

# EAST HUNSBURY PRIMARY SCHOOL

## Newsletter

4th October 2024

### MESSAGE FROM THE HEADTEACHER

Dear Families

It's started! R.E.D. (Read Every Day) in October has launched!! We started with our assembly on Monday which shared with the children all of the exciting things that we have planned this month and then on Tuesday, local author, Martin Smith visited our school (see page 5 for some of his books).

#### Martin Fact File

- He loves Everton football club, hiking and gaming
- When he was growing up he wanted to be Gary Lineker, Raphael the Teenage Mutant Ninja Turtle or a magician.
- Instead he became a journalist for Coventry Telegraph



We are so excited for our author visits (you will have noticed that many of the authors and illustrators we have in school are ones from our reading spine or English curriculum as we really want to make our curriculum purposeful).

Please make sure that our R.E.D. October Mufti Day is in your diaries on 11th October when children can come dressed as a book character (as always, this is optional as we know some children do not like dressing up). **Please bring £1 cash on the day.**

#### Library of the Year

On Wednesday, Mrs Pennington, Mrs De Chastelain and Mrs Pretty hopped on a train and went down to London to Covent Garden, to take part in the prestigious Library of the Year finalists. We were amazed to have made it to the finals but it is credit to the hard work of our wonderful librarian, Mrs De Chastelain and our Reading Ambassadors, who over the past two years, have brought our library back to life!

#### KS2 Girls Rugby Take Over

Here at EHPS, we love rugby and on Wednesday, 8 girls from UKS2 took part in a rugby take over event at The Casuals in Northampton. They had a fantastic time. They took part in lots of different skill stations of tag rugby then competed against other schools in mini games. The girls won all their games. Well done girls for your participation Thank you to Mrs Wardell (our PE lead) for organising.



## New Intake

On Saturday, we hosted a special Forest School session for potential families who are looking to start school in September. It was a brilliant morning, and we were so lucky that the rain held off!

Thursday also saw the start of our more formal New Intake Tours and already they were a sell out! It fills me with great pride showing parents and children around our brilliant school. They always see fantastic learning and super behaviour. This year our Reception cohort was full, so if you know of anyone with a child starting in school in September 2025 who may like to join the East Hunsbury family, please ask them to book on a tour by [clicking the link](#).

## Governor Monitoring

Today, we opened our doors to our Governors who came in to monitor and see how we do maths. They said "We had a very positive visit to the school today. We were able to observe some good, consistent practice from the teachers and some very focussed children."

We are really thankful to our Governors who offer support and challenge to ensure that we are always on the path of improvement. If you are unsure who our Governors are, they are:

Louise Whaites - Chair  
Madeline Clark  
Natalie Parsonson  
Sarah Heavens

Becca Williams  
Anne Leverton  
Jenny Bradshaw  
Subhash Jani

Hanna Castle  
Lauren Clements  
Kathryn Pennington

Don't forget our key weekend dates:

- Spooktacular – 19th October (all tickets are sold out)
- Christmas Fete – 7th December

Have a super-duper weekend.

*Ms Pennington*

## SU NEWS - ORANGE CLASS

Orange Class have had a fantastic start to the new year. We have joined Year 4 for some art - making surrealism portraits out of clay! Some children have joined Year 4 to learn the ukulele and some have joined to play rugby. We are all also joining in with dance and learning 2 songs ready for our assembly at the end of October.

In Talk for Writing, we have started learning the story "The Owl who was Afraid of the Dark" and have created artwork showing the best parts of the dark. We have also looked at different sources of light and whether they are natural or man-made.



In history, we have started learning about the Stone Age. Last week, we were very excited when we foraged berries in the playground and made our own jam to put on toast!

**Rebecca - Orange Class Teacher**

# Congratulations!

Over the summer Lani attended the All England Dance Grand Finals in Wolverhampton. Three of her group dances qualified for the final, although she actually performed 4 dances as she was asked to step in at the last minute to cover someone who was injured.

There were some amazing dancers from up and down the country, so it was tough competition. Lani came away with a bronze medal for her National (global) group (she only learnt this routine 2 weeks before) and a gold medal for her Greek group, becoming a National champion! She performed 2 other group dances in modern and character genres too. It was a great experience and Lani thoroughly enjoyed performing and spending time with her dance friends. Lani and her family also took some time out and visited the Black Country Living Museum whilst in the area too!



## Who works at East Hunsbury Primary School?

### Meet the Team



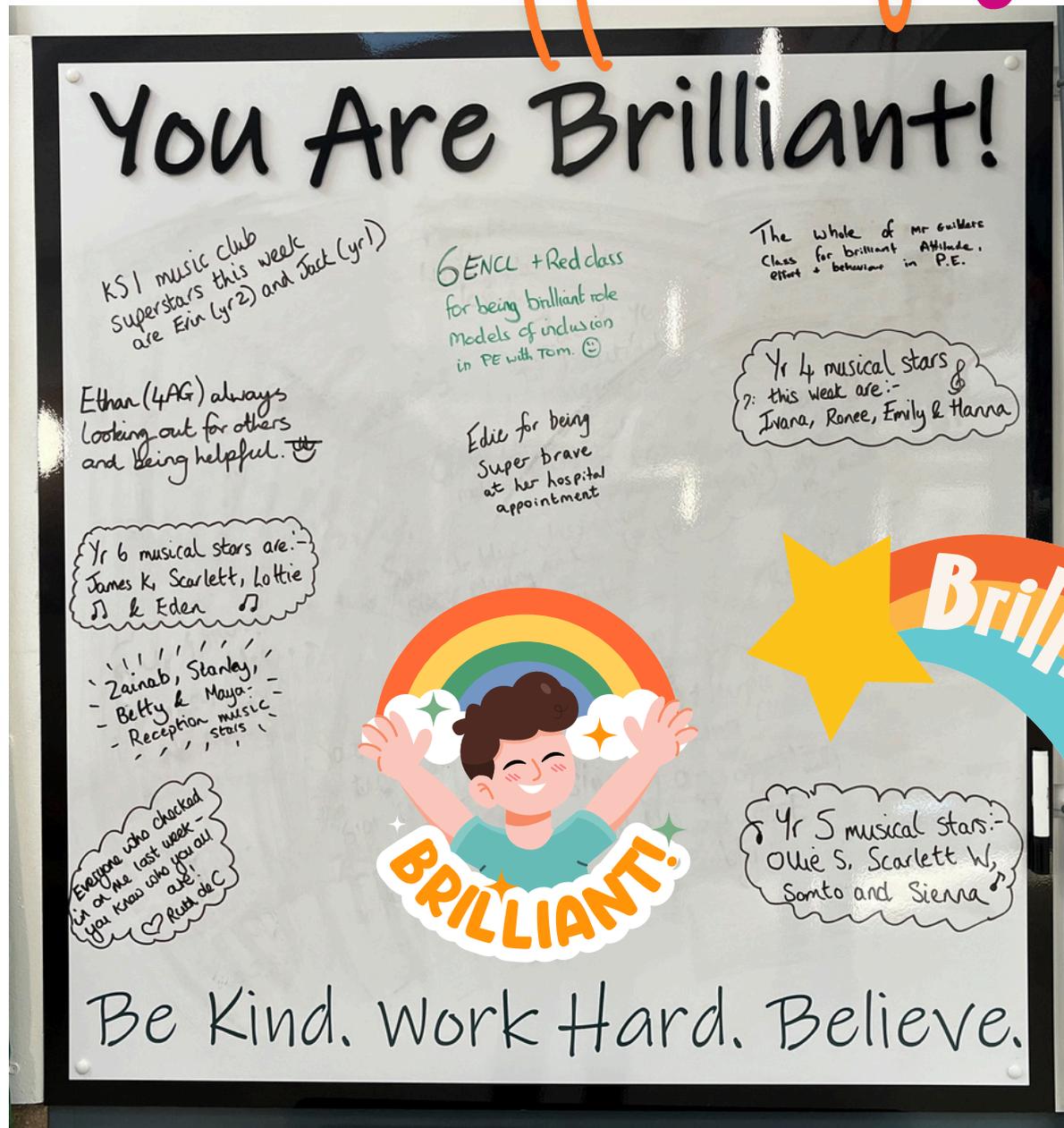
Hello! My name is Mrs Lawther and, although I have been a teacher for over 20 years, this is only my 4th year at EHPS! I am really enjoying getting to know the children and families that make up our school community. Currently, I am teaching in Year 6 with Mrs New.

I enjoy being a teacher because I value the importance of learning and love to see the children 'light up' when learning a new concept or when learning clicks. I am very passionate about

reading and, during the school day, one of my favourite times is chatting to the children in the library about their current reading and getting new book recommendations.

In my spare time, I like to be with my family, which usually involves climbing walls and cake! I love to walk with my friends and curling up with a good book.

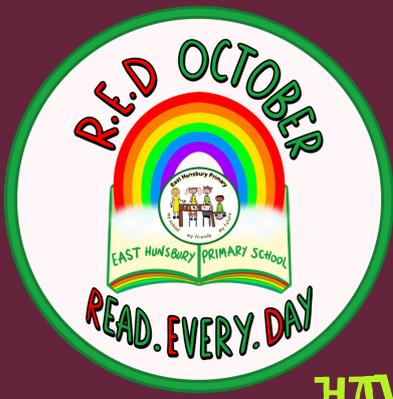
# Who's been brilliant this week



**500 Words is finally open for entries**, it's time to get writing! You can submit your stories before 9pm on Friday 8 November 2024.

There are two age categories: 5-7 and 8-11 year-olds. All children need to do is write a story they would love to read in 500 Words or less.

[Find more information here](#)



# R.E.D. October

# SPOILER ALERT

## INCOMING AUTHORS!

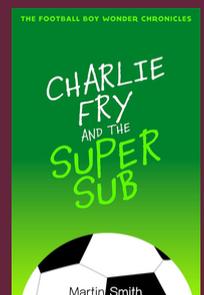
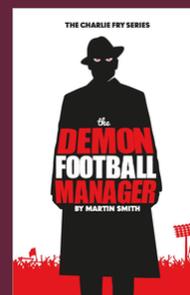
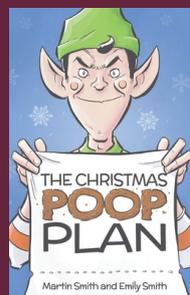
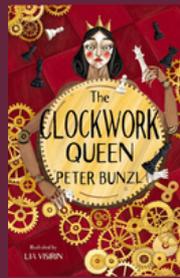
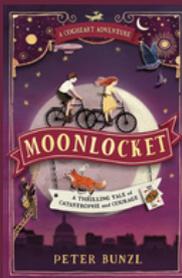
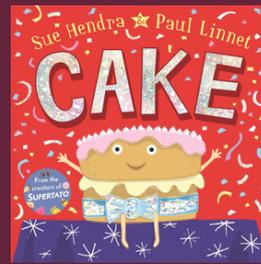
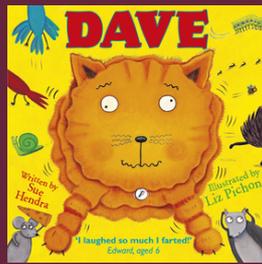
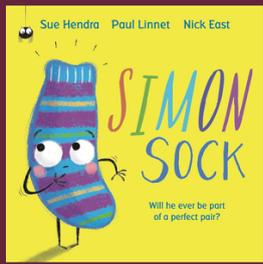
WE'RE SO EXCITED TO ANNOUNCE WE WILL BE HAVING VISITS FROM THESE AUTHORS NEXT MONTH...

**SUE HENDRA**

**PETER BUNZL**

**MARTIN SMITH**

**ABI ELPHINSTONE**





# Pumpkin Carving Competition

Bring your pumpkin to school day 🎃

Our next House Event will be the Great EHPS Pumpkin Carving Competition and will coincide with our Halloween Spooktacular. We are inviting the children to bring in a carved pumpkin to decorate our Forest School area and line the footpaths for the Spooktacular event.

Pumpkins should be brought into your child's class teacher on **17th & 18th October**, and collected from the Forest School area on **22nd & 23rd October**.

Pumpkins will first be displayed in classrooms and independently judged by our head pumpkin judge - each entry will be awarded 5 house points 🎃 The winning pumpkins will receive 50 house points for 1st place, 30 house points for 2nd place, and 15 points for 3rd place - please insert your child's name and school house name & colour, inside the pumpkin (perhaps in a small sandwich bag or cling film 👍)

This is the first time we have set this challenge and we hope it will be a fun and exciting activity to do together at home. It's also on our checklist of '70 Things to Do' 👍

GET CARVING 🎃🎃





# MUFTI DAY 11th OCTOBER

## DRESS AS A BOOK CHARACTER



Who will you dress up as?  
**£1 cash donation on the day**

Help us Deliver Joy this Christmas by giving a gift to someone in your local community



Getting involved is as easy as 1,2,3...



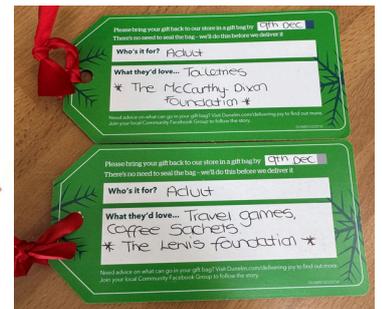
Choose a tag from our in-store tree, which will tell you who your gift is for.



Choose or create something special\* for the person described on your tag. \*See our FAQs below for more information about what we can and can't accept



Pop your pressie into a gift bag and bring it back to our store by the date on the tag.



For more information  
[click here](#)

Start collecting together your unwanted clothing and shoes

EAST HUNSBURY PRIMARY SCHOOL

# Raise funds by collecting reusable clothes

Schools Clubs Groups



**WE ACCEPT CLEAN, GOOD QUALITY, DRY, REUSABLE CLOTHING**

- Adults, Childrens & Babies Clothing
- Jewellery and Accessories
- Paired Shoes and Footwear
- Belts and Handbags

A full list of reusable items is listed on our website [www.raas2riches4schools.co.uk](http://www.raas2riches4schools.co.uk)

**WE DO NOT ACCEPT**

POOR QUALITY ITEMS SUCH AS DIRTY, WET, RIPPED OR SOILED CLOTHES, PILLOWS, DUVETS, CURTAINS, BOOKS CDs OR ANY UNIFORM

If you are unsure what to put in the bags **STOP AND THINK WOULD YOU WEAR IT?**

Please use the clothing bag provided. You can also use any additional bag if required.

Collection Date: **6th November**

Please remember - NO UNIFORM



Bags will be given out just before October half term. They can be returned to the school **NOT BEFORE TUESDAY 5th NOVEMBER** ready for our collection on **WEDNESDAY 6th November**. Please leave filled bags outside the school office.

# WE ARE



**SEED FREE**

# SCHOOL

**This includes chocolate spreads which contain nuts and sushi which has sesame seeds**

## East Hunsbury Primary School

### E-Safety Parent Information Evening

Presentation by Simon Aston  
Online Safety and Wellbeing Officer  
Safeguarding in Education  
West Northamptonshire Council

**Wednesday 27th November**  
**6pm - 7pm**

Penvale Road, Northampton NN4 0QW  
01604 677970 [www.easthunsburyprimary.org](http://www.easthunsburyprimary.org)



**[Click here to book a place on our Parent E-Safety Information Evening](#)**

**[Click here](#)** to read more about the speaker Simon Aston.

# EHPS HOUSE POINTS TOTALISER

	Whittlewood	Harlestone	Everdon	Salcey
This week	82	87	94	91
Grand total	467	446	477	411



## Hello Yellow

This World Mental Health Day, wear yellow with thousands of others across the UK and raise money to show young people that they're not alone with their mental health.

Your child can wear YELLOW to school on 10th October

[CLICK HERE TO DONATE](#)



# Attendance News

Whole school average attendance this week was

**96.35%**

We are aiming to be at **96% +** every week.

	Weekly Attendance	Year Group	Weekly Attendance
Reception	94.40%	1	99.38%
2	95.37%	3	95.39%
4	95.83%	5	97.17%
6	97.08%		

## CAN YOU HELP?



Within Reception, we love to follow the children's interests, particularly within our outside area where children can make creations, models and more! We would be extremely grateful if anyone could donate any of the following large/small tyres, tubes, pipes, crates, stands to hold tubes/pipes and any loose parts! We promise it will be put to good use! Thank you everyone



**BE KIND**

**WORK HARD**

**BELIEVE**

#weareEastHunsburyPrimarySchool #wearebrilliant

# Do you shop at ASDA?



Between **2nd September and 30th November 2024** – every time you shop with Asda using your Asda Rewards app, Asda will donate 0.5% of the value of your shop to your chosen Primary school.

- Download the Asda Rewards app, register and opt-in to Cashpot for Schools (make sure you have the latest version of the app installed)
- Choose our Primary School – either searching by name or postcode
- Shop **instore** across Asda and George, or **online** at Asda.com and start filling your Cashpot as you shop.

## Walk in Wednesday dates

27.11.24	Walk in Wednesday 2 - Christmas	08:30-9:00	Classroom
29.01.25	Walk in Wednesday 3 - Reading	08:30-9:00	Classroom
12.03.25	Walk in Wednesday 4 - Easter Crafts	08:30-9:00	Classroom
07.05.25	Walk in Wednesday 5 - Reading	08:30-9:00	Classroom
18.06.25	Walk in Wednesday 6 - Science	08:30-9:00	Classroom



West Northamptonshire Council

Is your child currently in Year 6?



Apply for Year 7 at Secondary school



Application Deadline: 31 October 2024



[www.westnorthants.gov.uk/school-admissions](http://www.westnorthants.gov.uk/school-admissions)



West Northamptonshire Council

Apply for a school place

Is your child's 4th birthday on or before 31 August 2025?



It's time to apply for a Reception place



Application Deadline: 15 January 2025



[www.westnorthants.gov.uk/school-admissions](http://www.westnorthants.gov.uk/school-admissions)

## SCHOOL TRANSITION INFORMATION

### Reception Places September 2025

For children who turn 4 from 1st September 2024 - 31st August 2025

- 10th September 2024
  - 15th January 2025 - Midnight
  - 16th April 2025
- Online Applications open  
Online Applications close  
National Offer Day

[Click here to book](#) a tour at East Hunsbury Primary School. You could even come to Forest School!

### Year 6 to Year 7 Transition

- 10th September 2024
  - 31st October 2024
  - 3rd March 2025
- Online Applications open  
Online Applications close  
National Offer Day



Did you know you can also follow us on [Instagram](#)?



# E-Safety & Wellbeing



## Contents

### Online Safety Newsletter Oct 2024

#### iOS 18 Launch

Apple have recently released their latest operating system, iOS 18. iOS 18 offers lots of new features (some are restricted to newer phones) but one feature that you should be aware of is the ability to now lock and hide apps.

When an app is locked, Face ID, Touch ID or your passcode will be required to open it. This also means that notifications will no longer be shown for that app. Additionally, apps can now be hidden so they can only be accessed through a hidden apps folder that is also locked. This new feature illustrates the need to have regular chats with your child about what they are using their phone for.

#### Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams



#### What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have: <https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>



Do you know the risks of mobile phones?



Vault Apps



Instagram Teen Accounts



Recommended apps for primary age children

[Click here for more information](#)

## Advice for parents



Lock down in game chat



Report potential offenders



Communicate



Consider other chat options

[Click here for more information](#)

### What Parents & Educators Need to Know about IN-GAME CHAT

Video games are continuing to grow in popularity – including, of course, among children and young people – and the emergence of gaming communities has been accelerated by the inclusion of chat functionality across many different titles. While in-game chat isn't inherently a bad thing, it can create some concerns about online safety and the people that children might be interacting with.

**WHAT ARE THE RISKS?**

**DIFFERENT TYPES OF CHAT**  
There are a number of ways that gamers communicate with one another online. As the name would suggest, in-game chat happens within the game itself. There's also party chat, a private voice conversation that console users can have with anyone on the same platform. This needs to be more secure than in-game chat as people already know each other. Finally, many gamers – especially on PC – use chat via a third-party app such as Discord.

**BULLYING AND ABUSE**  
While some in-game chat can turn toxic because of how a match plays out, others have found ways to abuse it. People who engage in trolling – in essence, behaving in an offensive and disruptive way simply to cause pain or get a rise out of whoever they're talking to. These trolls often have a variety of ways to be abusive and other harmful things, such as insulting and harassing other players, using profanity, and even threatening to harm them.

**POTENTIAL FOR PRIVATE CHAT**  
If a player would like to be matched with a stranger after meeting them in the game, they can send a friend request, or use the party chat together in the future. For the most part, this is harmless – but it might lead to messages being exchanged in private. This could then escalate to the sharing of private information, and potentially attempts to manipulate or scam younger players.

**CONTACT WITH STRANGERS**  
Whether it's text- or voice-based, in-game chat is frequently open to all players to use. Many games default to making it an open-to-all function, but some don't require a child could start having messages within the game from people they're playing with, regardless of whether they know them online or not. While most strangers aren't necessarily bad, it means there are some who might be inappropriate when talking to a child – especially if they're older.

**COMPETITIVE ATMOSPHERE**  
Certain games are very competitive, and parents can sometimes get upset if they feel a teammate is underperforming, or equipment is being used in an inappropriate way. This can lead to unpleasant messages that may even be directed at the player. Some players have been known to get very aggressive in the game too, and the impact of this on a young player's emotional wellbeing could be severe.

**LOCK-DOWN IN-GAME CHAT**  
In-game chat can often be disabled in the game's settings. This allows children to play without risk of contact from strangers – but it will need to be done in each individual game. Text chat appears in the corner of the screen in many titles, so it's normally easy to tell if you're in a game and see what's being said. With voice chat, parents to children what behaviour is inappropriate, so they can spot the danger themselves.

**CONSIDER OTHER CHAT OPTIONS**  
If a child wants to play with people they know, consider using party chat or a third-party service like Discord. This allows everyone involved to chat on a private server and even assign each other a category when playing different games. It's a bit more secure, as anyone looking to join will need to be invited and be granted access to someone who's already in the game.

**REPORT POTENTIAL OFFENDERS**  
Most games offer a robust means of reporting other players, so you can flag an account as potentially harmful. This normally leads to the account being suspended or banned from the game. However, if that person's account breaks any of the game's rules, they may be banned from playing entirely. This is done within the game itself, so each title has a unique reporting process, but there tend to be designed for simplicity.

**COMMUNICATION IS KEY**  
Make sure children understand the differences between being competitive and being abusive. Talk about what constitutes unhelpful or inappropriate behaviour from strangers online, for example, if a child is being harassed or teased, they should tell a trusted adult as soon as possible. Encourage children to identify the risks of in-game chat for themselves and reassure them they won't get in trouble for seeking help if anything goes wrong.

**Advice for Parents & Educators**

[VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION](#)

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant

# DATES FOR YOUR DIARY

Date	Activity	Time
<b>OCTOBER</b>		
10.10.24	Hello Yellow (wear Yellow for Young Minds - no charge)	All day
08.10.24	KS1 Reading Information Meeting	4.30pm - 5.30pm
<b>11.10.24</b>	<b>Mufti Day for RED October £1 cash on the day</b>	<b>All day</b>
19.10.24	Spooktacular	12.00pm - 2.30pm
22.10.24	Reception Individual & Sibling photographs	Morning
23 - 25.10.24	Yr 6 Residential	3 days
<b>NOVEMBER</b>		
06.11.24	Rags to Riches Collection	8.30am
06.11.24	Reception Phonics Information Meeting	9.00am - 11.00am
10.11.24	Remembrance Event - Grangewood Park	10.45 - 11.15
13.11 & 14.11.24	Parents' Evening (All Mainstream)	3.50pm - 6.30pm
13.11.24	SU Parents' Evening	3.50pm - 6.50pm
12.11 - 15.11.24	Bookfair	After school
13.11.24	Positive Noticing Day	all day
15.11.24	Yr 2 to St Benedict's Church	Afternoon

## NOVEMBER

27.11.24	Walk In Wednesday Christmas	8.30am - 9.00am
27.11.24	Simon Aston E-Safety Talk for Families	6.00pm - 7.00pm
30.11.24	Choir Singing at Hunsbury Festive Fair at Hunsbury Library	12.30 - 3.30pm

## DECEMBER

07.12.24	Christmas Fete	10am - 1pm
10.12.24	Reception and Blue to West Lodge Farm	All day
13.12.24	Year 2 & Green Class Assembly	9.30 - 10.30am
<b>16.12.24</b>	<b>Reception Nativity</b>	<b>10.00 - 11.00am 2.00 - 3.00pm</b>
17.12.24	Year 1 Carols by Twinklelight	6.00pm - 7.00pm
17.12.24	Christmas Party Day (Christmas Jumpers and Lunch)	All Day
18.12.24	Year 6 & Red Christmas Carols & Crafts	TBC

## JANUARY

16.01.25	Yr 4 Multiplication Check information meeting	4.30pm - 5.30pm
16.01.25	Australia Day Census Day	
28.01.25	Yr 6 SATs Information meeting	4.30pm - 5.30pm
29.01.25	Walk In Wednesday Reading	8.30am - 9.00am

## FEBRUARY

03.02 - 07.02.25	Childrens' Mental Health Week	
11 & 12.02.25	Year 6 Parents' Evening	3.50pm - 6.30pm
13.02.25	Year 1 Phonics Test Information Meeting	4.30pm - 5.30pm
14.02.25	Year 3 & Purple Class Assembly	9.30 - 10.30am

## MARCH

5 & 6.03.25	Mainstream Parents' Evening (not Yr 6)	3.50pm - 6.30pm
05.03.25	SU Parents' Evening	3.50pm - 6.50pm
05.03 - 07.03.25	Bookfair	After school
12.03.25	Walk In Wednesday Easter Crafts	8.30am - 9.00am
17.03 - 21.03.25	Neurodiversity Week	
21.03.25	Odd Socks Day for World Down Syndrome Day	
28.03.25	Year 1 Class Assembly	9.30am-10.30am

## APRIL

02.04.25	Autism Awareness Day - Wear Blue (No Charge)	All Day
02.04.25	SU Show	10.00am-11.00am
22.04 & 23.04.25	Earth Days	All Day

## MAY

07.05.25	Walk In Wednesday Reading	8.30am - 9.00am
12 - 15.05.25	Yr 6 SATS	Mornings
15.05.25	Endangered Species Census Day	
22.05.25	Year 4 Spring Assembly	9.15am - 10.00am
22.05.25	Reception Sports Day	10.15am - 11.45am
22.05.25	Year 6 Sports Day	1.30pm - 3.00pm
23.05.25	Year 5 and Yellow Class Assembly	9.30am - 10.30am

## JUNE

02.06 - 13.06.25	Yr 4 Multiplication Check	
w/c 09.06.25	Yr 1 Phonics Check	
11.06.25	SU Sports Morning	9.30 - 11.30am
18.06.25	Walk In Wednesday Science	8.30am - 9.00am
26.06.25	Sports Day Year 1	9.30 - 11am
26.06.25	Sports Day Year 2	1.30 - 3pm
27.06.25	Sports Day Year 3	9.30 - 11.00am
27.06.25	Sports Day Year 4	1.30 - 3.00pm
28.06.25	Whole School Summer Fayre (Country dancing & Maypole by Years 2, 5, Purple & Yellow)	10.00 - 1.00pm
30.06 - 03.07.25	Yr 5 Bikeability	
30.06 - 04.07.25	Careers & Aspirations Week	

## JULY

04.07.25	Reception & Blue Class Assembly	9.30 - 10.30am
04.07.25	Brilliance Exhibition	TBC
08.07.25	Music Gala	5.30pm - 7.00pm

# JULY

09 - 11.07.25	Yr 3 Residential Everdon	
10.07.25	Sports Day Year 5	9.30 - 11.00am
15.07.25	Yr 6 Leavers' Performance	6.00pm - 7.30pm
16.07.25	Yr 6 Leavers' Performance for toddlers to attend	5.00pm - 6.30pm
17.07.25	SU Yr 6 Leavers' Assembly	9.30am-10.30am
21.07.25	Year 6 Leavers' Party	7.00pm - 9.00pm
22.07.25	Mainstream Yr 6 Leavers' Assembly	10.00 - 11.00am

**FREESTYLE**  
SPORTS & ARTS

19 YEARS OF HOLIDAY CAMPS ACROSS NORTHAMPTONSHIRE

# HALLOWEEN OCTOBER HOLIDAY CAMPS 2024

**DIFFERENT LOCATIONS ACROSS  
NORTHAMPTONSHIRE**

CHILDREN FROM ALL SCHOOLS ARE WELCOME AT EACH CAMP

**CAMPS AVAILABLE:**

**BOOK NOW**

**FOOTBALL, GYMNASTICS & DANCE**

BOOK NOW AT [WWW.FREESTYLEGROUP.CO.UK](http://WWW.FREESTYLEGROUP.CO.UK)

NEW LONGER DAYS AT SOME VENUES

Registrations Between: 8:00am-9:00am

Dismissals between: 4:00pm-5:00pm

Half days available via email



# Optimistic October 2024

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month

