




Feeling Good Week 2018

19th – 23rd February



	MONDAY 19 th	TUESDAY 20 th	WEDNESDAY 21 st	THURSDAY 22 nd	FRIDAY 23 rd
AM	<p>Hello Yellow! (Yellow Mufti Day) Minimum £1 Donation for Young Minds</p>	<p>8.15am Staff Breakfast</p> <p>8.15am (Choir & Parents) Feel Good & Sing!</p> <p>Y5 Retreat to St Cassians</p>	<p>Y5 Retreat to St Cassians</p> <p>'CAR FREE' DAY</p>  <p>CAR FREE DAY</p>	<p>Y5 Retreat to St Cassians</p> <p>9.15-9.45am KS2 Inspirational Assembly with Andy Instone (Urban Strides)</p> <p>Y1 Inter Sports Competition</p>	<p>Y5 Class Mass (10am at Sacred Heart Church)</p> <p>Y4 visit to the Roman Verulamium</p>
PM	<p>Y4 Reconciliation at Sacred Heart Church</p>	<p>5 Retreat to St Cassians</p>	<p>5 Retreat to St Cassians</p>	<p>5 Retreat to St Cassians</p>	<p>Parent & Child Salsa Sessions</p> <p>1.15 - 1.35 – Reception</p> <p>1.40 - 2.00 – KS1 (Years 1 & 2)</p> <p>2.05 – 2.35 – Lower KS2 (Years 3 & 4)</p> <p>2.40 – 3.10 – Upper KS2 (Years 5 & 6)</p>
AFTER SCHOOL					<p>STMSA Feeling Good Cake Sale</p>

*Please Note: A special edition of the STM Times will be available for sale throughout the week (£1 per copy)

Emotional Wellbeing, Raising awareness of mental ill health, Where do I to access support?

*Learning to love, live and celebrate as we grow in the knowledge and love of Christ,
underpins all that we do at St. Thomas More Catholic Primary School & Nursery.*