

EAST HUNSBURY PRIMARY SCHOOL

Newsletter

8th November 2024

MESSAGE FROM THE HEADTEACHER

Dear Families

Welcome back to Autumn 2 – the official road to the Christmas holidays (too soon?!). We have started back with a bang and all of our new learning units across the school are underway. Please see your child's Curriculum map that came out this week for more information about what they will be learning.

Assembly

As is tradition, we started the new term with a: 'Welcome Back Assembly' in which we also talked about Anti-Bullying week which is coming up next week. Thank you to Mrs Roberts for leading such an important and informative assembly. The children were introduced to this year's theme "respect," and reminded of the STOP message, bullying is unkindness that happens "several times on purpose" and if we experience or witness bullying, we need to "Start Telling Other People." Children were encouraged to talk to school or home adults if they were concerned including year group adults, Mrs Pennington, Mrs Roberts, Krista or Mrs Keay. Bullying will not be tolerated at EHPS as we believe every child has the right to come to school feeling safe, valued and respected. For more information about our bullying policy, please [click here](#).

Year 6 PGL and Adventures

In the final week of term 53 of our Year 6 children went to Caythorpe PGL residential. From canoeing to discoing and orienteering to climbing – they did it all! See page 5 for a few photos.

What an amazing time it was for them and the biggest of thank yous to the staff who organised it and gave up their time away from their families to make the experience so memorable – thank you Mrs Heavens, Mrs DeChastelain, Mrs Keay, Mr Clarke, Mrs Lawther and Mrs New!

Back at camp EHPS, the remaining children also had a wonderful time with days of art, Forest Schooling and cooking – thank you to those members of staff who organised the events and made sure that every child in Year 6 had a Brilliant time!

More Rugby – Year 3 and 4

On Wednesday, 10 children from Years 3 and 4 took part in a tournament which was held at Towcester RFC. Last half term, the children in Year 4 have been enjoying special coaching from the Saints every Friday afternoon. We were amazed by how much they learnt and they really did our school proud. Well done to everyone who took part and another huge thank you to Mrs Wardell for organising and overseeing.

Year 1 visit Abington Museum

On Thursday, our Year 1 children visited Abington Museum to learn all about vintage and replica toys. We are so lucky to have amazing galleries and museums in Northampton, and it was fantastic to see the children's learning brought to life. I am also proud to report that their behaviour was exemplary! The Year 1 children are a credit to you and our school. See page 6 for some photos.

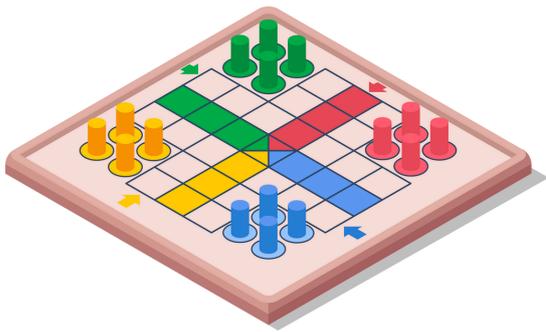
Year 4 Rainforest Experience

On Wednesday, our Year 4 children and Orange Class had a very special visitor in to launch their Geography and reading learning all about Rainforests. Simon, who has spent over 25 years exploring jungles, shared amazing images and videos from his expeditions and talked to us about the flora and fauna we might see. From tiny fungi to the giant kapok tree, creepy crawlies to high dwelling monkeys there was lots to enjoy and learn. In the afternoon we considered the damage being done to the rainforest and how it can be fixed. There was also an essential guide on how to survive on an expedition (with some gory photos of what happens when you forget the rules)! By the end of the day, we all felt like experts on the rainforest, we had really learnt so much. It was an amazing opportunity for the children to secure their foundations for future learning in this area.



School of Life

Being part of the community is really important to us and that is why we fully embrace our School of Life project where a group of children visit Hunsbury Library and play board games with our local seniors. It is wonderful to see such intergenerational learning and relationships form. Thank you to our amazing Mrs Kelly who oversees such experiences as part of our: Our World Education Team.



Year 4 are musicians!

Did you know that Year 4, as part of our music curriculum, have all been learning to play the Ukulele. Every Thursday their songs and tunes flow through the school and we are very much looking forward to their performance on 27th November.



Teaching the future teachers

We are really proud of our relationship with so many external agencies, including the University of Northampton. We currently have 4 students with us who are on teacher training.

Matilda Hodges in Year 5 who is mentored by Mrs Robinson.

Niamh Coote in Year 6 who is mentored by Mrs Heavens.

Eleanor Clegg and Hannah Headland in Reception who are mentored by Mrs Stryjek.

It's great to be able to use our skilled and experienced teachers to support the next teaching generation!

Ms Pennington

SU NEWS - GREEN CLASS

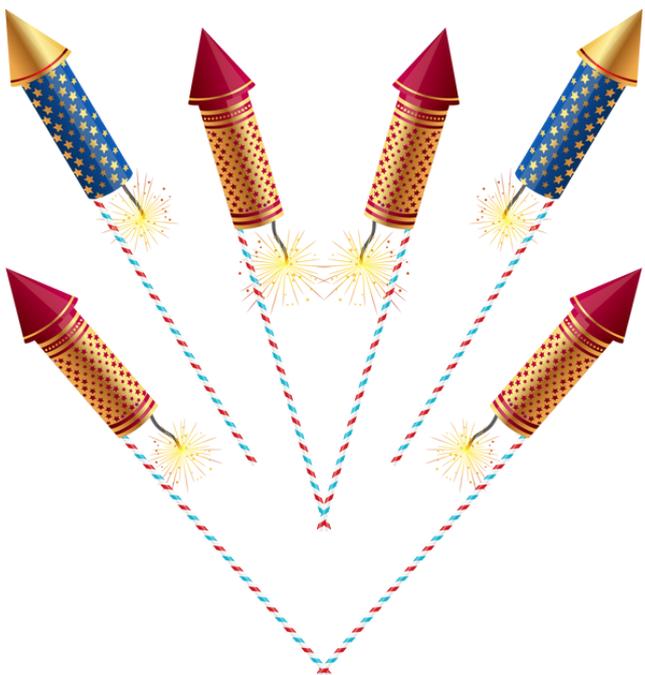
Green Class have been learning lots since you last heard from us!

We were really excited before half term because we had the chance to send our very own letters home! Based on the book Postman Bear, we wrote letters to people at home with some very kind words in them. The children were very excited to put the stamps on the envelopes and to walk down to the post box and put them inside!

Since we have been back after the half term break, we have been practising our writing skills and have started doing some addition work in Maths. We also created some lovely Bonfire Night inspired artwork using wax crayons and chalk which are currently being shown off from our classroom window.

The run up to Christmas is going to be very exciting, especially as we have our Class Assembly with Year 2 in December. We have already met with them and listened to the poem and song that we are going to perform and we just can't wait!

Neil - Green Class Teacher





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

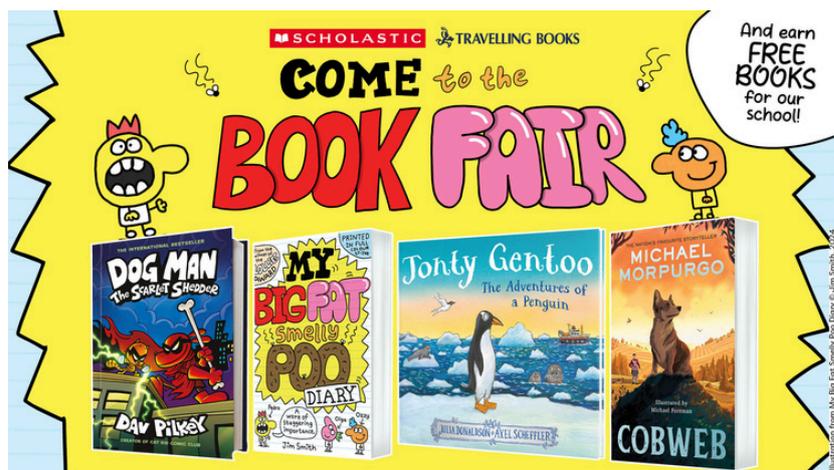
SCHOOL TRANSITION INFORMATION

Reception Places September 2025

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

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

[Click here to book](#) a tour at East Hunsbury Primary School.



SCHOLASTIC TRAVELLING BOOKS

COME to the BOOK FAIR

And earn **FREE BOOKS** for our school!

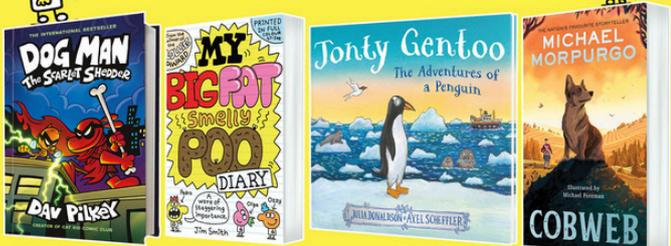


Illustration from My Big Fat Smelly Poop Diary © Jim Smith, 2024

BOOK fair

The Scholastic Book fair will be in school from **13th - 15th November** from 3.30pm each day and during Parents' Evening (access via the front office). You'll be able to browse over 200 of the books your children really want to read, from award-winners and new releases to beloved favourites and bestsellers, all at amazing prices. Plus, for every book bought, you help to earn FREE books for our school! You can pay with cash or securely online at the fair (you will need to bring your phone and payment card with you).

November Issue



This newsletter focuses on all the amazing events, clubs and groups that families, children and young people can access across the county that are free or affordable to attend.

[CLICK HERE FOR WEST NORTHAMPTONSHIRE'S NEWSLETTER](#)



Mr 6 Forest School

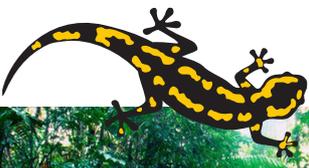
The children worked together to plan & build a shelter in the woods. They enjoyed hot chocolate and biscuits as their reward.



YEAR 6 PGL



YR 4 RAINFOREST EXPLORER



YEAR 1 AT ABINGTON PARK MUSEUM





Congratulations!

Well done Edie (Specialist Unit) and her street dance team, Unity. They took part in their first competition last weekend and they came third. We're so proud of Edie for being brave and working so hard this year at her dancing.



Lest we forget



Thank you to a dedicated team of Year 6 pupils who met every lunch time to create the poppy panel as part of the East Hunsbury Remembers project organised by the East Hunsbury Parish Council.

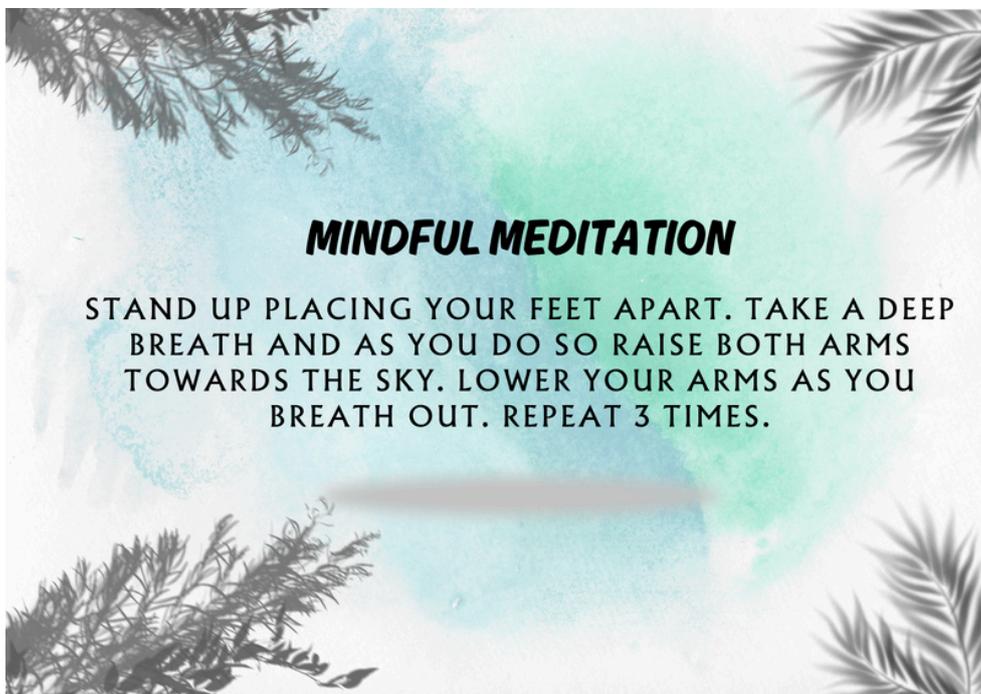


**THE
SCHOOL
OF LIFE**

On Tuesday, we took part in the School of Life at East Hunsbury library. The children played board games and chatted with the Seniors Crew. We love being part of our local community.

EHPS HOUSE POINTS TOTALISER

	Whittlewood	Harlestone	Everdon	Salcey
This week	170	122	111	132
Grand total	1358	1092	1283	1126



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



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

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



Changemakers Project Playground

**THE CHANGEMAKERS
NEED TO RAISE
£2,500 BY
CHRISTMAS. PLEASE
SCAN THE QR TO
MAKE A DONATION.**

Who works at East Hunsbury Primary School?

Meet the Team

Hello! My name is Gemma Green and I joined the Reception team in September 2024, as a Teaching Assistant. Although I am new to my role, I am not new to the school, as all three of my children have attended EHPS.

I enjoy being a teaching assistant because I am passionate about the importance of learning and how important it is to equip the children with what they need, to be successful in life, as well as offering a nurturing environment for the children to be happy. It is really amazing to see how much the children learn and grow whilst they are on their journey in Reception.

During my spare time, I like to be with my family which is busy, juggling the children's clubs and walking our dog, Amber! We love to travel and explore new places when we can. I am passionate about reading and enjoy all sorts of genres with a cup of tea, when I have a quiet moment.

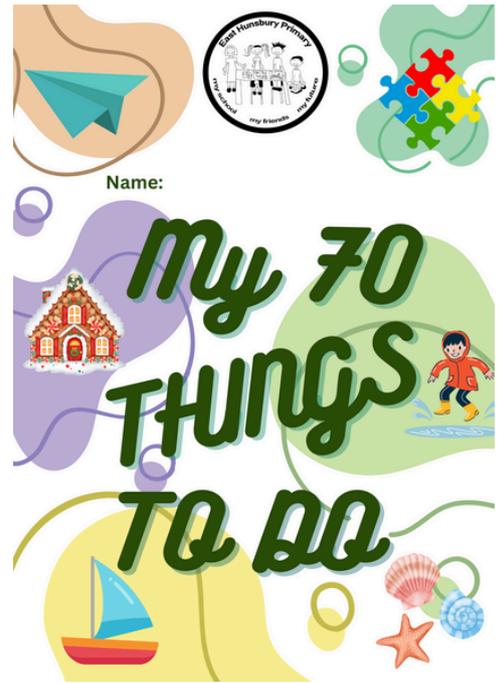
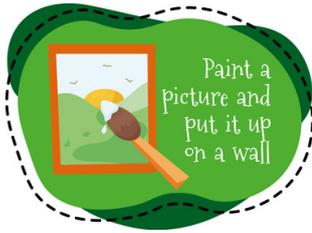


Christmas LUNCH

If your child would like school Christmas lunch, please order on School Grid by 9am on Friday 6th December.

How many have you completed?

Have you started a scrapbook to document your activities?



WE ARE



SCHOOL

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



Did you know you can also follow us on Instagram?



We will be supporting the Royal British Legion Poppy Appeal until 11th November. You can come to the school office before or after school with your child to purchase items or send money into school so your child can make a donation during the day.



East Hunsbury Primary School

What's coming up this

Christmas?

NOVEMBER

27

Walk in Wednesday
Christmas theme
8.30 - 9am

NOVEMBER

29

Mufti for Christmas
Hampers

NOVEMBER

30

Hunsbury Library
Festive Fair
11 - 4pm. EHPS Choir
singing 2 - 2.30pm

DECEMBER

4

The Nest to
Riverside Hub

DECEMBER

7

Christmas Fair
School Hall
10am - 1pm

DECEMBER

10

Reception & Blue
to West Lodge
Rural Centre
All day

DECEMBER

12

Nest/SU
Silent Disco
All day

DECEMBER

16

Reception Nativity
10 - 11am
2 - 3pm

DECEMBER

17

Whole school Christmas Party
Day with disco. Christmas
jumpers and party clothes can
be worn. Donations will not be
requested.

DECEMBER

17

Yr 1 Carols by
Twinklelight
6 - 7pm

DECEMBER

17

Christmas Lunch

Book on School Grid by
9am on 6th December

DECEMBER

18

Yr 6 Carols & Crafts
with parents

2.30pm - 3.30pm

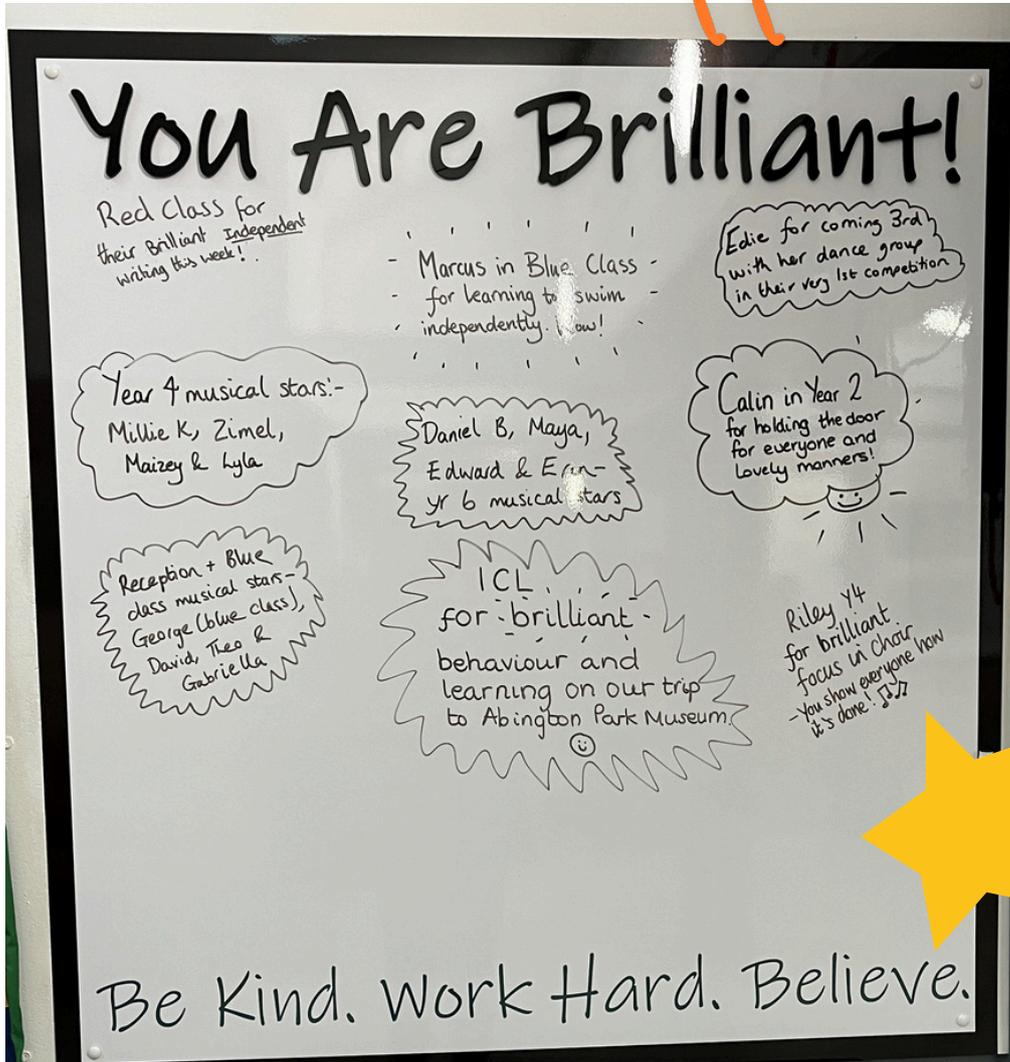
DECEMBER

20

Super Special Secret
Performance 9am

Whole School

Who's been brilliant this week



Christmas Present Pick

Could you help us make this Christmas special for families in need by donating to The Spring Charity's Present Pick? Your generosity will bring smiles to children and families who might otherwise go without during the festive season. They need new, unwrapped gifts for children of all ages.

Please bring them to the school office anytime before 9am on 9th December



[Click here for more information about The Spring Charity](#)



Attendance News

Whole school average attendance this week was

95.40%

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

	Weekly Attendance	Year Group	Weekly Attendance
Reception	93.71%	1	99.07%
2	95.51%	3	92.69%
4	96.43%	5	97.33%
6	93.61%		

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

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant



Greatly appreciated....

**Chocolate Donations for the
School Christmas Fayre**

**The Year 2 Team will be collecting
from now until the Christmas Fayre**

Thank you

WRAP AROUND

At East Hunsbury Primary School, we are constantly reflecting and refining what we do to improve the quality of education and services that we provide your children. One area that we are currently looking at is our Wraparound Care provision and I would be most grateful if you could take a moment to complete [this questionnaire](#). Please complete it even if you do not need a place, or do not attend, as these responses help us to build a bigger picture. **The deadline is Sunday 10th November 2024 at 11.55pm.**

CARE

**[CLICK HERE TO
COMPLETE THE
QUESTIONNAIRE](#)**



E-Safety & Wellbeing



What Parents & Educators Need to Know about FORTNITE

Fortnite was launched back in 2017, but it remains massively popular – with more than 650 million active players. That's partially due to the competitive nature of its player-vs-player combat, its pop culture crossovers and its constantly shifting map. Significant updates are rolled out with each new version of the game – known as 'chapters' – and within these sit shorter 'seasons'.

WHAT ARE THE RISKS?

ALWAYS ONLINE
There's no single-player offline mode in Fortnite. It can only be played online. Internet access can sometimes be an issue when you're out and about (both in terms of connectivity and using up data), so you may find that dedicated young Fortnite players are often less enthusiastic about trips away – both on days out and holidays – than you might expect.

IN-GAME COSTS
Fortnite is free to download and play, but it does offer various additional purchases – cosmetics, skins, music tracks and LEGO items – which don't really impact on gameplay but can cost a significant amount. These items are bought with in-game currency, V-Bucks – earned through completing the Battle Pass (which also costs V-Bucks) and can also be purchased from the game's store for real money.

POP CULTURE REFERENCES
Part of Fortnite's appeal is its ongoing crossovers with other popular franchises, ranging from movies and TV shows like Family Guy and Avatar: The Last Airbender to comic book characters including Batman in other games such as Street Fighter. This means you could have children asking questions about the crossover items. Ask or don't ask! The answer is often sooner than you otherwise might have.

CROSSPLAY AND PARTY CHAT
Fortnite is popular with many gamers of various ages. 'Crossplay' lets friends play with each other, regardless of whether they're on an Xbox, PlayStation, Nintendo Switch or PC – while the party chat feature allows them to talk to each other during the game. This can, however, put youngsters at risk of hearing inappropriate language from older players in the heat of virtual combat.

VIRTUAL VIOLENCE
At its core, there's no denying that Fortnite is about shooting other players to eliminate them from the game. That said, there's no blood or gore. The violence is rendered in a cartoonish style, and there are frequent cartoon cutscenes to lighten the mood, such as fishing mini-games and dancing emotes. Weapons, skins, and game and other responses often look and behave realistically, however, so discretion is advised.

FREQUENT UPDATES
The game's developers release content in 'seasons' that usually run for around ten weeks. Each season update sees items added to the in-game store, changes to the environment's landscape and different skinning themes (such as 'medieval', 'zombie' or 'party'). These regular releases help to hold players' interest – but also give young gamers plenty of reasons to keep coming back.

Match Gaming Times
Younger players tend to play Fortnite with their friends, with that in mind, it could be worth speaking to the parents and carers of a child's friend group and coordinating their gaming around certain times of day. Safety in numbers is obviously a factor here, but it will also help children feel that they're getting adequate opportunities to socialise with their friends online.

Set Spending Limits
Fortnite's virtual store is a not-so-subtle mechanism for coaxing players into buying things: other items before they disappear for weeks or months. This could lead to impulsive transactions in hot haste if children are tempted into an impulse purchase. Parents could consider getting a prepaid card for the child or ensuring that purchases require adult authorisation. This can be done through parental settings on a console or account settings in the Epic Games app on PC.

Use Updates as Rewards
Fortnite's seasonal updates are free, but each also brings the option of a 'battle pass', containing exclusive rewards for playing the game and completing set challenges. The purchase is around £10 and can be seen as part of larger bundles. The purchase of passes can be an effective reward to young Fortnite fans for good behaviour or excellent performance, or as an incentive for completing chores like tidying their room.

BE WARY OF SCAMS
The immense popularity of Fortnite with younger audiences – that are generally more trusting – means there's the danger of accounts taking to fraudulent offers, impersonating and other personal data through techniques like phishing. As the developers point out on many of Fortnite's loading screens, they never ask for a player's account password outside of the game itself, so any young player knows this.

Enjoy Fortnite Together
Fortnite also offers split-screen gameplay, meaning that two people can play simultaneously on the same console or computer. This can be a good option for siblings or for when a child's friends visit, but it also offers an opportunity for parents and carers to do something fun with their child, while also making sure they're playing the game safely. Who knows? You might even teach them a thing or two!

Advice for Parents & Educators

What are the risks?



Always online



Virtual violence



In-game costs



Cross play and party chat

[Click here for more information](#)



Contents



Whats App



YouTube



Social media access



Among Us

[Click here for more information](#)

Online Safety Newsletter

Nov 2024

How can I find age-appropriate games?

Do you need suggestions on age-appropriate games? You could use either of the following websites to search suitable games.

Remember, PEGI rates the gameplay so whilst it is important to review age ratings, you must also check if it has a communication feature as this might mean you decide a game is not suitable for your child.

- <https://www.askaboutgames.com/find-the-right-game>
- <https://www.familygamingdatabase.com/home>



How to Remove Social Media Access After Granting It

Have you given your child access to social media but are now regretting that decision? Bark has published this article to help you take back control by removing social media: <https://www.bark.us/blog/removing-social-media/>

WhatsApp

Users should be at least 13 years old to use WhatsApp. We frequently receive reports of children not using WhatsApp appropriately, such as sharing images to embarrass others, sending hurtful messages, spreading rumours, or excluding people from group chats to make them feel left out.

Since WhatsApp lacks parental controls, it is important to think about whether it is really the right platform for your child. For example, you should consider if your child has the critical thinking skills to recognise bullying. Furthermore, do they understand how to manage peer pressure and refrain from joining in on harmful behaviour?

If your child is using WhatsApp, it is crucial to have regular conversations with them. Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be perceived by others. Finally, make sure to model good digital behaviour yourself, as children often learn by observing the adults around them.

What should I be aware of if my child is using WhatsApp?

- Group chats:** Everyone within a group, even if they are not one of your child's contacts, will be able to see all messages within that group. If your child is added to a group with someone that they have previously blocked, that person can still see their messages and send them messages within the group chat. If your child is using WhatsApp, check their group privacy settings to see who can add them to groups. Ensure your child understands that they can leave a chat at any time, and they know how to report users. Find out more here: <https://faq.whatsapp.com/424124173736394>

- Inappropriate content:** users can be exposed to content that is not suitable for their age.
- Location sharing:** talk to your child about when this would be appropriate to use and the potential danger of sharing their location.
- Chat lock/secret code:** users can lock chats as well as apply a secret code setting so a chat does not appear in the main chat.
- Blocking/Reporting:** Show your child how to block and report other users. Find out how here: <https://faq.whatsapp.com/1142481766359885/>

Further information

Internet Matters have produced a how to guide available here: <http://www.internetmatters.org/resources/whatsapp-safety-a-how-to-guide-for-parents/>

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date released 01.11.24.

VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant

DATES FOR YOUR DIARY

Date	Activity	Time
NOVEMBER		
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 & Green Class to St Benedict's Church	12.30 - 2pm
27.11.24	Walk In Wednesday Christmas	8.30am - 9.00am
27.11.24	Yr 4 Ukuele Performance to parents	2.45pm - 3.15pm
27.11.24	Simon Aston E-Safety Talk for Families	6.00pm - 7.00pm
29.11.24	FEHPS Mufti for Christmas Hampers	All Day
30.11.24	Choir Singing at Hunsbury Festive Fair at Hunsbury Library	12.30 - 3.30pm
DECEMBER		
04.12.24	The Nest to Riverside Hub	
06.12.24	Deadline to book Christmas Lunch on School Grid	9am
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

DECEMBER

16.12.24	Reception Nativity	10.00 - 11.00am 2.00 - 3.00pm
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	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
29.01.25	Yr 3 trip to Oxford Museum of Natural History	All day

FEBRUARY

03.02 - 07.02.25	Childrens' Mental Health Week	
07.02.25	FEHPS Family Bingo Night	5.30pm - 7.30pm
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

MARCH

12.03.25	Walk In Wednesday Easter Crafts	8.30am - 9.00am
17.03 - 21.03.25	Neurodiversity Week	
21.03.25	Chocolate Mufti	All day
21.03.25	Odd Socks Day for World Down Syndrome Day	
28.03.25	Year 1 Class Assembly	9.30am-10.30am
29.03.25	Easter Cafe	11.00am-1.00pm

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
16.06.25	Class photographs	All day
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
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

New Ways November 2024



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



4 Sign up to join a new course, activity or online community

5 Change your normal routine today and notice how you feel

6 Try out a new way of being physically active

7 Be creative. Cook, draw, write, paint, make or inspire

1 Make a list of new things you want to do this month

2 Respond to a difficult situation in a different way

3 Get outside and observe the changes in nature around you

8 Plan a new activity or idea you want to try out this week

9 When you feel you can't do something, add the word "yet"

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

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