



Two Boats School

# Newsletter

Monday 30<sup>th</sup> May 2022



Hello Everyone,

It's been a short week this week, the first of three.

On Thursday morning the Primary school had an assembly for the presentation of the Splash Gala certificates. Well done to all the students in the EYFS and Year 1 & 2.

A reminder that we have our Year 7 & 8 Parents Evening on Tuesday 31<sup>st</sup> May, we look forward to seeing all Parents then. As usual this will take place in the Hall.

As we are fast approaching the end of this academic year please could you encourage your children to check if there are any school text books lying around at home that can be returned to School.

There has been a change of date for our End of Year Awards assembly. This will now take place on the afternoon of Friday 15<sup>th</sup> June. More details will be sent out nearer the time.

If you and your children are going on leave on the 17<sup>th</sup> July flight please could you let us know so that we can plan for the last two weeks of school.

Finally we look forward to welcoming Mrs Chelsea Ellick to School on Monday 30<sup>th</sup> May. Chelsea will take on the role of part-time TA in the Primary School.

Happy Ascension Day! Enjoy the long weekend.

That's it for this week!

Mrs Maggott

Head Teacher

## Yr 9 Students of Two Boats School presents ... The Four Seasons of Growth.

During our PSHE lessons, we have been looking at the Four Seasons of Growth programme as it is linked to our mental wellbeing. Our well-being is usually affected by our emotions so we say that



our emotions are like the Four Seasons – Autumn, Winter, Spring and Summer. They are forever changing and growing whilst

retaining memories from the past.

When we think of winter we feel cold - we feel blue. It is a season when we are usually confined to our homes as it is too cold to step outside especially if we are in the UK. . We become cut off from others and this can lead to us Feeling "blue" or being down in the dumps". Some of us will have feelings of sadness or being unhappy because we have



- a missed an opportunity
- lost a friend, pet, or loved one
- not got on well with someone we love/admire – boyfriend, mum, friend sister/brother
- experience frustration with our lives
- being betrayed

When we think of spring we get a little bit excited as we think of new growth, new beginnings, we focus on ways in which our emotions can be nurtured and be revived. We become hopeful. There appears to be a light at the end of the tunnel.





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Summer reminds us of the things that our beautiful. The things that keeps our spirits high - we feel so a live. The summer sun makes us happy and bright. We want to go out and have fun!



And then there is Autumn – a time when we realise the summer party is over – we need to move on. We need to stay positive and reflect on what we have learnt about ourselves and find ways to make sure we become motivated and energised.

We would now like to share with you some coping tips that are useful to support our well-being in a healthy and productive way

## Talk it out

You can talk about your sadness with someone you trust - friends and loved ones. Laughter, in particular, can be a great way to kick a blue mood, so consider watching a comedy movie or TV show with friends or playing a silly game.

## Get moving

If you're feeling down, getting some exercise might be pretty low on your list of things you want to do, but it's usually worth it. Exercise triggers

endorphin release, which act as a natural form of pain relief, which can help you feel better mentally and physically.

Physical activity can also help relieve stress, so a quick bike ride, run, or swim could be the ideal thing to do.

If nothing else, it'll likely help you get some quality sleep, which doesn't always come easy when you're feeling down.

## Go outside

Spending time outdoors can also help lift a low mood and relieve stress and sadness. Enjoy what nature has to offer, the landscapes, the seascapes, the beaches, plant and animal forms are all exciting to engage with. Spending time around trees, flowers, running water, and other elements of nature can also boost well-being and relieve feelings of sadness or distress. Sunshine can improve your mood too.

## Be creative!

Talking about sad feelings can help, but if you struggle to find the right words, expressing your emotions in other ways can also have benefits.

Try:

- keeping a diary
- writing poetry
- creating art that reflects your mood
- using music to share your feelings, whether you create your own or listen to songs that really capture what you're feeling

## Change your routine

Changing your routine can help improve your outlook, which can ease feelings of sadness and gloom. Even small things, like changing your hair, doing your nails, putting together a new outfit, going for a walk, doing some body building or going on a date could help.

If you're up for it, try saying yes to something impulsive, like touring a haunted house with a friend, walking to the Dewpond.

You might also consider adding some voluntary work or community service to your week. Volunteer to clean windows/gardens, clean a car, and host a dance or fitness club.



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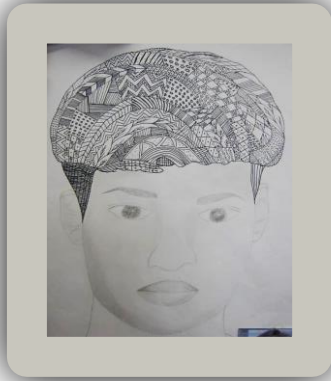
Showing kindness for others can help improve your mood and have other wellness benefits. Volunteer to do some shopping, invite someone to join you for a lunch/walk/swim.

As you create Zentangle art, you will discover access to your inner reservoir of creativity and imagination AND a simple way to express it.

In Zentangle art there are no mistakes, only opportunities. As you practice the Zentangle Method you will

understand why we say, "Anything is possible, one stroke at a time."

When you share your Zentangle art, you will discover a warm, supportive and encouraging community welcoming you.'



**Zentangling** is an art form that has been proven to help with one's mental wellbeing.

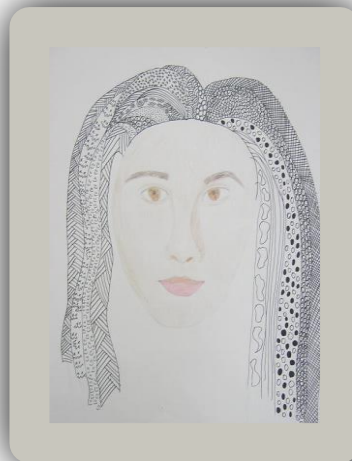
What Is It? The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call

these patterns, tangles.

You create tangles with combinations of dots, lines, simple curves and so on. Zentangle art is non-representational and unplanned so you can focus on each stroke and not worry about the result.



People of all ages, skills and interests enjoy the Zentangle Method all over this world. The Zentangle approach encourages self-respect and respect for your creativity. The aim is to create beautiful art with gratitude and appreciation.



The authors of the website <https://zentangle.com>. Said:

'We believe that life is an art form and that each individual is an artist.

To express creativity feels wonderful. It results in beautiful art. It supports health and well-being. It provides the insight and self-confidence to develop your unique expression.

