



The First Eight Days – Day 7

Thursday 12th September 2019



Habit 7: Sharpen the Saw

We know how to look after ourselves and be the best that we can be.



Year 4 read 'The Patchwork Quilt' story which covers several habits. However, they thought specially about today's habit, 'Sharpen the Saw', as the characters did activities that relaxed them and also strengthened their family relationships and made themselves and others feel good. They discussed ways they could sharpen the saw, such as getting enough sleep, eating healthily, exercise, craft activities, colouring, talking with others about feelings and helping others. Then they made our own squares for a patchwork quilt that shows lots of ways of Sharpening the Saw.



As part of the "Sharpen the Saw" habit, the children have been learning about how important it is to keep their bodies healthy. As well as sleeping enough and eating well, daily exercise is a great way to do this. In school, children and staff will be striving to do this by completing a Daily Mile which will be launched later in September by Mrs. Rogers.

More information to follow soon...

**Tomorrow is our Celebration day
Friday 13th September**

Who do you admire? Who inspires you?

Is there a leader you find aspirational?

Tomorrow we are celebrating our special start to term by coming to school dressed as someone who you think is a great leader. It could be a member of your family, a special member of the community, a famous author or sports star, an inventor or a Nobel prize winner.

We are looking forward to seeing who inspires you in your life.

