

EAST HUNSBURY PRIMARY SCHOOL

Newsletter

9th January 2026

MESSAGE FROM THE HEADTEACHER

Welcome Back!

Happy New Year to all our families! We hope you had a wonderful Christmas filled with love and special moments. It's wonderful to see everyone back and ready for an exciting term ahead. This newsletter includes a few reminders as we start the new year, as well as updates on what's coming up.

Census: Next Thursday is our census day. If your child is in reception, Year 1 and 2 – please order a hot dinner (they are free) even if your child still brings in a packed lunch as part of our funding is decided based on the uptake of these dinners.

Our New Logo

We are thrilled to share our brand-new school logo with you!



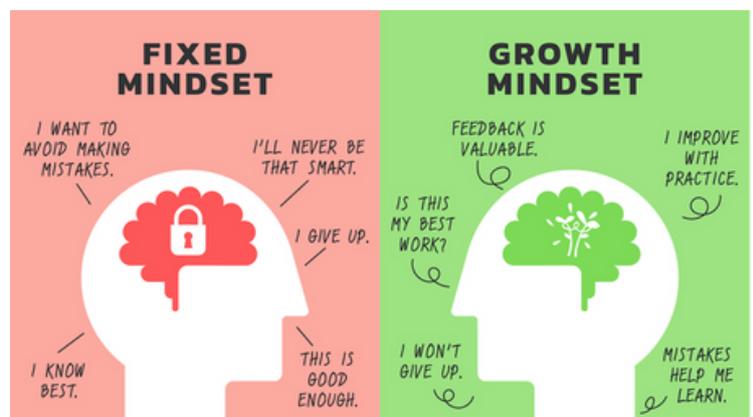
Please be reassured that the old logo will always be allowed. We will simply let the old logo phase out naturally, so please don't worry - we expect to see it for many, many years to come. Please keep passing down / on uniform and we will keep offering it in our pre-loved sales.

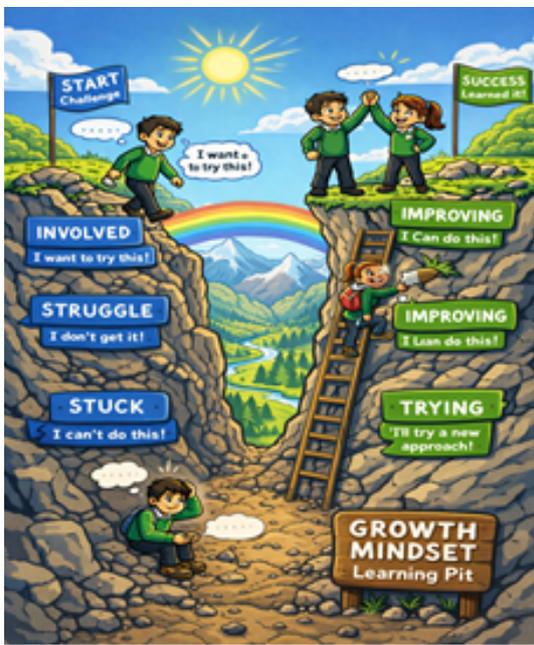
Our new logo will appear on our website and letters from now on, but it won't be available from the uniform supplier until September. Thank you to everyone who has sent in their very lovely feedback.

Welcome Back Assembly

We started the term on Tuesday with a special assembly led by myself. Together, we revisited our school values: Believe and Work Hard.

We explored Growth Mindset and looked at the Learning Pit, helping children understand that when they feel stuck, that's when real learning happens! Teachers are always here to support, but we encourage children to embrace mistakes and challenges as they are stepping stones to success.





Attendance Matters

Attendance is vital for your child's success. All children should aim for 96%+ attendance and arrive on time. Learning starts promptly at 08:45, so please arrive between 08:30–08:40.

Here are 5 reasons why attendance matters:

- Everyday counts - missing lessons means missing learning.
- Good attendance builds strong routines and confidence.
- Being on time avoids disruption and helps children settle.
- Regular attendance supports friendships and social skills.
- Children who attend regularly achieve better outcomes.

We have robust procedures for lateness and non-attendance because we take this seriously and will follow up whenever necessary.

Special Visitors – People who help us

Children in Reception & The Nest had an exciting visit from a paramedic and a police officer on Wednesday. They loved exploring the ambulance, listening to the sirens and trying on lots of police uniform. The children learnt so much about how these everyday heroes help keep us safe and everyone went home with a pencil and an activity pack!

Online Safety

Before Christmas, we noticed more children feeling tired from late-night device use and an increase in unsafe or unkind online behaviour. If Father Christmas brought an electronic device, please make sure parental controls are in place and screen time is kept sensible.



A great tip: swap a screen for a book whenever you can! Reading together is not only enjoyable but boosts language, imagination, and wellbeing - and children are never too old to share a story.



Year 3 Oxford Trip

The new term started with a bang for our Year 3 children as they set off on the first day back to the History museum in Oxford. This trip complemented their science and history learning brilliantly and a great day out was had by all.

Uniform Reminder

Our uniform policy is simple:

- No 'jazzy' footwear
- Plain polishable shoes or small boots
- Plain white or black trainers

Please refer to the full [uniform policy](#) if unsure.

Looking Ahead

We're excited about the trips, visitors and learning opportunities coming up this term! Remember, our doors are always open - if you need to talk, please reach out. We understand that family circumstances can change and our pastoral team is here to support both children and families.

Have a lovely weekend and we look forward to seeing you on Monday!

Ms Pennington



People who help us



Reception and The Nest had a visit from a paramedic and a policeman



THE DANGERS OF FROZEN WATER

Every year children are at risk when they are tempted to play on the ice formed on open waters and adults find themselves at risk as they attempt to save them. Over 50 % of ice related drowning involved an attempted rescue of another person or a dog.

Areas with frozen waters can be beautiful to look at but they are also extremely dangerous. Here are some useful tips to help you enjoy these areas safely.

TOP TIPS TO STAY SAFE

NEVER GO ON THE ICE UNDER ANY CIRCUMSTANCES

This includes attempting to rescue another person or animal who may have fallen through the ice.

ONLY USE WELL LIT AREAS

Try to take walks in the daylight but if you must walk in the evening, only use well lit areas and avoid anywhere with water.

KEEP AWAY FROM THE EDGE OF THE WATER

Never go close to the edge or lean over to touch the ice. You may overbalance or trip and fall in.

ALWAYS WALK WITH AN ADULT OR A GROUP OF FRIENDS

Look out for each other and if someone does fall through the ice there will be others around to raise the alarm and get help

WHAT TO DO IF YOU SEE SOMEONE FALL THROUGH THE ICE

Shout for **'HELP'** and dial **999** or **112** if you can

DO NOT walk on to the ice to attempt a rescue

Shout to the person to **'KEEP STILL'** and offer reassurance.

If they are close enough, **LIE DOWN TO AVOID OVERBALANCING** and falling onto the ice, and try to reach them with a tree branch clothing tied together or anything else which can extend your reach.

If you cannot reach them, **SLIDE SOMETHING** which floats across the ice, such as a plastic bottle or a football, so that they can hold on to it to stay afloat whilst help is on the way.

If they are too far away, **WAIT FOR THE EMERGENCY SERVICES** and reassure the casualty from the safety of the bank.

WHAT TO DO IF YOU FALL THROUGH THE ICE

Keep calm and shout 'help'

Spread your arms across the surface of the ice in front of you

Try to kick your legs and pull yourself out of the water and on to the ice

Lie flat, spreading your weight across the surface and pull yourself to the bank, you may find it easier to roll.

If you cannot climb out, wait for help and keep as still as possible. Keep your head above the water, press your arms by your side and keep your legs together

Once you are safe, it is important that you go to hospital immediately for a check up



St@yWise

DO NOT PARK

Due to a number of instances where parents are parking in the car park at the doctor's surgery on Rowtree Road, they are implementing remote monitoring in the car park. If you park in the car park and are not using the surgery for an appointment **YOU WILL BE FINED!!!!!!**



CENSUS DAY - Thursday 15th January



If your child is in Reception, Year 1 or 2 (mainstream or SU), it would help the school if you could **order a school meal for 15th January** which is Census Day. The school census is vital for helping education authorities determine what kinds of support a school needs and how many children take up a school meal is really important. Part of our school budget is decided on how many infant lunches are ordered. We understand if your child wants to bring a packed lunch as well. The theme is "American Diner Day".

Northants Fire & Rescue Service are being made aware of several incidents of people going onto frozen bodies of water – mainly young people – and have asked us to share this information with you.

[Click here for more information](#)

WE LOVE ABINGTON P... .. X

I did say to the lads standing on the lake that it wasn't a good idea in case the ice cracked. First time have ever seen anyone standing on the ice!!!! I don't know if it makes it any better that the lake is not very deep.



79 63 2

I have pond at home its still thin only about an inch, not enough to support kids that size, are people that forgetful, just a couple years back kids having "fun" at ringstead drowned falling through thin ice

EHPS HOUSE POINTS TOTALISER

	Whittlewood	Harlestone	Everdon	Salcey
This week	241	211	210	209
Grand total	3052	2923	2624	2554

Lip Balm & Hand Cream

It has come to our attention that an increasing amount of children are bringing lip balms/lip glosses and hand cream into school. Sometimes the children are sharing these or they are becoming a distraction in class.

Please note that cosmetics are not allowed in school at any time but if your child is experiencing very sore or dry lips/hands then they may bring in a plain lip balm/hand cream (clearly marked with your child's name) which must be handed into the teacher to look after. It can then be applied at break times. If your child needs stronger medication for a cold sore etc then you will need to hand this to the school office and fill out the appropriate forms.

Thank you for your support.



Walk in Wednesday dates

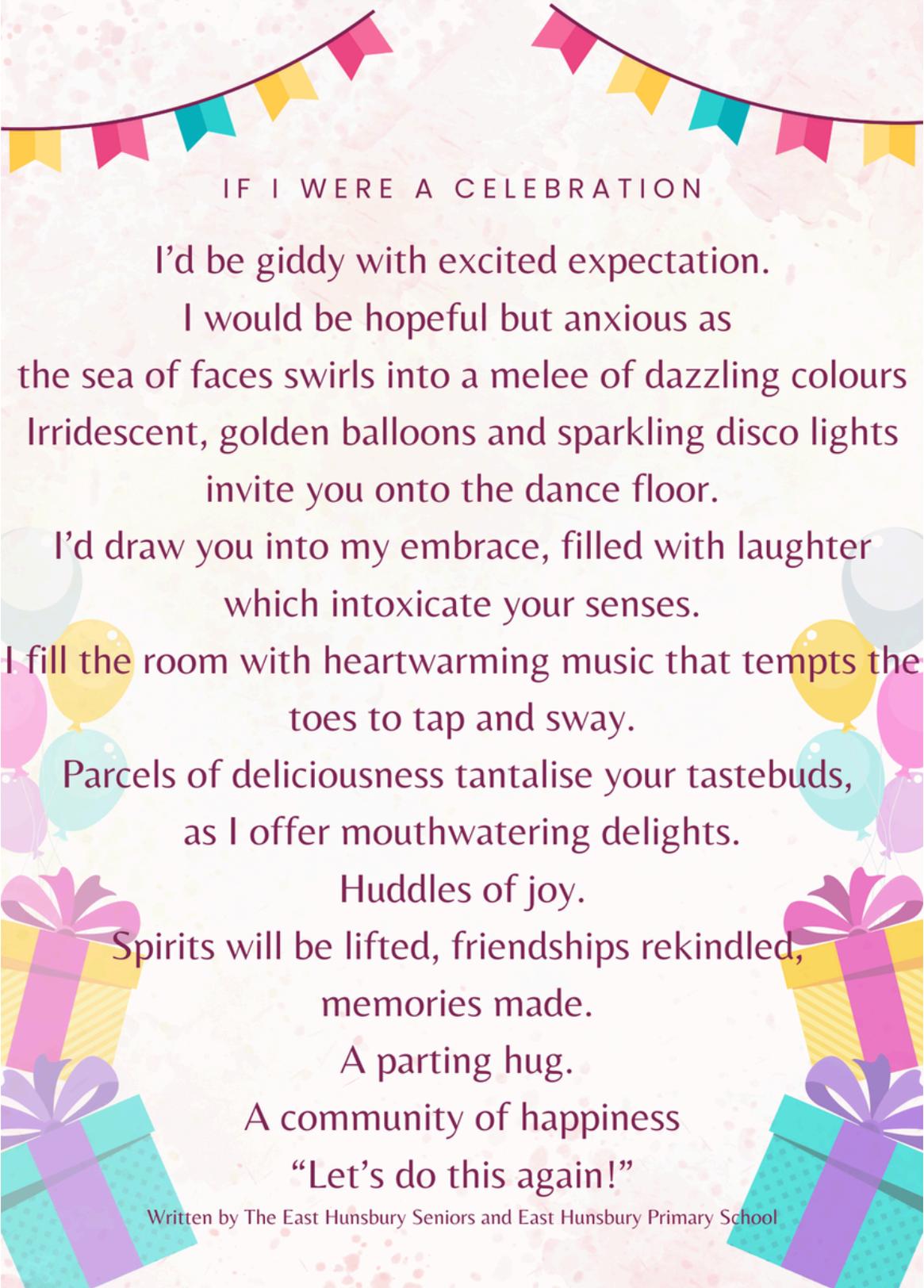
21.01.26	Walk in Wednesday 3 - Reading	08:30-9:00	Classroom
11.03.26	Walk in Wednesday 4 - Easter Crafts	08:30-9:00	Classroom
29.04.26	Walk in Wednesday 5 - Reading	08:30-9:00	Classroom
24.06.26	Walk in Wednesday 6 - Science	08:30-9:00	Classroom

Yr 3 Oxford Trip



Celebrating Together

This poem was written collaboratively by The East Hunsbury Seniors and the children of East Hunsbury Primary School. They worked together to discuss what celebration meant to them. They explored all the celebrations they had experienced, asked each other questions, and engaged their senses. From these conversations, they created poetic phrases that we combined to share and perform.



IF I WERE A CELEBRATION

I'd be giddy with excited expectation.

I would be hopeful but anxious as
the sea of faces swirls into a melee of dazzling colours
Iridescent, golden balloons and sparkling disco lights
invite you onto the dance floor.

I'd draw you into my embrace, filled with laughter
which intoxicate your senses.

I fill the room with heartwarming music that tempts the
toes to tap and sway.

Parcels of deliciousness tantalise your tastebuds,
as I offer mouthwatering delights.

Huddles of joy.

Spirits will be lifted, friendships rekindled,
memories made.

A parting hug.

A community of happiness

“Let's do this again!”

Written by The East Hunsbury Seniors and East Hunsbury Primary School

CAN YOU HELP?

WE NEED ITEMS FOR OUR OPAL PROJECT TO IMPROVE PLAYTIMES

These items include:

- **cable drums**
- **wooden pallets**
- **sturdy plastic crates, bins or boxes (any size)**
- **planks of wood (ideally without splinters)**
- **guttering/water pipes**
- **used tyres (can anyone donate a tractor tyre?)**

Times for dropping off are:

8.30am – 8.45am or

3.30pm - 3.45pm

**Please drop any items off in
the courtyard outside year 4**

**If you have any queries or questions, please contact Julia
Fenton, Assistant Head, at the school.**

Attendance News

Whole school average attendance this week was

95.63%

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

	Weekly Attendance	Year Group	Weekly Attendance
Reception	95.61%	1	97.96%
2	95.15%	3	90.53%
4	98.33%	5	96.07%
6	95.74%		



Do you have any unwanted wellies and outdoor waterproof coats that your children have outgrown, ages 4 - 11 years.

Please leave any donations, in a bag, by the bench in the Year 4 courtyard. Any queries, please contact Julia Fenton, Assistant Headteacher.



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

Reception Places September 2026

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

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



Who's been brilliant this week?

You Are Brilliant!

WB 05/01/26

Kaiden + Harry M. (Red)
for fantastic communications
and working together 😊

Musical stars
Yr 1: Freida, Robin, Yassen
and Theo

The Cleaning
fairies ✨:
Thank you.

Elsie in Blue Class
for using beautiful
manners.

EYFS and KS1 for
their brilliant
behaviour in assembly.

Year 3 and Purple
Class for a lovely
trip to Oxford
Natural History
Museum! 😊

Reception/Blue
musical stars:
Olvie (blue), Ashar,
Damian and Molly

Year 2 musical stars:-
Freya, Noah, Teddy and Alfred

Kindness Shoutouts ✨

Be Kind. Work Hard. Believe.



Mufti Days

13.03.26	Donations for Chocolate Hampers	
20.03.26	Wear odd socks for World Down Syndrome Day	No charge
27.03.26	Autism Awareness Day - Wear Bright Colours	No charge
21.05.26	UN Cultural Diversity for Dialogue and Development – wear something/colours which reflects your culture	No charge
16.07.26	Mufti for winning House (winning House announced on 13 th July)	No charge



No Dogs (except guide dogs) are allowed on the school site even if they are being carried. Please do not tie them up outside the gate.

How many have you completed? Have you started a scrapbook to document your activities?

Wrap a present for someone

Jump in a puddle

Paint a picture and put it up on a wall

Make art from natural materials

Grow and care for a plant

Go pond dipping

My 70 THINGS TO DO



E-Safety & Wellbeing



Online Safety Newsletter January 2026

Instagram Teen Accounts - update

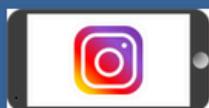
You must be over 13 years of age to set up an account. Instagram is used to post photos and videos as well as send direct messages, make voice/video calls, and send disappearing messages.

Teen accounts are automatically set up for users aged 13 – 17. Instagram have announced that teens will now see content similar to content that they would see in a PG-13 movie.

Instagram have also updated their policies around content to include "hiding or not recommending posts with strong language, certain risky stunts, and additional content that could encourage potentially harmful behaviors"

Finally, for parents who would like to apply more stringent settings, Instagram are also introducing a new, stricter setting called 'Limited Content.' This setting will mean your child is not able to see, leave, or receive comments under posts as well.

You can read about the updates here: <https://about.instagram.com/blog/announcements/instagram-teen-content-safety-pg-13>



Playing games online

Does your child play games online? We have outlined some risks that you should consider:



Chatting to strangers / risk of inappropriate language

Some games will allow communication via text chat, direct messages or chatting. Some games do offer the ability to switch communication off and/or the option to restrict bad language, so make sure settings appropriate to your child are applied. If your child is playing online with strangers, then you need to be aware that there is a risk of grooming. Some games do allow you to restrict communication to 'friends only,' however you would need to monitor that their online friends are real life friends. It can be difficult to moderate online chat so ensure your child knows how to block and report other players.

Cyberbullying

It can be very easy online for children to behave in a way that they would not if they were face to face. Talk to your child about how they speak to others online and encourage them to talk to people online with respect. Other forms of cyberbullying whilst playing games could be excluding others, criticising the ability of other players and ganging up on others.

In app purchases

Many games include the option to purchase additional items/ subscriptions so ensure you do not have payment cards saved or set up restrictions/ a password to approve purchases.

What can I do?

- **Set up parental controls** - as well as setting up appropriate parental controls through the game's settings, ensure you have set them up on the console/device your child is playing on.
- **Check age ratings** - before buying the game, check that your child is old enough to play it. All games will either have a PEGI rating or be rated by the App Store/Google Play.
- **Chat to your child regularly** about the risks above so that they are aware of what can happen online and remind them to always talk to you or a trusted adult if they have any concerns

Further information

CEOP provides further guidance and support regarding this topic: <https://www.ceopeducation.co.uk/parents/articles/gaming/>

Contents

1 Instagram

2 Playing games online

3 Snapchat

4 Family Smart Start

[Click here for more information](#)

Top Tips

1 Set clear boundaries

2 Lead by example

3 Create a safe space for returns

4 Stay informed and current

[Click here for more information](#)

10 Top Tips for Parents and Educators

ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

- START EARLY CONVERSATIONS**
Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and avoid being regularly, holding it clear they can speak to you about anything that worries or confuses them. Keeping these chats open helps build trust, as children are more likely to come to you when needed.
- PROMOTE SAFER SHARING**
Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and shared. Talk about what is appropriate to post, message, and who it is safe to share with.
- ENCOURAGE DIGITAL BALANCE**
Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Look for apps that have these systems work and help children recognise when it is time to take a break. Building in tech-free routines supports a healthier mindset and awareness of their screen time.
- CREATE A SAFE SPACE FOR CONCERNS**
When children come to you with a concern, respond with calm and care, rather than blame. Reassure them that you are there to help them feel safe and supported. This means it is more likely they will come to you when they need help. When children feel that they can speak openly, they are more likely to feel supported through understanding and empathy, and to ask for help in the future.
- STAY INFORMED AND CURRENT**
With emerging technologies like AI, AI-generated content, and deepfakes, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they are using and let them take the lead as you explore together. This opens up a chance to discuss and help them stay ahead of emerging risks and trends.
- TEACH CRITICAL THINKING**
Talk to children about how to recognise unreliable information or scams online. With AI-generated content, photos and videos becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.
- SET CLEAR BOUNDARIES**
Involve children in conversations about device usage as they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms. Explain how these boundaries help them stay safe and supported, and to report their own.
- LEAD BY EXAMPLE**
Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and spending quality time together. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.
- EXPLORE PRIVACY SETTINGS TOGETHER**
Show children how to use privacy tools on apps, games, and websites. Encourage them to use strong passwords, and avoid sharing personal details or sensitive information. They have a responsibility to update and explain their privacy settings as there is always a way to stay safe online.
- KNOW WHERE TO GET HELP**
Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and evidence which provides tips on staying safe. Websites like Report My Concern and CEOP can be used to report when something goes wrong. Show children how to report on social media, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

[VISIT OUR WEBSITE FOR MORE ONLINE SAFETY INFORMATION](#)

BE KIND

WORK HARD

BELIEVE

#weareEastHunsburyPrimarySchool #wearebrilliant

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
JANUARY		
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
FEBRUARY		
03.02.26	School of Life	10 - 11.30am
06.02.26	FEHPS Bingo Night	5.30 - 7.30pm
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	

23.02.26	School reopens to all pupils	
MARCH		
03.03.26	Yr 4 Trip	All day
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	

APRIL

13.04.26	School reopens to all pupils	
21.04.26	School of Life	10- 11.30
22.04.26	Earth Day	All Day
29.04.26	Walk in Wednesday Reading	8.30 - 9.00am

MAY

11 - 14.05.26	Yr 6 SATS	Mornings
18.05.26	Year 5 and Yellow Class Assembly	2.30pm - 3.30pm
19.05.26	School of Life	10 - 11.30am
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	

JUNE

01.06.26	School reopens to pupils	
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	

JULY

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	

YOUR YOUTH CLUB IS CHANGING!

ART & CRAFTS • SPORTS • FREE TIME

**Danes Camp
Leisure Centre**

FREE YOUTH CLUB*

Every Tuesday

7-13 years, 5.30pm-7pm

**Flexible drop-in session -
drop in at any time
and stay for as long
as you like!**



Funded by:



East Hunsbury
Parish Council

Danes Camp Leisure Centre, Clannell Road, NN4 0RX

WWW.TRIOLOGYACTIVE.CO.UK
OR CALL US ON: 03330 439 900

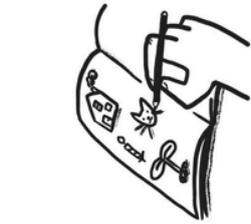


*Please note these sessions are only available for children and young people residing within the East Hunsbury Parish. You will be asked to supply an eligible postcode to attend.

Happier January 2026



MONDAY



5 Look for the good in others and notice their strengths

TUESDAY



6 Take five minutes to sit still and just breathe

WEDNESDAY



7 Learn something new and share it with others

THURSDAY

1 Find three things to look forward to this year

8 Say positive things to the people you meet today

FRIDAY

2 Make time today to do something kind for yourself

9 Get moving. Do something active (ideally outdoors)

SATURDAY

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

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

SUNDAY

4 Write a list of things you feel grateful for and 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