

## **Parent/ Carer Update 25<sup>th</sup> March**

Dear Parents/ Carers,

### Head Teacher Award Winners

Congratulations to all of our Head Teacher award winners this week:

Primary 1 – Esmee for Pride

Primary 2 – Igor for Kindness

Primary 3/4 – Alfie for Kindness

Primary 4/5 – Frankie McTaggart for Pride

Primary 5 – Eddy for Kindness

Primary 6 – Lena for Belief

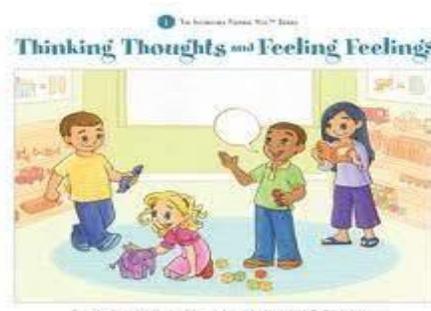
Primary 7 – Leon for Pride

### Thinking Thoughts and Feeling Feelings

Today in assembly we spoke about thoughts and feelings and how they can affect the way we behave. The ability to think about others, play collaboratively and establish friendships is all about thoughts; knowing our own, sharing them with others and taking others' thoughts into account as we act and react. We make the connection to feelings because what we think and feel are inseparable.

Today we connected our thoughts and feelings with our body parts. Our brain is our thought maker and our heart is our feelings keeper.

We looked at examples of different thoughts and feelings and spoke about them together. At home you could continue the learning by discussing with your child things they like to think about or help them to create a feelings book. They could do their own illustrations or use magazines to find examples of different emotions.



### Lent Activities

As part of our preparation during Lent primary 5 have been coming up with ideas to support the on-going charity work for those affected by war. There will be a dress down day on Friday 8<sup>th</sup> April for all children where they will be invited to bring in a small donation of no more than 50p. All proceeds will go to SCIAF in support of their emergency appeal for Ukraine.

### First Holy Communion

The time for First Holy Communion Mass has been changed from **12pm to 12:30pm**.

Wishing you all a safe and happy weekend ahead,

Mrs Davies and all at St Martin's Primary

