

St Peter's Church of England (Aided) Junior School



Headteacher: Miss C Reece

Newsletter — Friday 18th October 2024

Dear Parents,

We're half way through October and we've almost reached the end of our first half term! For the remainder of the month, we invite you to join us for the next Action for Happiness Calendar, 'Optimistic October.' This October, we are encouraged to find ways to make things better and take positive steps forward. We are reminded that it's helpful to stay hopeful, especially in difficult times. You can find a copy of this calendar on the next page of our newsletter.

Visit from the Mayor of Rushmoor

This half term, it was a real pleasure to welcome the Mayor of Rushmoor, Mara Makunura, to our school. Our Year 6 Global Ambassadors welcomed Mara and spoke about their plans for a climate exhibition, to which local leaders are invited. Mara was particularly impressed with the children's passionate and knowledgeable conversation about climate justice. A group of children led Mara around our school, with each class sharing a warm welcome. She also visited our garden allotments, following our recent success at the Rushmoor in Bloom competition. At the end of her visit, Mara said that our school felt like home to her. A shining example of our Value of Collaboration.

Harvest Service

'Thank you for the harvest, Thank you for your goodness, For all of the fruit and vegetables and the wonderful things that grow'.

Thank you for joining us for our Harvest Service at St. Peter's Church; a lovely opportunity to gather together in praise and reflection. Our service included year group performances and whole school singing. Our year group performances included a song, poetry, dance, prayers and narration—helping us all to think about the season of Harvest. Thank you especially for all the food gifts, in support of The Larder Foodbank.

A lovely example of our Value of Celebration.



Gamelan Music Workshop

Music is a special part of life at St. Peter's. This afternoon, our children experienced a wonderful Gamelan drumming workshop, led by Hampshire Music Service. Every class enjoyed their own opportunity to handle the beautiful instruments. A special example of our Value of Respect.

Our School Prayer

This is our school, let peace dwell here,
 Let the rooms be filled with happiness,
 Let love abide here,
 Love of one another, Love of humanity,
 Love of life itself and love of God.
 Let us remember that as many hands build a house,
 So many hearts make a school.
 Amen



'Life in all its Fullness'

To keep up to date with life and learning at St. Peter's, please visit the ['latest news'](#) page of our school website.
 Miss Reece and the Team

Optimistic October 2024

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1 Write down three things you can look forward to this month

2 Find something to be optimistic about (even if it's a difficult time)

3 Take a small step towards a goal that really matters to you

4 Start your day with the most important thing on your to-do list

5 Be a realistic optimist. See life as it is, but focus on what's good

6 Remind yourself that things can change for the better

7 Look for the good in people around you today

8 Make some progress on a project or task you have been avoiding

9 Share an important goal with someone you trust

10 Take time to reflect on what you have accomplished recently

11 Avoid blaming yourself or others. Find a helpful way forward

12 Look out for positive news and reasons to be cheerful today

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

15 Thank yourself for achieving the things you often take for granted

16 Put down your to-do list and do something fun or uplifting

17 Take a small step towards a positive change you want to see in society

18 Set hopeful but realistic goals for the days ahead

19 Identify one of your positive qualities that will be helpful in the future

20 Find joy in tackling a task you've put off for some time

21 Let go of the expectations of others and focus on what matters to you

22 Share a hopeful quote, picture or video with a friend or colleague

23 Recognise that you have a choice about what to prioritise

24 Write down three specific things that have gone well recently

25 You can't do everything! What are your three priorities right now?

26 Find a new perspective on a problem you face

27 Be kind to yourself today. Remember, progress takes time

28 Ask yourself, will this still matter a year from now?

29 Plan a fun or exciting activity to look forward to

30 Identify three things that give you hope for the future

31 Set a goal that brings a sense of purpose for the coming month



ACTION FOR HAPPINESS

Happier · Kinder · Together