

ACTION CALENDAR: FRIENDLY FEBRUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Send someone a message to say how much they mean to you	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone else	4 Organise a virtual 'tea break' with colleagues or friends	5 Show an active interest by asking questions when talking to others	6 Get back in touch with an old friend you've not seen for a while	7 Make an effort to have a friendly chat with a neighbour
8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for the good in people, even when they frustrate you	11 Send an encouraging note to someone who needs a boost	12 Focus on being kind rather than being right	13 Send a friendly message of support to a local business	14 Tell your loved ones why they are special to you
15 Smile at the people you see and brighten their day	16 Check in on someone who may be struggling and offer to help	17 Respond kindly to everyone you talk to today, including yourself	18 Appreciate the good qualities of someone in your life	19 Share a video or message you find inspiring or helpful	20 Make a plan to connect with others and do something fun	21 Actively listen to what people say, without judging them
22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about their strengths that you value most	25 Thank three people you feel grateful to and tell them why	26 Give positive comments to as many people as possible today	27 Call a friend to catch up and really listen to them	28 Make uninterrupted time for your loved ones

"The best way to cheer yourself up is to cheer somebody else up" - Mark Twain

"The only way to have a friend is to be one" - Ralph Waldo Emerson

ACTION FOR HAPPINESS

Learn more about this month's theme at www.actionforhappiness.org/friendly-february

www.actionforhappiness.org

Happier · Kinder · Together

Breckon Hill Primary School Newsletter

01642 243044 breckonhillprimary.co.uk

January/February 2021

Dear Parents and Carers,

Thank you for your continued support with your child/children's learning at home. The vast majority of children are learning from home and we are very pleased with the good work we see going on. We know that this isn't easy. Thank you for collecting and returning packs, uploading work onto the school learning platform (Seesaw) and supporting at home. We hope it isn't too long before we are all back to normal.

Should you need support continue to contact school so we can help.

Stay safe,

Mrs Smith



Tuesday, 9 February 2021, is Safer Internet Day with the theme once again of "Together for a better internet", the day calls upon everyone to join together to make the internet a safer and better place for all, and especially for children and young people.

NHS telephone Helpline 0300 2000 000

A new NHS telephone line, 0300 2000 000, is now available for anyone on Teesside to call if they are concerned about a child or young person's (up to 18th birthday) emotional wellbeing.

Open Monday to Friday from 9am to 5pm (excluding Bank Holidays), the line is available to anyone including parents, carers, school staff, health professionals and GPs. Children and young people worried about their own mental health can also call the number.

Stay Safe



HAPPY BIRTHDAY

Ilhan A	Aayan A	Rosabel- Murtaza	Leo S	Hajra K	Raihan T Jay B	Habeeba T Adam I
Ahmed A	Mitchell J	Yousif H	Antonio B Kane S	Alice M	Lawin A Saimon A	Aliya M Alisha R
Balqees A	Ali S	Gadalla M	Mohammed S	Arjin I	James M Stefan P Martin G	Zoya A
Louisa B	Marta T	Adam J	Tanzil I	Le-Grand	Ayaan N Zain I Safa M	Amayah A
Amardeep	David H	Camer-	Ismail A	Georgiana	Diana V Muzamil Sufian S	Riley D
Mu-	Fatima S	Marni F	Hasham S	Dominik P Sheikh	Imran A Yousef A	Umar F
Deako Q	Sumaiyah M	Uzair N	Zhewar Q	Marshall H Hassan A	Rhia G Faizaan M	Aminah H
Ibrahim S	Umayya T	Ihsanullah R	Zavaiya A	Poppie H Mahek G	Kayda-May A Nameer A	Abdulbasit S

Breckon Hill Community Centre

ECO SHOP

20 items for £2

Monday 10am-12pm
Tuesday 10m-2pm
Friday 10am-12pm

Please take your own bags.
Maximum of 2 visits a week.

Please support the shop as we work together to reduce food waste.