

Denham Green Academy News

Dates For Your Diary

- 7th-11th March Careers Week
- 11th March - Y5 & Y6 Swimming
- 15th & 16th March—Parents Evening
- 18th March - Comic Relief
- 25th March - FODGA Mothers Day Event

Extra Curricular Clubs

All places allocated prior to Christmas holidays will remain the same unless parents have requested a cancellation. If your child no longer wishes to have their place please let the office know.

Monday 3:30pm-4:15pm: Construction club (Years 1, 2, 3 & 4)

Monday: 3:15pm-4:15pm: Year 1 & 2 Popstars Academy (Paid directly with external company)

Tuesday 7:45am-8:30am: Year 1 & 2 Multi-skills

Tuesday 3:30pm-4:15pm: Year 1 & 2 Gym

Wednesday 7:45am-8:30am: Year 3 & 4 Multi-skills

Wednesday 8:00am-8:30am: Year 3 Wellbeing with Mrs MacLeod

Wednesday 3:30pm-4:15pm: Year 3 & 4 PE Club

Wednesday 3:30pm-4:15pm: Year 2 Cooking

Thursday 3:30pm-4:15pm: Reading Club (Years 1, 2, 3, 4, 5 & 6)

Friday 7:45am-8:30am: Year 5 & 6 Multi-skills

Friday 3:30pm-4:15pm: Year 5 & 6 PE Club

Twilight Owls

If you wish to make a booking for Twilight Owls week commencing 7th March please ensure you have sent an email to twilightowls@e-act.org.uk by 5pm today.

Attendance

High attendance is extremely important to ensure your child/ren achieve their full potential. Attendance is monitored over 4 weeks and if your child/ren attendance drops below 96% you will be contacted to discuss this.

Whole school attendance this week: **93.1%**

Friends of Denham Green Academy

Friends of Denham Green Academy will be hosting a Mothers Day Gift sale on Friday 25th March. A form has been sent out with your children so please do look in their school bags and ensure the forms are returned no later than **Friday 11th March**.

Comic Relief—Friday 18th March

We are inviting children to dress down for comic relief on Friday 18th March. We are asking for a voluntary contribution of £1 per child which is payable on ParentPay following this link:

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=6817>

Children can either come dressed in their own clothes, as a superhero or dressed as their hero!

Dogs

Please can all parents/carers ensure that dogs are not brought onto the school premises at any time. We have a number of children who are fearful of dogs and some children may also be allergic to dogs, so please ensure dogs remain off school premises at all times.

If you're walking a dog close to school please ensure you're picking up your dogs mess.

Absences

If your child is absent from school please ensure you contact the school office in the morning. Please leave a message on the absence line even if you have sent the Teacher a message on Dojo. If your child is absent for more than one day you must call each school day.

5p For A Tree

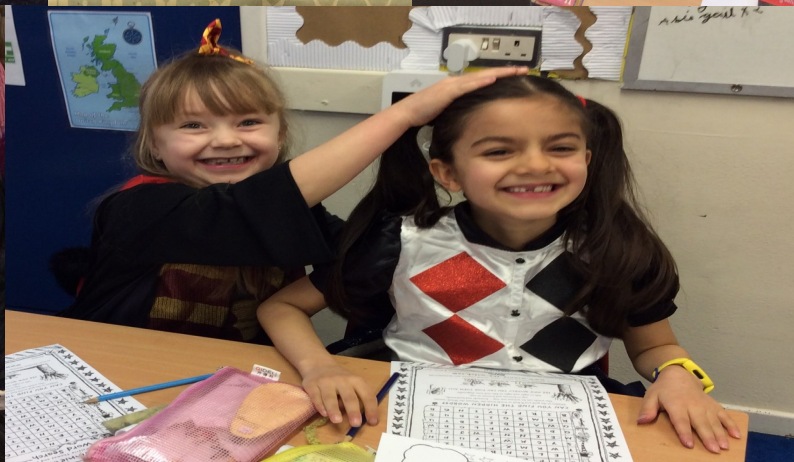
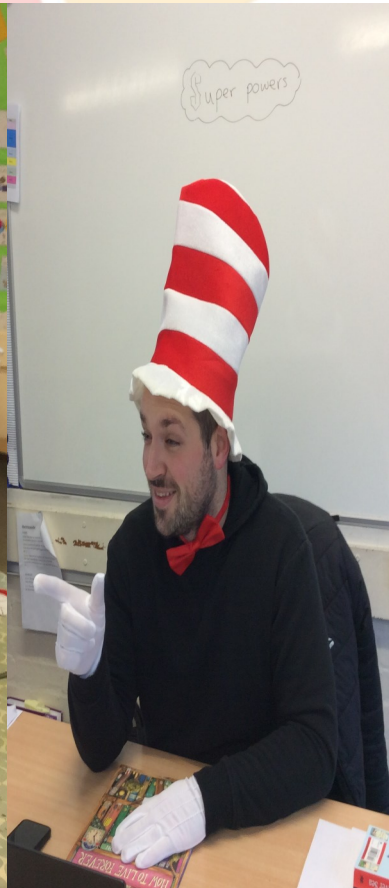
The Denham Green Eco Warrior team, of which every child and adult in school is automatically a member, are launching a project to plant trees on the school site. We are asking for a voluntary contribution from each child of five pence a week or a penny a day!

We aspire to have each year group plant a tree by the end of the summer, and we hope to invite families to join in with an exciting tree planting celebration.

Staff Shout Outs

Last year Mrs MacLeod asked you all for 'Shout Outs' for any staff members you would like to thank. It would be amazing to be able to refresh the display we have in our staff room. If you would like to send in a 'shout out' to any of our team at DG please send a Dojo to Mrs MacLeod or email the office.

World Book Day



Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



1

Set an intention to live with awareness and kindness

2

Notice three things you find beautiful in the outside world

3

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

4

Notice how you speak to yourself and choose to use kind words

5

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

6

Have a 'no plans' day and notice how that feels

7

Take three calm breaths at regular intervals during your day

8

Eat mindfully. Appreciate the taste, texture and smell of your food

9

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

10

Get outside and notice how the weather feels on your face

11

Stay fully present while drinking your cup of tea or coffee

12

Listen deeply to someone and really hear what they are saying

13

Pause to watch the sky or clouds for a few minutes today

14

Find ways to enjoy any chores or tasks that you do

15

Stop. Breathe. Notice. Repeat regularly

16

Get really absorbed with an interesting or creative activity

17

Look around and spot three things you find unusual or pleasant

18

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

19

Appreciate nature around you, wherever you are

20

Focus on what makes you and others happy today
dayofhappiness.net

21

Listen to a piece of music without doing anything else

22

Notice something that is going well, even if today feels difficult

23

Tune into your feelings, without judging or trying to change them

24

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

25

Focus your attention on the good things you take for granted

26

Choose to spend less time looking at screens today

27

Cultivate a feeling of loving-kindness towards others today



28

Notice when you're tired and take a break as soon as possible

29

Choose a different route today and see what you notice

30

Mentally scan your body and notice what it is feeling

31

Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together

FOOD FESTIVAL

By Aspens

WEEK ONE

Spring / Summer 2022

7/3, 28/3, 18/4, 9/5, 30/5, 20/6, 11/7

MONDAY
Authentic Italian

Spaghetti Bolognese
Pasta and Garlic bread

TUESDAY
Family Faves

Beef Burger in a Bun
Oven Baked Wedges
Coleslaw

WEDNESDAY
Baking British

Roast Gammon
Roasties and Fresh Vegetables
Gravy

THURSDAY
Food Festival

Chicken Fajitas
Rice
Green Beans

FRIDAY
Fun Day

Fish Fingers
Salmon or Pollock
Chips and Baked Beans

Option 1

Option 2

Veggie Bolognese
Pasta and Garlic Bread

Super Veggie Burger in a Bun
Oven Baked Wedges
Coleslaw

Veggie Sausage & Summer Veg Traybake
Roasties and Fresh Vegetables
Gravy

Veg Fajitas
Rice
Green Beans

Baked Beans & Vegetable Dippers
Chips

Potatoes & Pasta

Hot Tomato Pasta with Cheese or Crispy Skin Jacket Potato with Tasty Toppings available daily

Packed Lunch

Pick and Mix Packed Lunch

Freshly filled sandwich or roll, healthy snack, home bake and piece of fruit (Ham, Cheese or Tuna)

The Finale

Warm Pineapple with Vanilla Ice Cream

Marble Cake

Chocolate Brownie

Apple Pie with Custard

Oat Cookie

Homemade Bread, Fresh Fruit, Yoghurt and Salad available every day

▲ Meat ▼ Veggie ◆ Jacket Potato ■ Packed Lunch