

# FLORA NEWS

## Mrs Grippman's Blog

"I just need a moment."

While on my way to my local supermarket, I noticed what I suppose I'd call a quarrel between two adults. No one really took any notice, but then if you take a moment to be present, you'll notice that people rarely 'notice' much of what's going on around them anyway. What fascinated me about this altercation was the way those involved managed to diffuse what seemed to be quite an intense argument. One of the women said, "I just need a moment." Almost as if she was tagging out of a match. Immediately, the other woman's demeanour changed. Perhaps it's the feeling I get when I am trying to be present in the moment, coupled with a slight overactive imagination, but it felt like time stood still as one friend acknowledged how the quarrel was affecting the other. Imagine we could all do that; just stop and acknowledge how those around us are feeling. If we could achieve a deeper level empathy that meant those around us who are up against the ropes knew that they had someone in their corner.

According to Mind.org, 1 in 4 people will experience a mental health problem of some kind each year in England. I asked Mr Mason and Mr Carter what they thought of this statistic and they weren't surprised. I think perhaps many of us are vaguely aware of this statistic, but unless we know someone struggling with their mental health or have struggled ourselves, at times we forget to be compassionate, kind and understanding. This year, the theme for *Mental Health Awareness Week*, which takes place from 10th to 16th May, is nature, and we are all being invited to immerse ourselves in the '5 Ways to Wellbeing', while reconnecting with nature across the week. I mean... perfect for us at Flora Gardens, right?

So what are the 5 Ways to Wellbeing? I first came across these 5 steps one can take to improve their mental health and wellbeing some years ago. One of these steps, as you might have guessed, is paying attention to the present moment (mindfulness). This is something I attempt to do at least once a day. Doing this allows me to learn more about myself and others, appreciate the beauty in every single day and improves my mood. In addition to taking notice, the NHS and mental health charities encourage keeping active (I do quite enjoy a session at the gym before work), learning new skills, connecting with others and giving to others. How many of these do you do and how often? Perhaps during Mental Health Awareness Week you could try and do all five. The Mental Health Foundation says they will 'look at nature's unique ability to not only bring consolation in times of stress, but also increase our creativity, empathy and a sense of wonder.' So at the very least, next week let's try to be present and connect with nature.

Okay, so how did the quarrel end? They hugged it out and picked up some flowers at the entrance of the store. Really fitting don't you think?

### National Book Token Competition

Our school needs you! Help us win £5,000 of National Book Tokens for the school library - and get £100 for yourself! Enter the competition online, it only takes a minute:

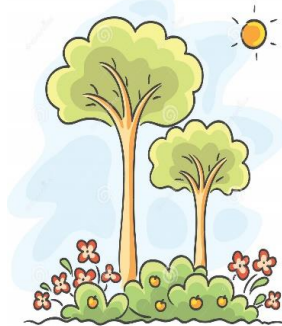
<http://www.nationalbooktokens.com/schools>



Reception have been learning about how Doctors and Nurses help us. They set up their own 'Flora Hospital' and all the pupils had a go at being Doctors and Nurses and helped the babies to feel better!



Year 1 had a great time naming and identifying the parts of trees and flowers this week. They had a lovely afternoon in the wildlife garden and went on to paint some of the flowers they had seen.



Nursery have been learning about 'Creepy Crawlies' and have produced some amazing projects. Ms Owolabi is proud of every child in Nursery for completing the task.





## Bike to School Week

Well done to all those pupils who walked, scooted or cycled to school.

If you did so each day, on average you have done 80 minutes extra physical activity this week than someone who took a car or bus.



Pupils took part in some fun activities with their scooters and bikes during lunchtime with Mr Finney.



## Value Award Winners



Nursery - Alexandru & Baneen

Reception - Kosta

Year 1 - Micky

Year 2 - Maleek

Year 3 - Ibtisam

Year 4 - Zak I

Year 5 - Ruby

Year 6 - Deka

PE - Leela Y1

Spanish - Maram Y5

Music - All of Year 2

