

# The Shuttle

## DIARY DATES

18/01/24  
PANTO!

06/02/24  
Safer  
Internet day

07/02/24  
Valentine  
Discos!

09/02/24  
Break up for  
half term

## TWO PAGES THIS WEEK

### HAPPY NEW YEAR EVERYONE!

We hope you've all had a super break!  
It's lovely to see the children back at school and enjoying their learning - and such excellent behaviour as well!  
Here's to a happy and successful spring term!



### IT'S PANTO TIME

next Thursday! We are all really excited about it!

Please remember to keep Dojo to hand as we will keep you up to date regarding travel and arrival times. We are hoping to be back by 5.30pm. Teachers will

inform you where to pick up your children when they get back to school.



## VALENTINE DISCO!

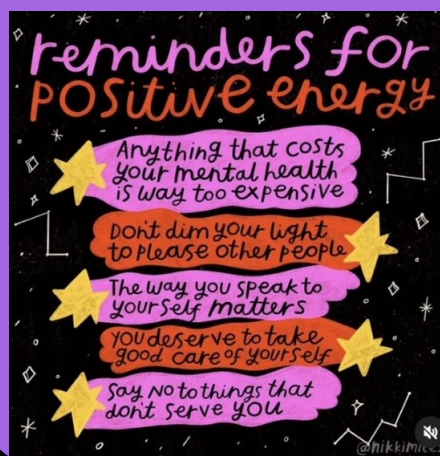
We do love a good disco here at Thurlstone!  
Time to get practicing dance moves ready for our KS1 and KS2 discos which will be on Wednesday 7th February in the school hall.

4.30pm - KS1 disco!

5.45pm - KS2 disco!

As always tickets will be available to buy online and will cost £2 each. There will also be a tuck shop.

## Friday's cheesy But Wise WORDS OF WISDOM





# Happier January 2024

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

# 2024 January



WINTER



Capricorn



Aquarius

## \*Flowers of the Month\*

Carnation



Snowdrop



National Thank You Month

## \* In History \*

- 1559 - Elizabeth I was crowned Queen of England.
- 1901 - Queen Victoria died
- 1999 - The euro currency came into existence
- 2009 - Barack Obama became first African-American President

## \* Dates for the Diary \*

- 1st - New Year's Day
- 2nd - Science Fiction Day
- 4th - World Braille Day
- 5th - National Bird Day
- 15th - Martin Luther King Day
- 18th - Thesaurus Day
- 23rd - Handwriting Day
- 24th - International Day of Education
- 25th - Burns Night
- 26th - Australia Day
- 27th - Storytelling Week
- 29th - National Puzzle Day

## \* Birthstone \*



Garnet

## \* Born in This Month \*

- 3rd - J R R Tolkien
- 4th - Isaac Newton
- 6th - Joan of Arc
- 8th - Elvis Presley
- 8th - Stephen Hawking
- 15th - Martin Luther King Jr
- 19th - Edgar Allan Poe
- 25th - Virginia Woolf
- 26th - Bessie Coleman
- 27th - Wolfgang A Mozart

31 days

1st month of the year

