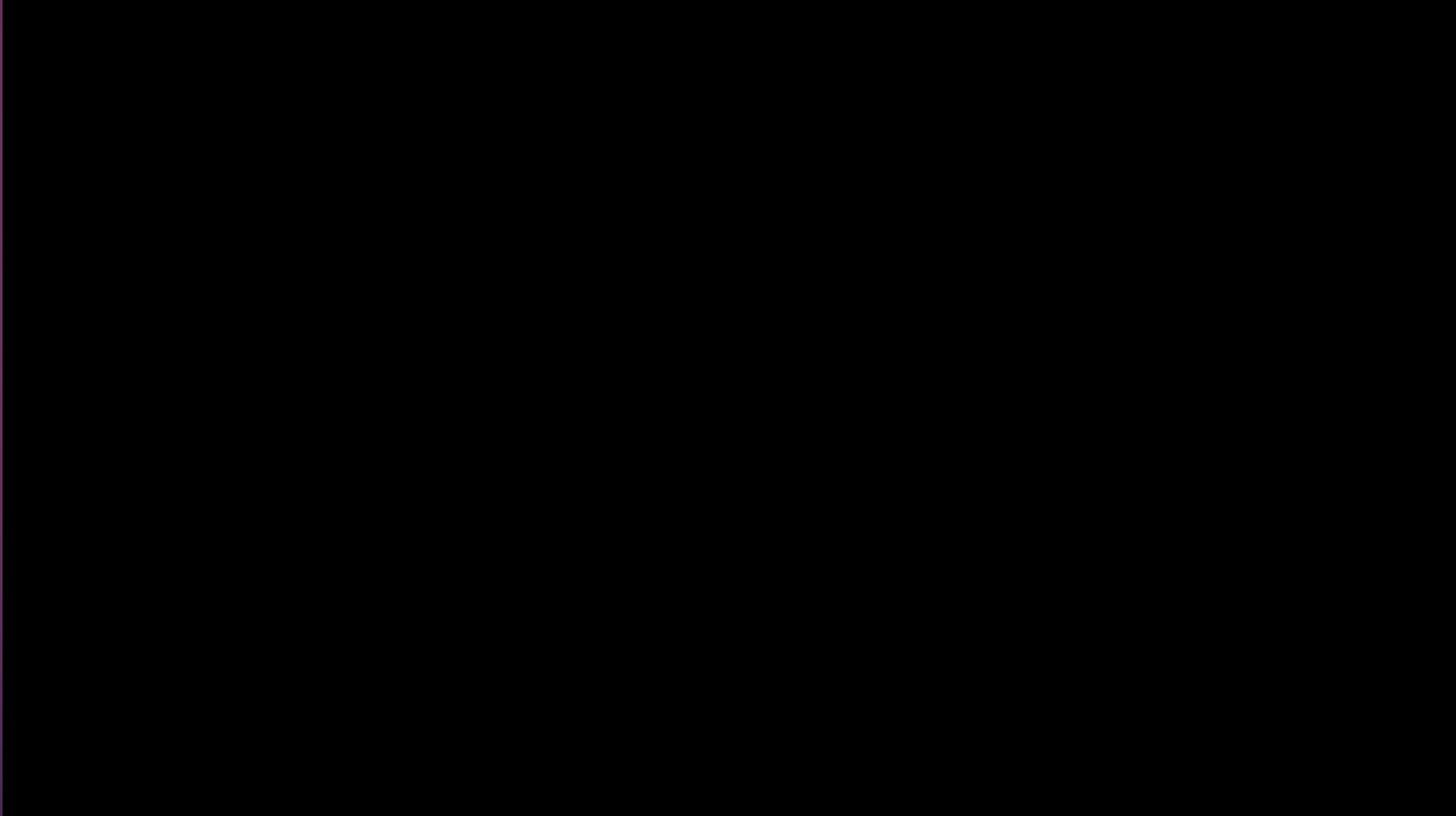




Happy New Year 2022

WELCOME BACK!



Aims

To encourage us to use the start of a new year as a stepping stone towards making good choices in our lives.

- ▶ What is a new years resolution?

- ▶ 2016 –
- ▶
 1. Do more exercise
 2. Eat more healthily
 3. Drink less alcohol
 4. Learn new things
 5. Lose weight
 6. Focus on career
 7. Nurture relationships
 8. Stop smoking
 9. Travel to new places
 10. Give to charity

Aims

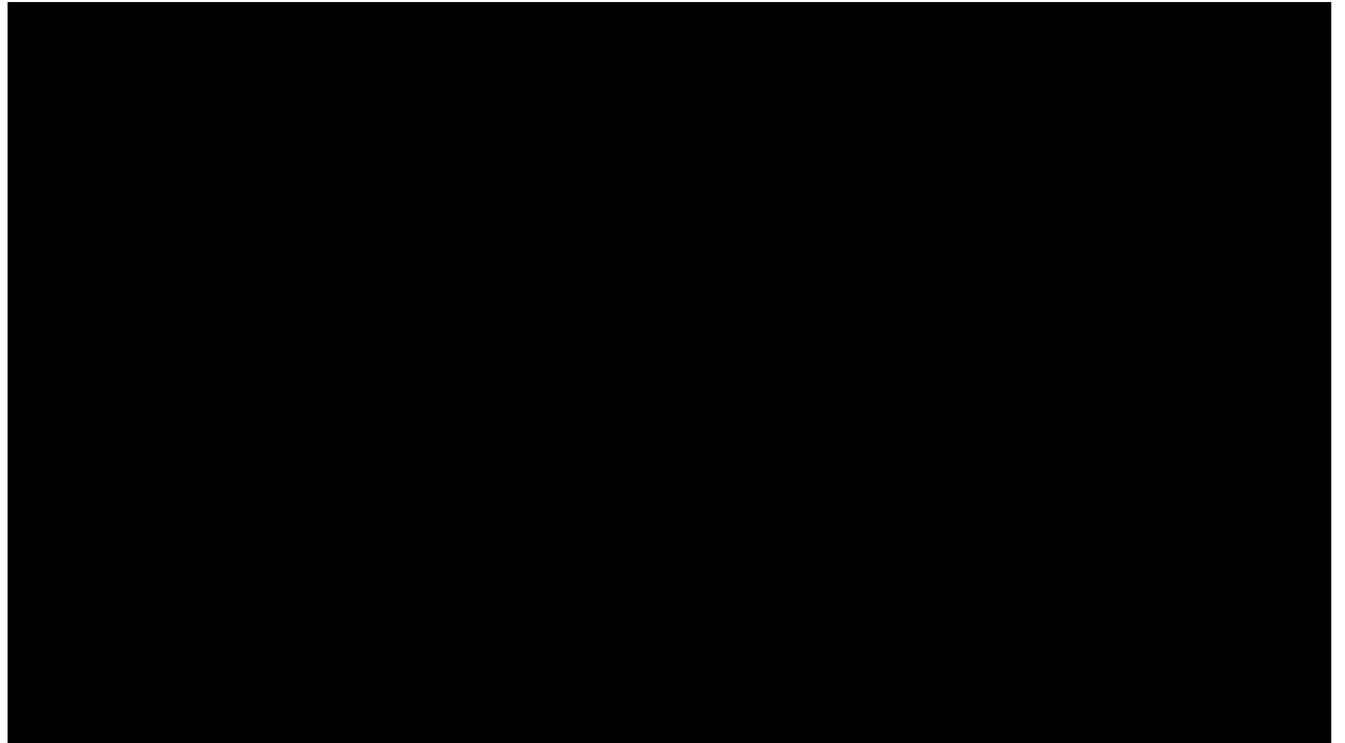
To encourage us to use the start of a new year as a stepping stone towards making good choices in our lives.

- ▶ 2022 – isolation
- ▶ 1. Do more exercise – open windows wide – use links on website from Miss Cotham
- ▶ 2. Eat more healthily – investigate what food is available and invent a healthy snack
- ▶ 3. Learn new things – use showbie to complete remote learning and then use all other apps available – get school IPAD
- ▶ 4. Focus on career – take time to find out about different jobs – talk to family/friends
- ▶ 5. Nurture relationships – keep in touch virtually – go bubble; remote lessons; ring family regularly

Unfortunately, New Year's resolutions rarely last past the first week of January. However, even so, resolutions are good because they help us to identify areas that we realize need to change in our lives.

Which words would help you with your New years resolution?

- ▶ Lilac class - 'Helpful' 'Unhelpful',
- ▶ Pink Class - 'Persevere', 'Give up',
- ▶ Blue class 'Kind' and 'Unkind'.



Prayer – for your God.

- ▶ In the quietness, let's remind ourselves that we all make a huge difference to those around us. As we think about the new year, let's consider what attitudes we want to have this year.
 - How do you want to behave?
 - How do you want to work?
 - How do you want to treat other people?
- ▶ The choices that we make today affect the future.
- ▶ *Prayer*
Dear God,
Thank you that we are all important and that each one of us makes a huge difference to the world around us.
Please help us to make good choices this year and to always see the value of each other.
- ▶ Help us to adapt and keep focussed so we can be the best we can be
Amen.

Welcome back 2022

MRS DAVIDSON

MRS WHITEHOUSE