revisit it in your memory tonight
				29 Think about how your actions make a difference for others	30 Find three good reasons to be hopeful about the future	31 Look up at the sky. Remember we are all part of something bigger

**ACTION FOR HAPPINESS**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

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

Keep Calm · Stay Wise · Be Kind