

# Newsletter



## Wellbeing

This term at the Nest we have been doing activities from Mindful March Calendar (Action for Happiness) Each month Action for Happiness create a daily calendar of activities. For the coming month, the theme is Mindful March:

Let's pause, breathe and really take in what's all around us

Active April, here's a link to this amazing website with lots of wellbeing and mindfulness activities for all the family.

#### **Earth Hour**

This term we celebrated the WWF's World Earth Hour.

We had a 'lights off hour' where we were used no electricity and the children then went outside to earn their Eco-Warrior Certificate. They planted a range of different seeds, collected litter and watered plants.

The children made a beautiful display all about the importance of stopping plastic pollution and the harm that it causes to our oceans.





E-safety Check out the National online safety website for a free online safety course for parents/carers. www.nationalonlinesafety.com There is also lots of other useful guidance and resources to

keep your child safe online.

### Friday mornings

Our shared breakfast and reading for parents and carers will continue next term every Friday morning 9-9:30.

Term dates: First day of term 5: Monday 25<sup>th</sup> April



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#### **Bristol Zoo**

This term we visited Bristol Zoo, as our topic this term was all about Animals. The children loved learning about the animals in the classroom and then being able to see them up close.





We look forward to seeing you there!