



Lower Phase Pastoral News

Campus Closure Edition

March 2020

Please take some time and read this issue to learn more about what you can do in this time of campus closure to ensure good well-being for you and your child.

Lower Phase

values

Resilience

RESPECT

Honesty

Empathy

COURAGE

Term 3 Attendance Superstars

Congratulations to the following tutor groups for having the highest percentage attendance for term 3.

R8 & Miss Rhiannon with 94%

1.4 & Miss Anna with 95%

2.8 & Miss Sophie with 97%

100% attendance is something we strive to achieve and many children achieved this in term 3:

28 students in Reception

39 students in Year 1

42 students in Year 2.



Value of the Term: Empathy

We hope that you managed to watch Miss Clare's message about Empathy that was shared last week. This is a time where showing empathy couldn't be more important as we really do need



ourselves in other peoples shoes and imagine things from other perspectives.

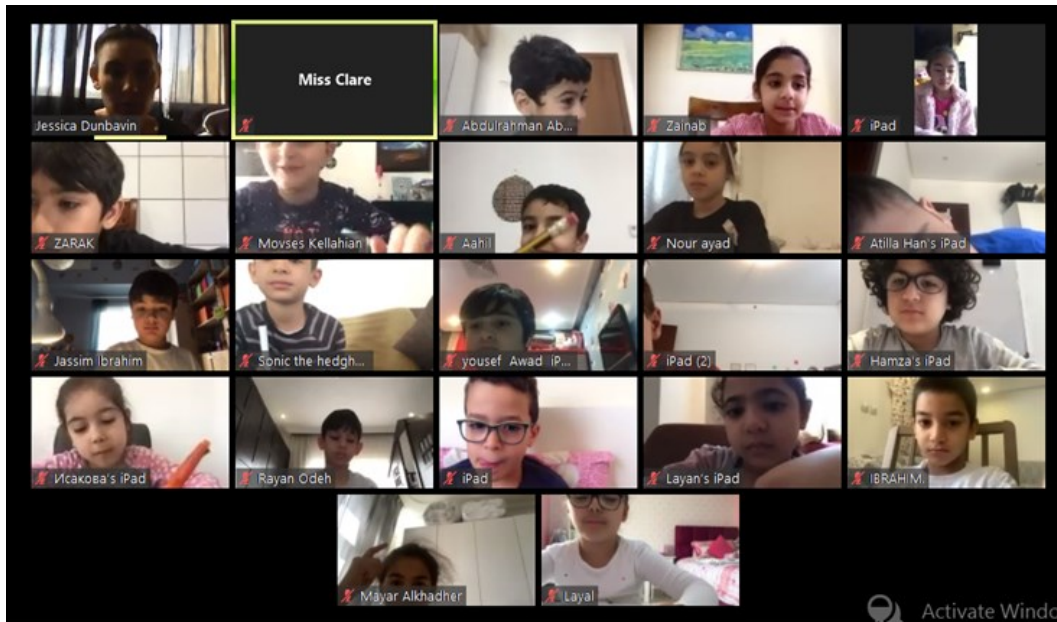
Here are ways in which you can show empathy:

- Listen to others.
- Notice what is around you.
- Offer help to others.

- Don't judge people.



We are so incredibly proud of the resilience you have shown over the last few weeks.



Here are some photos of our incredible Lower Phase students enjoying their live e-learning sessions. We are lucky to have such confident, resilient and courageous students in our school.

Next week, you will also have live sessions for Music and Design Technology. Make sure to check the VLE and your Seesaw app for more information about your new timetable.



During this period of campus closure, you will be spending lots of time in front of a screen. In your spare time, try to put your electronic devices away and find other fun and relaxing things to do.



5 Ways to Wellbeing

We need to make sure we keep ourselves well in this time of campus closure.

Kindness...
A good thing to share!

Hold open a door for someone. Clean up a neighbor's yard.
Listen. Hold a hand.
 give a flower. Visit a friend.
smile. SAY THANKS.

Send a card. pay for a meal.
 Give a compliment.
 Do a favor. give up your seat.

Connect

- Phone a family member or friend
- Teach your family about character strengths

Be Active

- Drink water and eat healthy food
- Move your bodies (check out the VLE for ideas as your PE teachers are uploading daily workouts for you!)

Keep Learning

- Do your e-learning
- Learn a new skill (juggling, origami or try baking something yummy)

Give

- Do a random act of kindness. Look at the ideas here or make up your own

Take Notice

- Practice some mindfulness activities like coloring or cosmic yoga
- Take time away from electronics



What are you doing to look after yourself and keep well?

Send your ideas and selfies (teachers and parents too) to clm@bsk.edu.kw

We will publish a selection on our social media and in our next issue



**TALK & LISTEN,
BE THERE,
FEEL CONNECTED**



**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**



**REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY**



**EMBRACE NEW
EXPERIENCES.
SEE OPPORTUNITIES,
SURPRISE YOURSELF**



**Your time,
your words,
your presence**