



MARCH 2024 ISSUE 27

NEWSLETTER

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DEAR PARENTS AND CARERS

Welcome to the final edition of the newsletter for the spring term. Once again there is much to celebrate and be proud of at Halewood Academy. The different opportunities that our students receive on a weekly basis here at Halewood is excellent and ensures that the personal development of our students is exceptional.

I would encourage you to read through the newsletter as there are important reminders and essential information for all parents and carers. As you are aware, attendance is the crucial factor in success at school and therefore we continue to make attendance a high priority for all our families. Additionally, as we draw towards the end of the term we acquire more lost property; if you believe your child has lost something in school then please contact Mrs Roberts. As we have limited storage in school then unclaimed items may well be given to the clothing bank.

Can I also remind any parents and carers that use our car park, to drive slowly and carefully as the numbers of students at the start and end of the day is high; we don't want any of our students to be hurt or injured. Can I also encourage you to note the guidance for the use of Artificial Intelligence (AI) in exams and assessments — this is particularly relevant for students in Years 10 and 11.

Finally, I wish you all a very happy Easter and I look forward to welcoming all students back to school on **Monday 15th April** with their full school uniform, bag, black folder and equipment.

Kind regards,

Mr I Critchley Principal



SAFEGUARDING, SOCIAL AND EMOTIONAL WELL BEING



In this week's article we are talking about the importance of friendships and the importance of healthy relationships as we are growing up. The information below is taken from the Young Minds Website which has a wealth of advice and practical support for promoting positive mental health and wellbeing.

https://www.youngminds.org.uk/young-person/

The importance of friendships for your mental health

Friends can help you with your mental health in lots of different ways. They might check in with how you are feeling, or simply make you laugh with the best TikToks. They might also help you by:

- **Talking things through**
- If you are finding things difficult, talking things through with a friend can help you understand how you are feeling and what support you might need. It might even be that they just sit and listen. A friend can be there for you by listening to how you are feeling and keep you company to remind you that you are not alone.
- **Give practical support**
- For example, if you are nervous about going to a party, friends can help you by going to the party with you, messaging you to see how you are getting on or helping you find a quiet space.
- **Taking your mind off things**
- They can take your mind off what might be making you feel low or stressed.
- **Notice changes in your mood**
- Friends that know you well might recognise if you are struggling or not feeling your best and can check-in to see if you need support.



SAFEGUARDING, SOCIAL AND EMOTIONAL WELL BEING



Talking to friends about mental health

Talking to a friend about your mental health is one of the first steps on the road to feeling better. But sometimes, this can feel quite scary. You might not know what to say, or you might be nervous about sharing how you are feeling. That's okay! Here are some tips that can help:

- Pick a good time when you won't get interrupted and find a quiet space to chat.
- **Solution** Explain how you are feeling.
- Be clear about what you want shared. You may not want other friends to know yet, and that's okay. Let your friend know that you are not ready to share with others. However, if your friend is worried that you aren't safe, they will need to tell a trusted adult.

Remember: Good friends will want to be there for you so you don't have to struggle alone.

Throughout our lives, we might struggle with our friendships. We might argue with friends, no longer speak to friends we were once close to, or we might lose some friendships. You might struggle with a friend because:

- no longer speak to friends we were once close to, or we might lose some
- one of you moves away, making it difficult to keep in touch
- your friend makes new friends that you do not feel comfortable around
- you might be left out of the friendship group
- you meet new friends and aren't able to spend as much time with your old friend as you used to
- one of you might be struggling with your mental health, meaning that you/your friend might be withdrawn and not keeping in touch as much

We might have arguments with friends, and sometimes fall out, but often you can get through those difficult moments together. You or your friend may not have realised how each other were feeling or understood what either of you were going through.

By talking things through and explaining how you both feel, you can both learn to better understand how you can support each other. Overcoming these tough times together can sometimes help make your friendship stronger.



FAMILY HOLIDAYS DURING TERM



Typically, around this time of year we see an increase in the number of Leave of Absence requests. Therefore, as we enter the final couple of weeks before the Easter Holiday period we would like to remind parents and carers of the expectations regarding holidays.

In September 2013, amendments to the Education (Pupil Registration) (England) Regulations 2006 made it clear that Head Teachers my not grant any Leave of Absence (Holiday) during term time unless there are 'exceptional circumstances'.

The **Head Teacher** and the **Governing Body** will determine what constitutes an exceptional circumstance on an individual basis.

The following will not be deemed to be an exceptional circumstance:

- **Family Holiday**
- Availability of less expensive holiday
- **V** Availability of holiday accommodations
- **V** Parent/carer working commitments
- Holiday pre-booked by another family member
- **Overlap with the beginning or the end of term/half term**

School will reply to your request, advising whether the planned absence will be authorised or unauthorised. If the absence is unauthorised and the number of days absence reaches the threshold, a notification will be sent to the Local Authority and you may receive a Fixed Penalty Notice where each parent/carer receives a penalty of £60 per child to be paid within 21 days. This will rise to £120 between the 21st and 28th day. If the penalty is unpaid after the 28th day, the LA will instigate legal proceedings in the Magistrate's Court. The result may be an Education Supervision Order and/or a £2500 fine.



BENEFITS OF GOOD ATTENDANCE



At Halewood Academy we believe that by improving attendance we will -

- **Solution** Ensure more of our pupils have a happy and enriched life experience
- Enable pupils to achieve more at school academically, emotionally and socially
- Overcome some of the challenges that we continue to face postpandemic
- Help pupils build positive, long lasting friendships and lead happy lives
- Improve mental health and wellbeing of pupils and their families
- Reduce child exploitation, anti-social behaviour and knife crime on our streets
- Help pupils and families prosper socially and economically
- Increase chances of success in further or higher education or apprenticeships
- Improve employability of pupils once they leave school
- Improve lifestyles and better prepare our pupils for adulthood and the world of work

There is no entitlement in law to time off in school term time to go on holiday. Taking holidays in term time will affect a pupil's schooling as much as any other absence and we expect parents/carers to support school by not taking pupils away in school time.

Thank you for your ongoing support with improving school attendance.



SHE INSPIRES TOURNAMENT



On Friday 8th March it was International Womens Day and also England Football promoted The Biggest Ever Football session. To celebrate both Liverpool County FA, LFC, EiTC and Knowsley SSP hosted a tournament called 'She Inspires'.

On Friday 8th, Year 8 and 9 students represented both Halewood Academy, and EiTC at the tournament across 2 groups. The girls played football matches against other schools from across Merseyside and came second for both teams.

The event also hosted Merseyside Police and Merseyside Fire & Rescue. The aim of this was to speak to young people about keeping safe. The students were allowed to take part in various activities and enjoyed an opportunity to see just what great work the Police and Fire & Rescue do across Merseyside.

It was a pleasure to take the girls to the event, and other staff commented on their excellent attitudes and manners. Well done girls!











HUMANITIES UPDATE





Year 7 AL produced Earthquake proof buildings. The tallest building was made by **Maddison W** and **Thomas S**, although the strongest building which withheld the strongest shaking Earthquake was made by **Heidi G** and **Tom H**.

Throughout the lesson each time students heard the earthquake alarm sound they had to hide under their desks like in a real earthquake drill in California.

Students really enjoyed their lesson and worked well in their teams.

Good luck in your Green Zones 7AL.

Well done.

Mrs D Atherton







SPORTS UPDATE YEAR 9 BOYS

Impressive result for the Year 9 boys football team on the 13th March in the Knowsley League!

They beat rivals **All Saints 2-0**! The games are often really tight against an excellent opponent. We started really well and a fantastic Connolly deep cross was converted on the volley by Fox!

We had chances to increase our lead but All Saints started to get back into the game. Into the second half and it took a brilliant turn and finish from **Dobbie** to give us daylight!

We managed the game well after that for a superb clean sheet!

Mr Rylands was delighted!



HAT

On Friday 22nd Feburary Eva attended The Glasgow Film Festival for the premiere of BFI/BBC backed Edge of Summer. Eva shot as part of the crew over the summer of 2022 acting as the body double for the lead girl EVIE. What a fantastic achievement and experience for Eva. We wish her the best of luck in her future endeavours and we look forward to seeing what's next.





MEGAN HURLEY RAFFLE & RIBBON



On Thursday 21st March we invited staff and students to wear something Orange to celebrate what would have been Megan Hurley's birthday.



Raffle tickets and ribbons were on sale in the main school office, to win an Easter Hamper, and the draw will be tomorrow after school, £1.00 a strip of tickets. Ribbons are also £1.00

Throughout lessons, we remind students of this, and also the raffle/ribbons. All money raised will go towards to our Megan Hurley Foundation Memorial Garden.



DEBATE TEAM SUCCESS!



OUR FIRST SEEN MOTION AND A VERY DIFFICULT ONE!

On Wednesday 28th February, the Debate Team competed at Bellerive FCJ Catholic College after school. There were three other schools at this round of the competition and Halewood Academy faced two of them, St Francis of Assisi and Bellerive. The team has practiced and perfected their debating skills by attending Debate Club every THURSDAY AFTER

SCHOOL, for more information on how to get involved, speak to Mr Harrison. We need 2 more members to make a 'B Team', could it be you?

The motions for debate were:

- Should ALL secondary school students be able to vote in general elections? PROPOSITION
- Should mobile phones be banned in schools? OPPOSITION

Our school is incredibly proud of how hard the team worked together, the respect they showed for the opposition and their success. Halewood Academy WON their first debate against St Francis of Assisi – B Team, stating that at 16 you can be in employment and therefore a tax-payer, so why can't you have the right to vote? Another valid point made was that 16 year olds are in education and a large amount of laws passed are relevant to the education system, yet they have no vote or say on their own education.

The team went up against Bellerive – B Team, for their second debate and unfortunately lost by only 1 POINT! I'm sure that you all agree it is hard to argue against a rule that is already in place. Some of our points made were: for safety whilst travelling to/from school, for learning purposes such as guick research and for medical conditions (apps for diabetes etc.).

Well done Halewood Academy Debate Team! We look forward to checking the leader board in the upcoming weeks, you can find Round 1 results here: https://debatemate.org/secondary-urban-debate-league-2024-round-1-results/

THE TEAM

- Jonah H
- Oliver T
- Jess S
- Layla O
- Ellie W
- Chloe W
- Louise W

LOST PROPERTY



Halewood Academy has an increasing number of items in Lost Property such as coats, bags, shoes, trainers, folders etc. If your child has lost an item, please encourage them to view the lost property to return the item to them.

Any member of staff can support with this, but in the first instance, please contact **Mrs Roberts** before the end of the term.

Regards
Halewood Academy



DEAR PARENTS/ CARERS



Halewood Academy has been made aware that we had a near miss this week with a student/car outside the premises. Could all parents/carers reduce their speed into the car park whilst driving in and be more aware of students and staff entering/leaving the premises at the beginning and at end of the day.

Please be considerate of other drivers and do not cause obstruction, and be particularly considerate to our disabled community, especially blue badge holders, who rely on the disabled parking bays in the school car park.

Regards Halewood Academy





Al and Assessments A quick guide for students



What is AI?

Al stands for artificial intelligence and using it is like having a computer that thinks



AI tools like ChatGPT or Snapchat My AI can write text, make art and create music by learning from data from the internet, but watch out - they can also make things up and be biased

How can AI be misused in assessments?

Al misuse is when you take something made using Al and say it's your own work.

THIS IS **CHEATING!**









Know the rules

- You're **not allowed** to use Al tools when you're in an exam
- Your teachers will tell you if you're allowed to use AI tools when doing your coursework - the rules will depend on your qualification
- Even if you're allowed to use AI tools, you can't get marks for content just produced by AI your marks come from showing your own understanding and producing your own work
- Reference reference reference! If you're allowed to use AI tools, you must reference them clearly
- Name the Al tool you used
- o Add the date you generated the content
- Explain how you used it
- Save a screenshot of the questions you asked and the answers you got
- Declare it's all your own work - When you hand in your assessment, you have to sign a declaration. Anything without a reference must be all your own work. If you've used an AI tool, don't sign the declaration until you're sure you've added all the references

What happens if I misuse AI?

If you've misused AI, you could lose your marks for the assessment - you could even be disqualified from the subject.

DON'T RISK IT!



REMEMBER

Misusing AI is cheating!

Know the rules Talk to your teachers Reference clearly

YEAR 11 MOCKS COMPLETE



Well done to Year 11 students for completing two weeks of mock examinations.

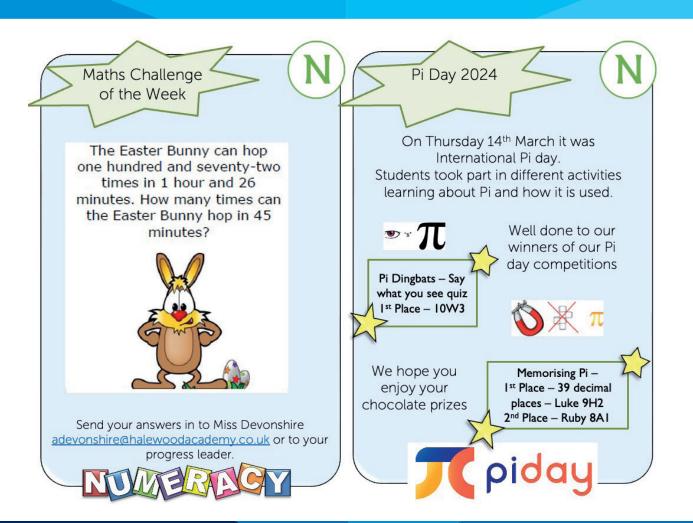
Revision sessions are still being held after school.

For further information please contact the main office.

Regards
Halewood Academy



A GREAT PLACE TO BE A PART OF





Prom 204

YEAR 11 - CELEBRATION NIGHT

THURSDAY 27TH JUNE 2024

VENUE | CRAXTON WOOD HOTEL AND SPA, CHESTER

(DEPART SCHOOL FROM 6:30PM)

£10 DEPOSIT

DEPOSIT DEADLINE - WEDNESDAY 17TH APRIL 2024

REMAINING BALANCE DEADLINE THURSDAY 6TH JUNE 2024

WWW.HALEWOODACADEMY.CO.UK

CAREERS



DO YOU KNOW YOUR **LEVELS?**

8 OCTORAT OF PhD 6

5

4

NVQ LEVEL 3

LEVEL 3

GCSE GRADES 9,8,7,6,5

3

LVL 2 FUNCTION OR ESSENT SKILLS

LVL 2 AWARDS, DIPLOMAS & CERTIFICATES NVQ LEVEL 2

LEVEL 2 ESOL

APPRENTICESHIPS

Advanced Beauty Professional Beauty Professional Beauty Therapist Educational Leadership Hair Professional Holistic Therapist Senior Hair Professional

Union Official

Jenior Hair Professional Housing and Property Professional Stock Broker

COLLEGE COURSES

Introduction to Hair and Beauty

Nail Art Application

Nail Technology

Beauty Therapy

Massage Therapy

Hairdressing Hair, Beauty and Holistics

Media and Fashion, Hair and Media Makeup

Theatrical, Special Effects and Hair and Media Makeup

ENTRY LEVEL

0

0

0

ADVANCED SUBSIDIAR (AS) LEVEL

LEVEL 1 ESOL

T-LEVELS

RESOURCEFUL CAREERS

BEA

Consider a career in hair and beauty if you enjoy making others feel better about themselves, as well doing something creative. Jobs can be undertaken in a variety of settings, and it's common for professionals to run their own businesses

Hair, beauty and nails therapy are diverse professions that can take you virtually anywhere and you could find yourself working in some unusual locations besides a high street salon.

Many hairdressers and beauty therapists operate as self-employed freelancers, running their own businesses and visiting clients in their own homes

Many people go on to work in sales, marketing, public relations and photography, while others choose to concentrate on the business aspects of running a salon rather than performing treatments.

GCSEs

English Maths Maths
Biology
Chemistry
Physics
Languages
Product Design
Textiles
At and Design
Business Studies
Information Technology

A-LEVELS

English Maths Biology Chemistry Physics Languages Product Design Textiles
Art and Design
Business Studies
Information Technology

T-LEVELS

Hair, beauty and aesthetics Craft and design Media, broadcast and production Education and childcare Management and administration

UNIVERSITY COURSES

UNIVERSITE CUURSES

HNC in Hair and Beauty Management
HND in Hair and Beauty Management
BA (Hora) Make-up
BA (Hora) Make-up
BA (Hora) Hair and Make-up for
BA (Hora) in Hair Make-up for
BA (Hora) in Fair and Make-up for
BA (Hora) in Specialist Hair and
BA (Hora) in Specialist Hair and
Make-up
BA (Hora) in Madia Makeup and Hair
BA (Hora) in Fashion and Beauty
Journalism
BA (Hons) in Fashion and Beauty
Journalism
BA (Hons) in Beauty Promotion 0 0

JOB TITLES

Acupuncturist Alexander technique teacher Aromatherapist Art therapist Beauty therapist Body piercer Chiropractor Colour therapist Cruise ship steward Dance psychotherapist Dramatherapist Hairdresser Hairdressing salon manager Health play specialist Hypnotherapist

Image consultant Industrial cleaner Life coach Massage therapist Medical herbalist Music therapist Nail technician Naturopath Nutritional therapist Osteopath Personal shopper

Play therapist Psychotherapist Reflexologist Reiki healer Tattooist Wedding planner

Pilates teacher

Yoga therapist



PREFIX OR SUFFIX

PURPOSE- Why are we doing 'Prefix' or 'Suffix of the week'?

A prefix is a word, letter or number placed at the stem of a word.

A suffix is an affix which is placed after the stem of a word.

Both of the above are used to modify the meaning of a word. If you can recognise the most common prefixes and suffixes and what they mean, this will allow you to unlock a wealth of new vocabulary. It's about recognising common patterns to help you to problem solve when seeking meaning.

There are some exceptions when it comes to the meaning of certain prefixes and suffixes so you have to look at the word within the context of the rest of the sentence.



Suffix of the Week!





Meaning: having characteristics of

Example from this subject: Scrooge is a cynic when it comes to his attitudes towards the poor.

Other examples: academic, despotic, eccentric, fanatic.

SAFEGUARDING, EMOTIONAL WELLBEING AND MENTAL HEALTH

A GREAT PLACE TO BE A PART OF

Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data — and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example — making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

SECURITY

IN OPERATION

BE UNPREDICTABLE

We often choose passwords which are easy to remember: featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like and they often focus on these during major sporting events or around high-profile movie releases.

HELLO

OSCAR

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media — making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle tast. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks ground technoloou, as well as the benefits.

'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MrA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app. SMS message or email. MrA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's
National Cyber Security Centre
(NCSC) recommends the 'three
random words' technique. This
method helps you create a password
which is unique, complex and long –
yet which is memorable enough to
stay in your mind ("FourBlueShoes",
for example). The NCSC website,
incidentally, also offers plenty of
other useful information relating to
personal cyber security.

STAY VIGILANT

The best way to protect your accounts and your dato is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.



ATEST LRC





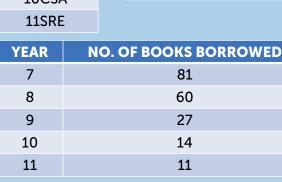
LIBRARY LEADERBOARD

TOP FORMS

7SWT
8CJO
9LKL
10CSA
11SRE

ACADEMY TOP BORROWER

Malak N

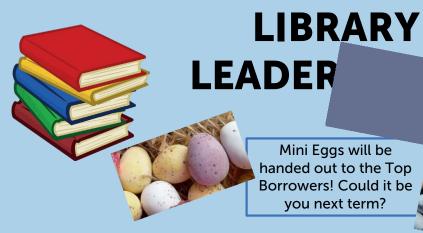












Mini Eggs will be handed out to the Top Borrowers! Could it be you next term?

	Y7	Y8	Y9	Y10	244
1 st	Charlie M	Joseph W, Goda K	Malak N	Alex C	N
2 nd	Luke K	Grace E	Millie F	Hollie N	ı C
3 rd	Jack C	Alfie P	Phoebe B	Cameron Iv	



*Priority places for kids eligible for benefits-related free school meals

Multi-Sports, Arts & Crafts & Food Activity Programmes







For more information and to book on, contact:

Apolloactivenw info@apolloactivenw.org.uk

Halewood Academy

The Avenue, L26 1UU



S - SEND Friendly



Halewood Academy works in partnership with the Knowsley English as an Additional Language (EAL) Service to support students for whom English is not their first language. Please see the attached information and contact school if you feel your child needs support











ENGLISH AS AN ADDITIONAL LANGUAGE



EAL (English as an Additional Language) service are a small team who the school calls upon if they think your child may need extra support in helping them acquire English. The school refers them to us having gained your permission. We assess the student before the support begins and then work with them, usually on a one-to-one basis for 45 - 60 minutes, on a weekly basis.

The support continues until the EAL Staff member working alongside the class teacher deems that your child has made significant progress. A second assessment is then carried out to determine how much progress has been made. A report is then sent to schools which you can also access.

Throughout the school year we host coffee afternoons and events to celebrate the different languages and cultures in Knowsley. We hope that you will be able to join us, we will let you know about them on the school website. Knowsley Local Offer also has information on events.

https://www.knowsleyinfo.co.uk/content/eal-events

Some children when arriving at a new school may go through a 'silent phase'. This means that they may not speak for the first 6/8 weeks. Please do not worry as they are adjusting to a new language and new routines.

Always speak in your first language at home. This needs to be fully developed before a child can learn a new language. OPOL – One Parent One Language.

It takes 2 years to learn social/playground language, it can take 5-7 years to learn academic language.

If you have any questions or concerns about your child's English language, please inform the school contact Karen Foley EAL Manager at karen.foley@knowsley.gov.uk

For further information please email: karen.foley@knowsley.gov.uk

(Arabic) لمزيد من المعلومات يرجى البريد الإلكتروني

欲了解更多信息,請發送電子郵件 (Chinese Traditional)

Pour plus d'informations, veuillez envoyer un e-mail (French)

Ji bo bêtir agahdarî ji kerema xwe e-nameyê bişînin (Kurdish)

കൂടുതൽ വിവരങ്ങൾക്ക് ദയവായി ഇമെയിൽ ചെയ്യുക (Malayalam)

(Persian) براى اطلاعات بيشتر لطفا ايميل بزنيد

Więcej informacji można uzyskać drogą e-mailową (Polish)

Para mais informações envie um e-mail (Portuguese)

Pentru mai multe informații vă rugăm să trimiteți un e-mail (Romanian)

Para más información envíe un correo electrónico (Spanish)

மேலும் தகவலுக்கு மின்னஞ்சல் செய்யவும் (Tamil)

Daha fazla bilgi için lütfen e-posta gönderin (Turkish)

Щоб отримати додаткову інформацію, надішліть електронну пошту (Ukrainian)

Để biết thêm thông tin xin vui lòng gửi email (Vietnamese)

karen.foley@knowsley.gov.uk



www.apolloactivenw.org.uk

apollohaf@outlook.com





APOLLO ACTIVE & APOLLO JFC PRESENT

FOREE FOTEALL







& SPEED TRAINING CAMP

Ages 11-16yrs

Halewood Academy L26 1UU

2nd, 3rd & 5th April 9am-1pm







attention on the good things you take for granted

spend less time

nature around you, wherever

Appreciate

Notice when

Choose to

27

screens today

you are

soon as possible

what you notice

take a break as you're tired and

looking at

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

Mindful March 2024



and notice how 'no plans' day

loving-kindness

you and others

piece of music

something that

Notice

even if today

is going well,

feels difficult

to change them udging or trying Listen to a

anything else without doing what makes

Focus on

21

happy today

towards others

dayothappiness.net

Have a

19

that feels

drinking your

or coffee

they are saying really hear what present while

to someone and

clouds for a few

chores or tasks

that you do

to enjoy any

Find ways

minutes today

watch the sky or

Listen deeply

13

Stay fully

choose to use yourself and you speak to kind words



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



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





regular intervals calm breaths at Take three

Appreciate the

taste, texture

and smell of

your food



mindfully. Eat

with awareness intention to live and kindness Set an

beautiful in the things you find outside world Notice three

that you're alive by appreciating your body and Start today

out before you reply to others breath in and Take a full Get outside and

notice how the on your face weather feels

and spot three Look around

or pleasant find unusua things you

creative activity an interesting or

absorbed with

Get really

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

notice what it your body and Mentally scan is feeling

different route today and see

Choose a

the joy in the of life

Happier · Kinder · Together

