



# FLORA NEWS



## Head's Blog



It's all about saying, "No".

Age limits for social media are in place for a reason, so it is worth checking what your children are doing.

For Twitter and Facebook the minimum age requirement is a hard and fast 13. It's the same number on Instagram, Pinterest, Tumblr, Reddit, Snapchat and Secret, too. Curiously, the minimum age on LinkedIn is 14. On WhatsApp it's 16, and on Vine it's 17.

However, if you follow 'Very British Problems' on Facebook or Twitter, you might have seen a list of typically British euphemisms or, as they put it, 'Phrases that mean nothing will happen': Leave it with me / I'll have a word / I'll see what I can find / Consider it done / I'll make some calls / I'll think about it / Certainly a possibility / Let's come back to that / Good idea / Maybe / It's on my list / Might see you down there / I'll look into it.

Amusing though this list is, I think it's actually a comment on how difficult we often find it to say 'no' to things. In many cases not saying 'no' can become a major source of stress and anxiety in our lives. We place the satisfaction of others ahead of ours. We stop living our own lives to live theirs.

Why do we do this? Sometimes we simply want to be helpful, but more often we say 'yes' to avoid confrontation or because we think it will make the other person like us more; or we fear we'll be rejected if we say 'no', or we believe we will miss out on opportunities in the future. Other times, we say 'yes' because we feel guilty. And this tendency to try to please everyone all the time is made manifestly worse by our ever-connected social and digital lives - all it takes is one beep, ding, ping, alert, or ringtone to bring us yet another request that we feel we need to say 'yes' to. So, while clearly we can't say 'no' to everything, learning to say 'no' to things that we don't believe are right or want to do or that we know will distract us or leave us making Very British excuses, is a very powerful skill.

Try these:

- Be very clear about your commitments, knowing yourself and acting with integrity. Sort out your priorities and personal interests.
- Value your time. Saying 'no' to some things allows you to say 'yes' to other things that are more interesting for you. If you show people you value your work, time and priorities, they will respect you.
  - If a friendship changes after a refusal, it wasn't a sincere friendship. Don't let people blackmail you.
  - When you are saying 'no' to someone, be polite but firm. Show that you respect their feelings and opinions. Establish realistic limits from the beginning.
- Don't make excuses or the situation will be repeated constantly. You don't even have to explain anything. You are the owner of your time.
  - Before agreeing to something, consider the implications. How long it will take? How will it affect your studies, family or personal life? What other projects are going to be sacrificed?

Learning to say 'no' is one of the greatest things you can do for yourself. It will reduce workload and anxiety levels, and it will find you time to do what you really care about.



# School Disco

## Thursday 8<sup>th</sup> February



Nursery and Reception – 3.30 – 4.30pm

Key Stage 1 & 2 – 5.00 – 7.00pm

(KS1 & 2 pupils should be collected at 3.30pm and return to school at 5.00pm)

Tickets are **£1.50 for Early Years** and **£2.50 for KS1 & 2** and can be purchased from Miss Kelly, before and after school, by the tuck shop.

### Mr Finney's PE Blog



This week our football teams did their school proud! Our Boys team won 2-1 and our Girls team won 1-0 against John Betts Primary School. Goal scorers were Lucas, Hamza and Aisha B.

**PE Superstar of the week: Mohamed in Y3 for outstanding work in PE!**



Whole school Skipathon in support of the British Heart Foundation. Thank you for your donations.

Thank you to those of you who have completed and returned the Data Collection Sheet. If you have yet to return the form, please do so before the half term break next Friday, so we can update our records accordingly.

We have a few places left for the Y5 & Y6 residential trip to Laches Wood. Please see Mrs Brand for information.

### Attendance

This week: 29 <sup>th</sup> Jan – 2 <sup>nd</sup> Feb 2018	
Class	Attendance
Reception	87.0%
Year 1	91.8%
Year 2	95.2%
Year 3	87.6%
Year 4	89.5%
Year 5	94.4%
Year 6F	95.2%
Year 6G	98.1%
Totals	92.2%

A very bad week for most classes – well done to Y6G for always being up with the top attenders.

Nursery	89.6%
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**Superstars!**  
 Nursery – Aya & Afsana  
 Reception – Duarte  
 Year 1 – Ali  
 Year 2 – Madison  
 Year 3 – Hamza  
 Year 4 – Cameron  
 Year 5 – Adanni  
 Year 6F – Hanna  
 Year 6G – Rumaiyah