

# EAST HUNSBURY PRIMARY SCHOOL

## *Newsletter*

3rd October 2025

## MESSAGE FROM THE HEADTEACHER

Dear Families

Quick reminder - Please label everything - including coats, hats and socks!

### **Red October is Here!**

Read Every Day October is my favourite month - a month of reading and sharing books! I know I ramble on about the importance of reading but it makes such a difference to our young people, it really does.

This meant that the week started with an assembly led by the Reading Ambassadors and in it they talked about all of the exciting events, challenges and opportunities that are coming up. It is wonderful to see our young people talk so passionately about reading and promoting it to their peers.

During RED October, we have many amazing events and opportunities for our children. Such as:

- Daily book bladders
- Covering the school in bookish bunting!
- The Great Page Race Challenge!
- Authors visiting (have you brought your books to get signed?)
- Story Spuds make a return!
- Mega Mufti day on 24th October with prizes for the best dressed book characters.

### **Kieran Larwood - our first Author!**

This week, we were thrilled to welcome Kieran Larwood to our school. Podkin One Ear is on our Year 3 reading spine and it is a firm favourite of my family!

Keiran writes the most amazing adventure stories (including the Dungeon Runners series). He led an assembly for KS2 and a map making workshops with Years 3 and 4! He ended his visit by reading extracts from Podkin to both year groups. What a fantastic experience and incredibly inspiring.



### **Diwali Lantern Making**

On Tuesday, a group of children from Year 4 buddied up with our local seniors to take part in a Diwali Lantern making workshop. It was a fantastic experience and just look the incredible lanterns that they made!



We are very excited to see them on show at the town's Diwali parade on 18<sup>th</sup> October - will you be attending? Opportunities like this are fantastic for our children to learn about world views and their local community. Plus the intergenerational discussions were brilliant!

## Tag Rugby

Inspired by our amazing Women's Rugby World Cup winners, 8 girls from KS2 attended a Rugby Festival which was held at The Casuals Rugby Club. It was a great event filled with skills, drills and games and a wonderful time was had by all. Thank you Coach Cook for organising.

## SEND art project

I am excited to tell you that we are involved in a special inclusive art project. The project is called 'Who You Are In Your Mask' - it's Arts Council funded and is devised and led by Jonathan Reynolds. A group of 10 - 12 children from across the school will be working on a 10 week art project with Jonathan which will culminate in an exhibition held at 'The Lawyer & The Nurse' in Kettering in December. We are really excited to watch this project grow and see the creativity of our young people flow!

That's it for this week – as part of RED October please try and read with your children EVERY DAY – sharing stories and books is so important for many reasons.

It's been a brilliantly creative and enriching week!

Have a lovely weekend everyone.

*Ms Pennington*

***This includes chocolate spreads  
which contain nuts and sushi  
which has sesame seeds***



## PARKING

**We have received several complaints from local residents about inconsiderate and dangerous parking this week.**



- DO** park safely and considerately
- DO** be polite to our neighbours
- DO** be a considerate driver and put your children's and other parents' children's safety above everything else.
- DO** your best for your own children by teaching them about road safety.

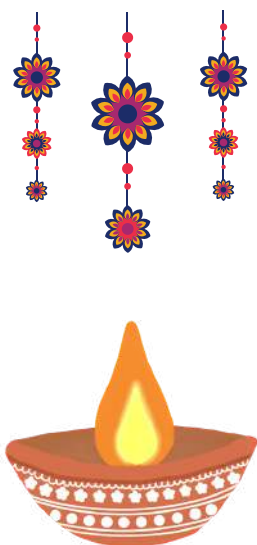


- DON'T** park across driveways
- DON'T** park dangerously
- DON'T** park on footpaths
- DON'T** park on zigzag lines
- DON'T** block the road

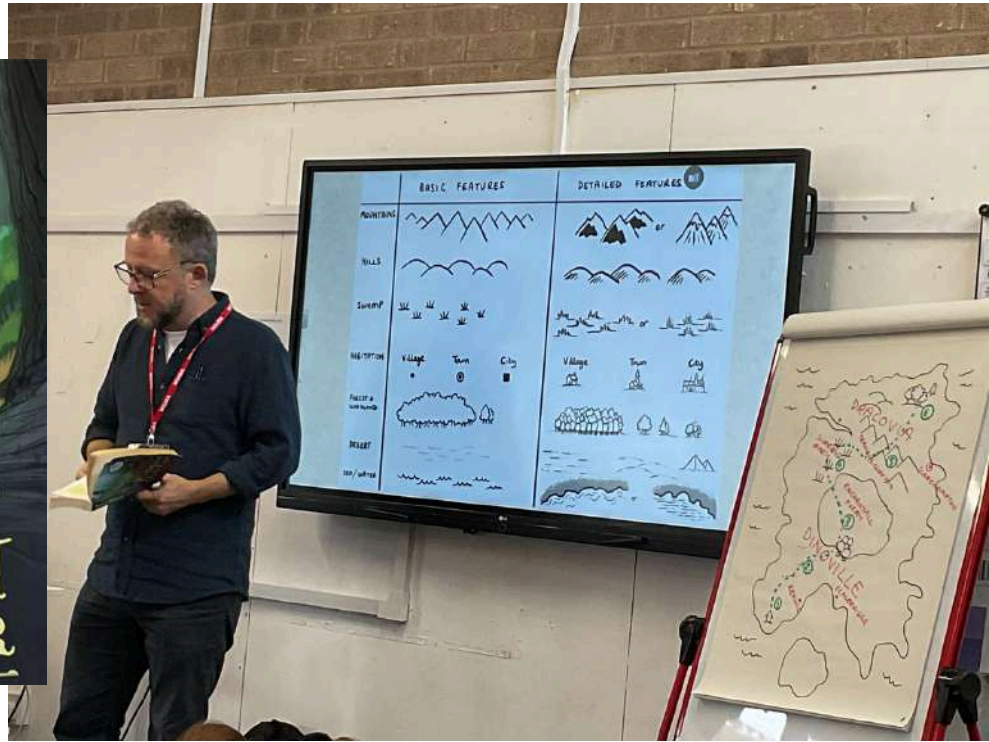
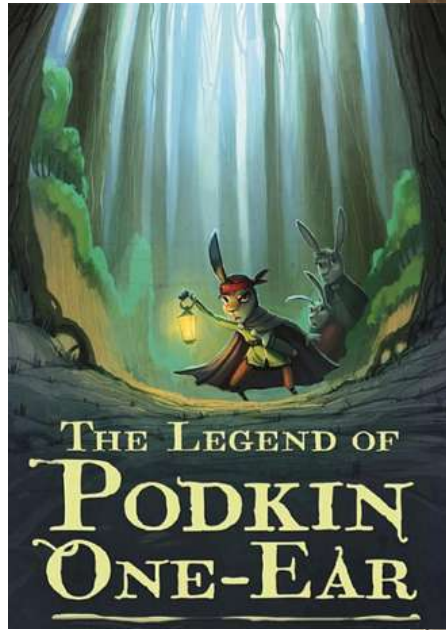
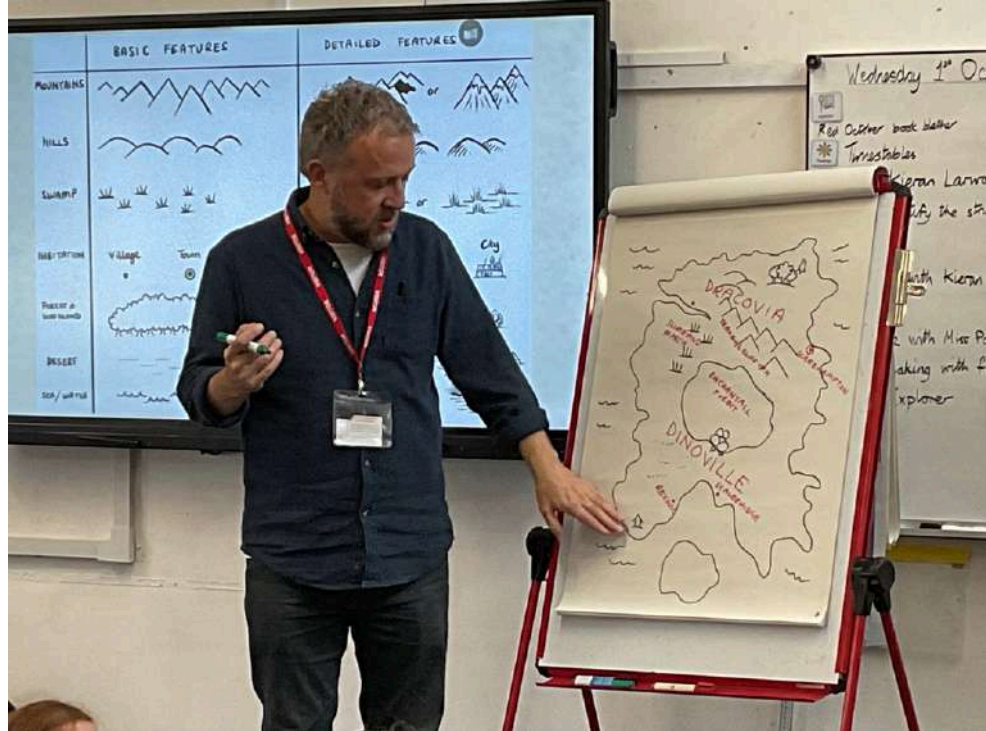




## Diwali Lantern workshop







## Kieran Larwood Visit





# Attendance News

Whole school average attendance this week was

**97.04%**

We are aiming to be at **96% +** every week.

	Weekly Attendance	Year Group	Weekly Attendance
Reception	97.66%	1	97.38%
2	97.48%	3	97.88%
4	96.71%	5	95.03%
6	97.20%		



## How to report your child's absence

Call: 01604 677971 Email: [absence@easthunsburyprimary.org](mailto:absence@easthunsburyprimary.org)

We cannot authorise holidays during term time so please do not book them.



## Please read if your child receives Free School Meals

To ensure you receive your Holiday Food Vouchers in October you **MUST** [click this link](#) and complete the form as soon as possible otherwise your vouchers will be delayed. **If you don't complete the form you will not receive your food vouchers.** You can also apply for a Winter Coat voucher using the same link.



[Click here](#) to apply for your Holiday Food vouchers if your child receives Free School Meals.

## Just One Tree Day is coming to EHPS!

Our children will be raising money to help plant trees as part of vital reforestation projects around the world. Every donation makes a difference – together, we're helping to restore forests and protect our planet's future.

To celebrate our involvement in this project, the children will be creating a very special EHPS tree display to showcase all those who donate and help to plant trees across the globe.

Watch this space for more information on how your child can take part. We cannot wait to see our EHPS tree grow!

Click [the link](#) to find out more.



The poster is divided into three vertical sections. The left section has a dark green background with a forest image and text: 'Our school will be taking part in **JUST ONE Tree**', 'Each child is encouraged to bring in £1 to plant a tree – uniting children, parents and schools across the world in taking positive action for our climate.', and 'Together let's plant a future for our children.' at the bottom with a logo. The middle section has a teal background with a world map showing red location pins and text: 'JUST ONE Tree is an award winning non-profit removing CO2 from the atmosphere and reversing biodiversity loss through global reforestation.', 'JUST £1 plants 1 Tree', and a list of countries: 'JUST ONE Tree supports reforestation projects in Brazil, Madagascar, Haiti, Indonesia, Mozambique, Nepal, Kenya, Zambia, Mexico, Argentina, Chile, Bolivia, Ecuador and Peru.' with the website 'www.justonetree.life'. The right section has a dark green background with text: 'And in the process helps to provide training, agricultural education and stable, fair incomes....', a grid of six photos showing people planting trees, and '...reducing extreme poverty within local communities.' with the 'JUST ONE TREE' logo at the bottom.

## Who works at East Hunsbury Primary School?

### Meet the Team

Hello! My name is Mrs Warriner and I have been a teacher for over 20 years. I started my career as a primary school teacher and after having my children I have been working in schools across Northamptonshire teaching curriculum music and piano. I have been teaching music at EHPS for 11 years and I am delighted to now be part of the family here as Music Lead. I am also teaching French to KS2 children and Handwriting to KS1.

I am excited to continue to extend music beyond the classroom through the introduction of new clubs and exciting projects this year.

In my spare time I enjoy spending time with my family, friends and 2 lively dogs. I love holidaying in Cornwall, taking long walks and running. I love singing and I am a section leader in the London Show Choir. I am lucky enough to have performed at some beautiful venues.





West  
Northamptonshire  
Council

## Apply for a school place

Is your child's 4th  
birthday on or before  
31 August 2026?



## It's time to apply for a reception place



Application Deadline:  
midnight on 15 January 2026



[westnorthants.gov.uk/school-admissions](https://westnorthants.gov.uk/school-admissions)

## Reception Places September 2026

For children who turn 5 from 1st September 2025 - 31st August 2026

- 10th September 2025 Online Applications open
- 15th January 2026 - Midnight Online Applications close
- 16th April 2026 National Offer Day

[Click here to book](#) a tour at East  
Hunsbury Primary School.

## Year 6 to Year 7 Transition

- 10th September 2025 Online Applications open
- 31st October 2025 - Midnight Online Applications close
- 2nd March 2026 National Offer Day

Contains useful  
information about  
**What's App** and  
**YouTube**

Access our  
Online Safety  
newsletter  
[here](#)

**IMPORTANT**



**FRIDAY 24th  
OCTOBER**

**BOOK CHARACTER  
MUFTI DAY**



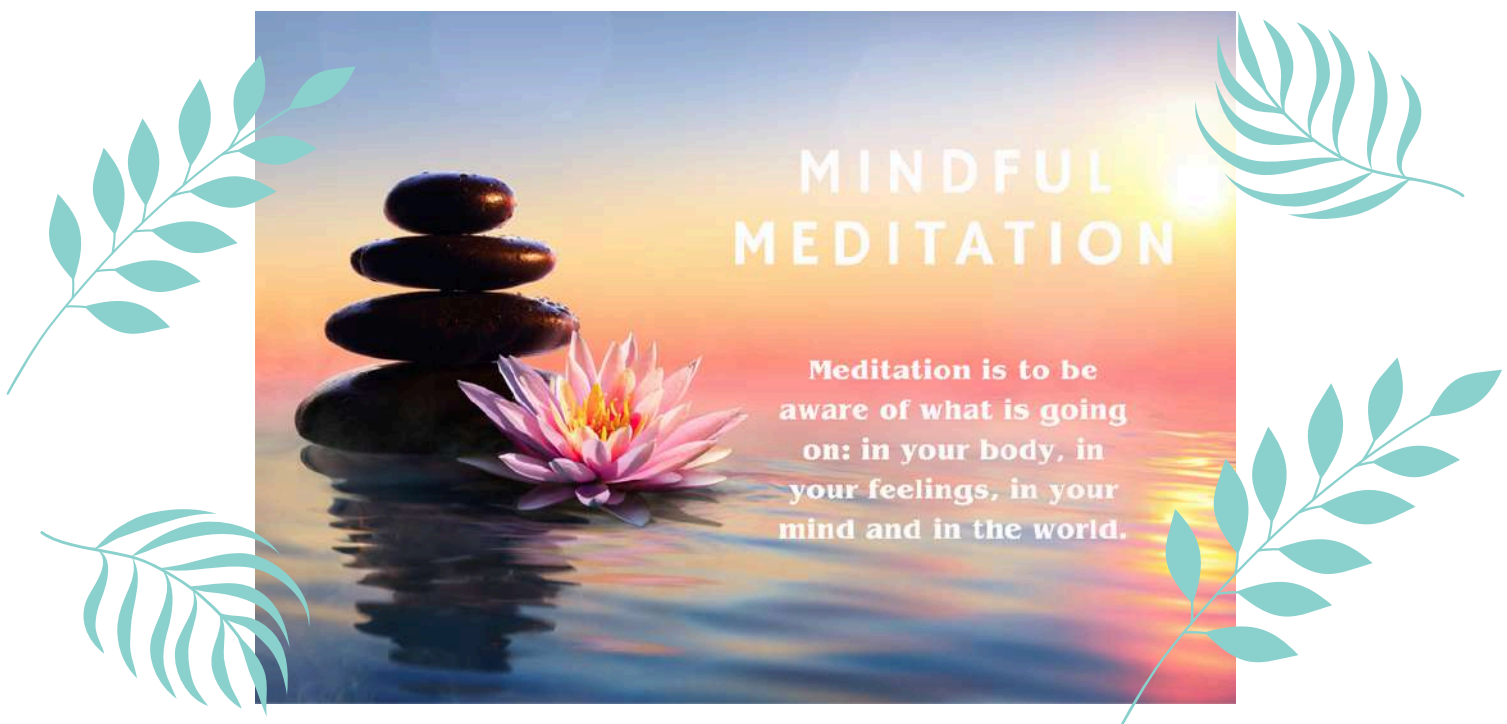
£2 donation for our  
library and reading  
curriculum payable  
on Arbor



# EHPS HOUSE POINTS TOTALISER

	Whittlewood	Harlestone	Everdon	Salcey
This week	181	211	154	158
Grand total	682	699	633	530

We're inviting children to wear yellow on World Mental Health Day (Friday 10th October) day to raise vital funds and show children and young people they're not alone with their mental health. **There is no charge from school but you can make a donation by clicking the [Young Minds link](#).**





# Walk in Wednesday dates

15.10.25	Walk in Wednesday - 1 Reading	08:30-9:00	Classroom
17.12.25	Walk in Wednesday 2 - Christmas	08:30-9:00	Classroom
21.01.26	Walk in Wednesday 3 - Reading	08:30-9:00	Classroom
11.03.26	Walk in Wednesday 4 - Easter Crafts	08:30-9:00	Classroom
29.04.26	Walk in Wednesday 5 - Reading	08:30-9:00	Classroom
24.06.26	Walk in Wednesday 6 - Science	08:30-9:00	Classroom

## HELPFUL POLICIES

Please refer to these policies which are all on our website (with others you might find useful):



- [Behaviour](#)
- [Parent Code of Conduct](#)
- [Anti Bullying](#)
- [Homework](#)
- [Uniform](#)
- [Mobile Phone](#)
- [Drop off/collection, walking home](#)

Who's been brilliant this week?

# You Are Brilliant!

WB 29/9/25

Kay, for helping today ☺

Linda for always being kind and calm ☺

Danielle for being so patient & kind.

Everyone who kindly helped with the tables and chairs. ☺

Andrea, you are so thoughtful! and kind ☺

Jane N for always having a kind word!

And for her BRILLIANT handwriting resources

Everyone who did a speech to be a School Minister.

Lauren F for our NEST goodies ☺

Mrs Davidson for the yummy chocolate ☺

Thanks Mr Guider for a great RED October Assembly. Reading Ambassadors you were BRILLIANT! MRS de C ☺

Zara for picking up litter and caring about our school.

Marcus in Blue Class for being ready, respectful and polite in PE.

Music stars:-  
Yr 6 - Santo, Elena, Jack & Nila.  
Yr 5 - Jansen, Sophie T, Rian & Evan

Laura, Linda & Rachel for helping us make Gingerbread men ☺

Mrs Fenton for helping orchestrate the Diwali workshop with me ☺

Isabelle (ZHD) for being a great friend. Well done ☺

Lily for being a great helper! (YFS) ☺

David (NEST) for amazing writing!

For all the children and staff who open doors for each other.

Our 8 fantastic girls who represented us at the tag rugby this week!

Be Kind. Work Hard. Believe.





# Mufti Days









10.10.25	Hello Yellow - <b>Wear Yellow</b> for Young Minds	No charge
24.10.25	RED October - <b>dress as a book character/book cover</b>	£2 for our library and reading curriculum
28.10.25	Donations for Christmas Hampers	
18.12.25	Christmas Jumpers/Party Day	No charge
13.03.26	Donations for Chocolate Hampers	
21.03.26	<b>Wear odd socks</b> for World Down Syndrome Day	No charge
27.03.26	Autism Awareness Day - <b>Wear Bright Colours</b>	No charge
21.05.26	UN Cultural Diversity for Dialogue and Development – <b>wear something/colours which reflects your culture</b>	No charge
16.07.26	Mufti for winning House (winning House announced on 13 <sup>th</sup> July)	No charge



-  **1 Explain about blocking**
-  **2 Create a safe profile**
-  **3 Check the facts**
-  **4 Think about location**

[Click here for more information](#)

## Advice for parents

-   **Listen**
-   **Empathise**
-   **Know when to seek help**
-   **Be open and honest**

[Click here for more information](#)



**VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION**

## BE KIND

# WORK HARD

# BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant





[Click here to access the online newsletter](#)



# Online Safety Newsletter

Oct 2025

## Risks of using AI for mental health

AI chatbots and wellness apps are becoming increasingly popular, which may lead to your child accessing them to support their mental health.

### What should I be concerned about?

- The information/advice given may not always be accurate.
- Privacy concerns of how data is collected and used.
- Children may use these apps rather than seeking help from an adult.

### What can I do?

- Chat to your child regularly about what apps and websites they are using and why.
- Remind them AI is a tool and not a substitute for qualified professionals who provide tailored advice/support.
- Talk to them about how they should fact check information.
- Check age ratings.

### Further information

<https://stigmafreementalhealth.com/blog/supporting-youth-mental-health-with-ai-a-guide-for-parents-and-caregivers/>

Would you like to read this newsletter in a different language? You can use the translate tool on our web version: <https://www.knowsleycscs.org.uk/october-2025>

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## YouTube

YouTube is one of the most popular platforms, available across many different devices - phones, tablets and Smart TVs etc.

**YouTube is intended for users over the age of 13**, however, younger children can still access YouTube with consent from a parent/ guardian. There are different options available to access YouTube, depending on your child's age:



**1. YouTube Kids** – a separate app that includes a smaller selection of videos based on the age category you select: Preschool (ages 4 and under), Younger (ages 5–8) or Older (ages 9–12).

**2. Supervised accounts** – a parent-managed version of YouTube that allows you to control the content your child can access. You can select one of the following options:

- **Explore** - Generally for viewers aged 9+.
- **Explore more** - Generally for viewers aged 13+.
- **Most of YouTube** - This setting includes almost everything except for videos marked as 18+.

Find out more: <https://support.google.com/youtube/answer/10315420>

### What do I need to be aware of?

Whilst YouTube can be educational and fun, it is important to be aware of the potential risks, such as:

- **Inappropriate content**
- **Excessive Screen time** – particularly due to the autoplay feature.
- **Unwanted contact / cyberbullying** – particularly via comments if your child is sharing videos.
- **Algorithms** – algorithms influence what we see to keep us engaged. This can lead to a user being exposed to large amounts of content about one topic/theme, which may not be helpful if it is negative.
- **Adverts** that may not be aimed at or suitable for your child's age.

### What can I do?

- Set up appropriate parental controls.
- Show your child the reporting and blocking tools available.
- Watch YouTube together or supervise use.

### Further information

<https://www.internetmatters.org/parental-controls/entertainment-search-engines/youtube-app/>



# WhatsApp

WhatsApp is incredibly popular with young people and is used for group chats, voice messages and video calls. **Users should be at least 13 years old to use WhatsApp.**

We frequently receive reports of children using WhatsApp inappropriately, such as sharing images to embarrass others, sending hurtful messages, spreading rumours, or excluding people from group chats to make them feel left out. Since WhatsApp lacks parental controls, it is important to think about whether it is really the right platform for your child. For example, you should consider if your child has the critical thinking skills to recognise bullying. Furthermore, do they understand how to manage peer pressure and refrain from joining in on hurtful behaviour?

## What should I be aware of if my child is using WhatsApp?

- **Group chats:** Everyone within a group, even if they are not one of your child's contacts, will be able to see all messages within that group. If your child is added to a group with someone that they have previously blocked, that person can still see their messages and send them messages within the group chat.
- **Inappropriate content:** users can be exposed to content that is not suitable for their age.
- **Location sharing:** talk to your child about the potential danger of sharing their location.
- **Chat lock/secret code:** users can lock chats as well as apply a secret code setting so a chat does not appear in the main chat.
- **Screentime due to addictive nature**
- **AI:** WhatsApp includes Meta AI.

## What can I do?

- Check privacy settings, for example check who can add them to groups.
- Ensure your child understands that they can leave a chat at any time. Find out more here: <https://faq.whatsapp.com/424124173736394>
- Show your child how to block and report other users. Find out how here: <https://faq.whatsapp.com/1142481766359885/>
- Use parental controls such as screentime controls or do not disturb to reduce alerts.
- Talk about who they are chatting with, encourage them to think carefully about the messages they send and how they might be received by others. Talk about positivity and not saying anything hurtful. Ask them to think about whether they would say what they are messaging, face to face.
- Chat to your child about the groups that they belong to.

## Further information

Find out more here:

- <https://www.bbc.co.uk/bitesize/articles/zc8vvg8>
- [https://faq.whatsapp.com/773166357950949?helpref=faq\\_content](https://faq.whatsapp.com/773166357950949?helpref=faq_content)

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## Italian Brainrot

Have you heard of Italian Brainrot? It is a viral trend consisting of AI generated characters featuring in memes and videos. It originally started on TikTok but can now be seen on other platforms such as YouTube and Instagram. There are also lots of spinoff content including a game on Roblox.

Whilst the content is generally nonsensical and children will find some of it funny, some content can include inappropriate/offensive language and content that might not be suitable for your child's age.

## iOS 26

Apple have released their new operating system – iOS 26. Protect Young Eyes have published an article detailing the changes relating to your child's safety, including content filtering in Safari. Find out more here:

<https://www.protectyouneyes.com/blog-articles/a-parents-guide-to-ios-26>

## Managing Digital Spending

Parent Zone have created a guide to help teach your child how to manage their online spending. You can read it here:

<https://parentzone.org.uk/article/managing-digital-spending-guide-parents>

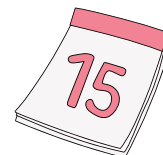
## ADHD, Screen Time, and Healthy Boundaries

Bark have created this guide for parents of children with ADHD to support you in helping your child create a healthy relationship with technology. You can access it here:

<https://www.bark.us/blog/adhd-kid-and-tech/>



# ANNUAL DATES



Below you will find all of the dates we know so far for the whole of the academic year. We hope that these will support you in your family forward planning. As we are releasing these dates so far in advance, they may change but if they do we will colour any additions or amendments in red so that you can see them and communicate changes in advance. We do hope that you find this useful.

Date	Activity	Time
OCTOBER		
06.10.25	Year 3 & Purple Class Harvest Assembly	2.00 - 3.00pm
07.10.25	School of Life	10.00-11.30am
08 - 10.10.25	Yr 6 to PGL	3 days
10.10.25	Hello Yellow (wear Yellow for Young Minds - no charge)	All day
15.10.25	Walk In Wednesday Reading	8.30 - 9.00am
15.10.25	KS1 Reading Information Meeting	9.15 - 10.15am
18.10.25	Spooktacular	12.30pm - 3.00pm
18.10.25	Diwali Parade Northampton Town Centre	5.15 - 7.30pm
21.10.25	Individual and Sibling Photographs	All day
24.10.25	Mufti Day for RED October - dress as a book character/cover £2 for our library and reading curriculum	All day
27 - 31.10.25	HALF TERM HOLIDAY	
NOVEMBER		
03.11.25	TRAINING DAY	All Day

06.11.25	Remembrance Event	10.45 - 11.15
07.11.25	Yr 4 Rainforest Explorer Day	All day
w/c 10.11.25	Antibullying week	
11.11.25	Reception Phonics Information Meeting	9.00am - 11.00am
12.11.25	Positive Noticing Day	All day
12 & 13.11.25	Parents' Evening (Mainstream including Nest)	3.50pm - 6.30pm
12.11.25	The Hive Parents' Evening	3.50pm - 7.00pm
12.11 - 19.11.25	Bookfair	After school
27.11.25	Yr 4 Ukuele Performance	2.45pm - 3.30pm
28.11.25	Mufti - Christmas Hamper Donations	All day
29.11.25	Choir Singing at Hunsbury Festive Fair at Hunsbury Library	2.00pm - 3.00pm
<b>DECEMBER</b>		
02.12.25	Reception & Blue Trip	All day
06.12.25	Christmas Fete	11am - 1pm
08.12.25	Year 2 & Green Class Assembly	2.30pm - 3.30pm
09.12.25	Reception Nativity	10.00am - 11.00am
09.12.25	Year 5 Trip	All day
10.12.25	Reception Nativity	2.00pm - 3.00pm
11.12.25	iRock Concert	2.45 - 3.15pm
16.12.25	Year 1 Carols by Twinklelight	5.15pm - 6.15pm



17.12.25	Walk In Wednesday Christmas	8.30am - 9.00am
17.12.25	Year 6 & Yellow Christmas Carols & Crafts	2.00 - 3.15pm
17.12.25	End of term reports to families	
18.12.25	Christmas Party Day (Christmas Jumpers and Lunch)	All Day
22.12.25 - 2.01.26	CHRISTMAS HOLIDAY	
<b>JANUARY</b>		
05.01.26	TRAINING DAY	
15.01.26	Census Day All Reception, Yr 1 & Yr 2 Book school lunch via School Grid	
15.01.26	Yr 6 SATs Information meeting	4.30pm - 5.30pm
20.01.26	Yr 4 Multiplication Check information meeting	3.40pm - 4.40pm
21.01.26	Walk In Wednesday Maths	8.30am - 9.00am
27.01.26	Choir to Young Voices	
30.01.26	Kindness Workshop - 52 Lives	Morning
<b>FEBRUARY</b>		
09.02.26	Year 3 & Purple Class Assembly	2.30 - 3.30pm
09.02 - 15.02.26	Childrens' Mental Health Week	
10 & 12.02.26	Year 6 Parents' Evening	3.50pm - 6.30pm
10.02.26	Year 1 Phonics Test Information Meeting	3.30 - 4.30pm
16.02 - 20.02.26	HALF TERM	

## MARCH

4 & 5.03.26	Mainstream Parents' Evening (not Yr 6)	3.50pm - 6.30pm
04.03.26	The Hive & Nest Parents' Evening	3.50pm - 6.50pm
04.03 - 11.03.26	Bookfair	After school
11.03.26	Walk In Wednesday Easter Crafts	8.30am - 9.00am
13.03.26	Mufti Day in exchange for Chocolate	
16.03 - 22.03.26	Neurodiversity Week	
19.03.26	iRock Concert	2.45 - 3.15pm
20.03.26	Odd Socks Day for World Downs Syndrome Day	
21.03.26	Easter Cafe	11.00 - 1.00pm
23.03.26	Year 1 Class Assembly	2.30 - 3.20pm
23 or 24.03.26	Yr 5 Shakespeare Production	
24.03.26	Yr 6 & Yellow Faith Tour	All day
25.03.26	Reports go out to families	
26.03.26	The Hive Show	9.30 - 10.30am



27.03.26	Autism Awareness Day - Wear Bright Colours (No Charge)	All Day
30.03 - 10.04.26	EASTER HOLIDAY	
<b>APRIL</b>		
22.04.26	Earth Day	All Day
29.04.26	Walk in Wednesday Reading	8.30 - 9.00am
<b>MAY</b>		
11 - 14.05.26	Yr 6 SATS	Mornings
18.05.26	Year 5 and Yellow Class Assembly	2.30pm - 3.30pm
21.05.26	Census Day All Reception, Yr 1 & Yr 2 Book school lunch via School Grid	
21.05.26	UN Cultural Diversity for Dialogue and Development – wear something/colours which reflects your culture	
25 - 29.05.26	HALF TERM	
<b>JUNE</b>		
01 - 12.06.26	Yr 4 Multiplication Check	
04.06.26	Reception Sports Day	9.30 - 11.00am
08 - 12.06.26	Yr 1 Phonics Check	

10.06.26	SU Sports Morning	9.30 - 11.30am
13.06.26	Northampton Carnival	
16 or 17.06.26	Yr 5 NMPAT Festival	
18.06.26	Year 6 Sports Day	1.30pm - 3.00pm
19.06.26	Class Photos	All Day
22.06.26	Reception & Yr 6 Height & Weight checks	Morning
22.06.26	Sports Day Year 1	9.30 - 11am
22.06.26	Sports Day Year 2	1.30 - 3pm
24.06.26	Walk In Wednesday Science	8.30am - 9.00am
25.06.26	Sports Day Year 3	9.30 - 11.00am
25.06.26	Sports Day Year 4	1.30 - 3.00pm
26.06.26	Careers Fair	TBC
27.06.26	Whole School Summer Fayre (Country dancing & Maypole by Years 2, 5, Purple & Yellow)	11.00 - 1.30pm
29.06 - 02.07.26	Yr 5 Bikeability	
<b>JULY</b>		
29.06 - 02.07.26	Yr 3 Residential Trip	(2 nights per class)



02.07.26	Yr 4 & Orange Class Assembly	2.30 - 3.30pm
03.07.26	Music Gala	5.30pm - 7.30pm
06.07.26	Reception & Blue Class Assembly	2.30 - 3.30pm
09.07.26	Yr 5 Sports Day	1.30 - 3.00pm
09.07.26	iRock Concert	2.45 - 3.15pm
14.07.26	Yr 6 Leavers' Performance	6.00pm - 7.30pm
15.07.26	The Hive Yr 6 Leavers' Assembly	9.30am-10.30am
15.07.26	Yr 6 Leavers' Performance for toddlers to attend	5.00pm - 6.30pm
15.07.26	End of year reports go to families	
16.07.26	Mufti for winning House	
16.07.26	Year 6 Leavers' Party	7.00pm - 9.00pm
17.07.26	Mainstream Yr 6 Leavers' Assembly	10.00 - 11.00am
17.07.26	END OF TERM	

# Optimistic October 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



6 Remind yourself that things can change for the better

7 Look for the good in people around you today

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

13 Ask for help to overcome an obstacle you are facing

14 Do something constructive to improve a difficult situation

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

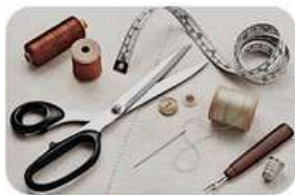


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Happier · Kinder · Together



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Fair**



**Sat  
Oct 11th**

**11:00am  
4:00pm**



Refreshments: Tea, Coffee & Bacon or Sausage Rolls

St Benedict's Church West Hunsbury NN49UG

 St Benedict's Facebook  admin@stbens.uk

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\*Please note these sessions  
are only available for  
children and young people  
residing within the East  
Hunsbury Parish. You will be  
asked to supply an eligible  
postcode to attend.