



## Welcome Back to School

St Nicholas Catholic High School embraced Virtual Learning

Welcome  
Back  
Edition

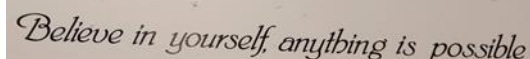
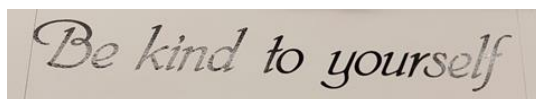
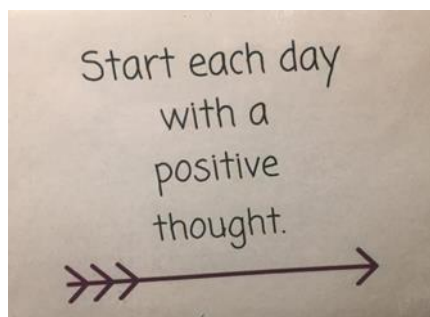
### We can't wait to welcome you back!

We are so excited to welcome all our students back to St Nicholas where we can all get back together as a school Community once again. Whilst we appreciate this is an extremely anxious time for us all, with the support of your Form Tutor, Year Leader, Learning Mentors and all staff across the school, we know we can do this together. The Learning Mentor team will be across the school on your return: on the bus bay when you arrive; joining you in form time; out on the school yard at break time and lunch time and available during lesson time in the usual way.

Today, we have included pictures of some of the Learning Mentor Team (Mr. Evans, Mr. Barratt, Mr. Hamilton and Mrs. McLaughlin), pictures of the Learning Mentor Hub, the Chapel and other areas to help reduce your anxieties about returning, and to show you that we are all still here and the school is still the same with some minor adjustments.

Today we have included some challenges for the month of 'Mindful March' Remember to continue to share your participation in the challenges via email and through our St Nicholas CHS Twitter page.

We look forward to seeing you all next week during our phased return to school.





# Learning Mentors' Memo



**ACTION CALENDAR: MINDFUL MARCH 2021**

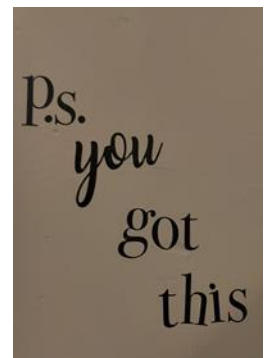
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Set an intention to live with awareness and kindness	2 Notice five things that are beautiful in the world outside	3 Start today by appreciating your body and that you're alive	4 Notice how you speak to yourself. Try to use kind words	5 Take three calm breaths at regular intervals during your day	6 Bring to mind people you care about and send love to them	7 Have a 'no plans' day and notice how that feels
8 Eat mindfully. Appreciate the taste, texture & smell of your food	9 Take a full breath in and out before you reply to others	10 Get outside and notice how the weather feels on your face	11 Stay fully present while drinking your cup of tea or coffee	12 Listen deeply to someone and really hear what they are saying	13 Pause to just watch the sky or clouds for a few minutes today	14 Find ways to enjoy any chores or tasks that need doing
15 Stop, breathe and just notice. Repeat regularly during the day	16 Get really absorbed with an interesting or creative activity	17 Look around and spot 3 things you find unusual or pleasant	18 If you find yourself rushing, make an effort to slow down	19 Cultivate a feeling of loving-kindness towards others today	20 Celebrate the International Day of Happiness <a href="http://dayofhappiness.net">dayofhappiness.net</a>	21 Listen to a piece of music without doing anything else
22 Walk a different route today and see what you notice	23 Tune in to your feelings, without judging or trying to change	24 Appreciate your hands and all the things they enable you to do	25 Focus your attention on the good things you take for granted	26 Notice when you're tired and take a break as soon as possible	27 Have a device-free day and enjoy the space it offers	28 Appreciate nature around you, wherever you are
29 Notice what is working today and be thankful that this is so	30 Mentally scan down your body and notice what it is feeling	31 Notice the joy to be found in the simple things of life	<p>"Mindfulness means that we commit fully in each moment to be present" - Jon Kabat-Zinn</p>			

**ACTION FOR HAPPINESS**

Learn more about this month's theme at [www.actionforhappiness.org/mindful-march](http://www.actionforhappiness.org/mindful-march)

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Happier · Kinder · Together



[www.giveusashout.org](http://www.giveusashout.org)  
TEXT: SHOUT to 85258

## Useful Contacts and Links

[www.mind.org.uk](http://www.mind.org.uk)

Email: [drop-in@st-Nicholas.Cheshire.sch.uk](mailto:drop-in@st-Nicholas.Cheshire.sch.uk)

[www.cwp.nhs.uk](http://www.cwp.nhs.uk)

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