



Boost your Self Esteem Month by Miss Elven

This month is 'Boost your Self Esteem Month' as well as Children's Mental Health Week (6th - 12th February). Unfortunately, many of us struggle with our self-esteem from time to time. In this day and age of social media, we can sometimes seek instant gratification and there is 'perfection' everywhere we look - this can impact on our mental health even more.

As Oprah Winfrey quite rightly says, "Self-esteem comes from being able to define the world in our own terms and refusing to abide by the judgement of others."

Before deciding to write this blog, I did a bit of Google research for some simple ways we can all use to boost our own and our children's self-esteem. I was happy and relieved to find that there were countless ways! But ones that I liked were the following:

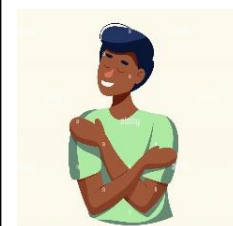
STOP criticising yourself.

How many times do we tell ourselves, 'I am no good at this, I cannot do this' or 'I am a failure?' Would we talk to our best friend like this? If not, why do we do it to ourselves? Do these thoughts really serve a purpose? When you have a self-critical thought, try thinking about how you would respond to a friend who expressed this negative thought. If we would not say our response to our friend, then be kind to ourselves too!



STOP comparing yourself. I know I was guilty of this especially when I am running as I would compare my performance against others and always wish that I was faster/better. Now I tell myself that I need to enjoy my run and take in the sights and sounds around me. On Saturday as I was heading to my local parkrun I noticed some snowdrops in the entrance to the woods, which always tells me spring is on the way.

START practising gratitude. We all too often forget to be kind to ourselves. It can be helpful to change our inner dialogue from the first person to the third person so it feels like we are responding to a friend. There is a sign in my favourite coffee shop that says, 'Just in case no-one told you today, Hello, good morning, you're doing great, I believe in you!' It always brings a smile to my face when I see it and I try to think of it when those negative thoughts stray into my mind.



START moving - we all know the benefits even a little bit of exercise can bring. For the third consecutive year I took on the task of RED January, which is a nationwide movement for mental well-being and supported by Sport in Mind. The idea is to exercise every day during the month. This time I decided to run every day, hence RED. My longest run was just short of 10km and the shortest was 2km - a big thanks to the Year 5 & Year 6 running club each week for helping me with this challenge! I managed to complete the challenge and ran just short of 137km during the month.

I hope these strategies may help you at times, but above all else - let's be kind to ourselves and one another! **Happy half term Flora Gardens!**

Value Award Winners

Nursery - Charlotte

Reception - Whole Class

Year 1 - Alexandru & Yasin

Year 2 - Aminah

Year 3 - Muhammad K

Year 4 - Sibel

Year 5 - Alaa

Year 6 - Whole class

PE - Janelle, Loaira,

Safiya, Sofia, Nylan,

Ahmad, Dalal & Maleek

Music - Kosta Y2



We would like to thank the newly opened Leyland SDM store in Hammersmith who were kind enough to donated £500 for the school to buy new tools and paint. Mr Moges was very happy to collect his new drill!

★ Class Attendance

Reception - 86.4%

Year 1 - 92.5%

Year 2 - 94.0%

Year 3 - 90.4%

Year 4 - 92.6%

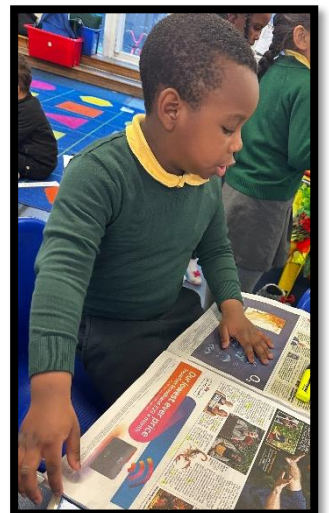
Year 5 - 93.9%

Year 6 - 95.0%

Well done Year 6



This week, Reception have been focusing on tricky words. They have been reading the newspaper and searching hard to find some tricky words. They highlighted them when they found them.



Dates for the Diary

Tuesday 21st February

Pancake Day



Thursday 2nd March

Cinema Night & World Book Day



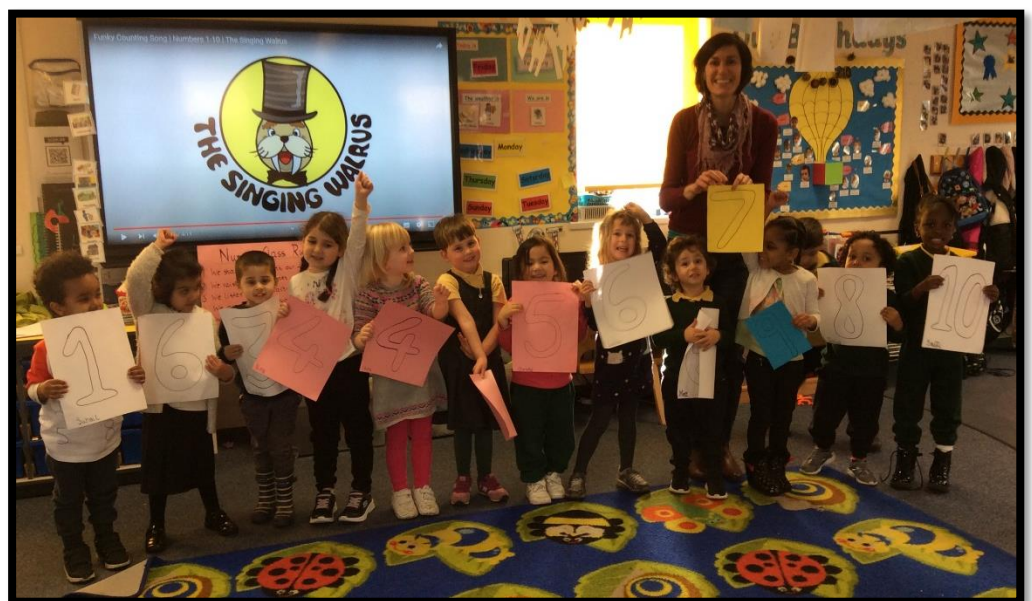
Thursday 9th March

Year 5 Cake Sale



Thursday 30th March

Easter Egg Hunt



Nursery class have been practising their numbers from 1 to 10 by trying to put them in order.



Follow us
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up to date with all our
news and events.



The kitchen staff delighted the pupils with heart shaped biscuits and cupcakes to celebrate Valentine's Day.



Year 3/4 Dodgeball Tournament

8 pupils represented Flora Gardens so fantastically today with their positive teamwork and respect.

Both teams went undefeated, beating every team along the way. It was really pleasing to see outstanding sportsmanship, during the games as well as afterwards.



Unwanted School Uniform?
Please bring any donations to the office or leave with the Early Years Team. Thank you.



Year 3 making Iron Man models for their DT project.



Year 4 made some fun and colourful keyrings in their DT lesson.



Nautilus are offering free swimming lessons during the half term at the Latymer Upper Pool. Please use the link below for further details.

https://docs.google.com/forms/d/e/1FAIpQLSeqqUMJVkGXoPtLkOt15RefiZB61w2mTU6HX8AwR0HqtQoEaQ/viewform?usp=sf_link



School Meals

The cost of a school meal is £1.95 per day, £9.75 per week or £39.00 per month. You can pay via www.pay360educationpayments.com

If you need any help logging in please contact the school office. The menu is available on our website. If you are experiencing any difficulties with paying please let us know so we can help.

If you have a worry about anything while school is closed, you can contact people who can help at any time.

NSPCC Help Line: 0808 800 5000 for **adults** with a concern about a child. <https://www.nspcc.org.uk/>

Childline: 0800 1111 for **children** with any worries. <https://www.childline.org.uk/>

Earthquake in Turkey & Syria

This week, two devastating earthquakes struck southern Turkey, near the Syrian border destroying thousands of lives and homes.

If you would like to support by donating please click on one of these links:

British-Red Cross: You can make a donation right now to the British Red Cross to help people in Turkey and Syria affected by the earthquakes.

👉 <https://donate.redcross.org.uk/appeal/turkey-syria-earthquake-appeal>

Save The Children: You can help get families the food, warm blankets, winter clothes and shelter materials they need to survive. You can help set up safe spaces for women and children, and get psychological support to children so they can start to process their terrible experiences.

👉 https://support.savethechildren.org/site/Donation2?df_id=4988&mfc_pref=T&4988.donation=form1

Oxfam: The emergency response is expected to include water and sanitation, shelter and food support as well as longer-term rehabilitation and reconstruction.

👉 <https://www.oxfam.org.uk/oxfam-in-action/current-emergencies/turkey-and-syria-earthquake-appeal/>