

**Look out for the Wellbeing
Champions around school.**

**They welcome you coming and
having a chat with them.**

**They will be officially introducing
themselves in an assembly soon.**

Northgate

Wellbeing Newsletter



Welcome to our brand new newsletter,
designed by our Wellbeing Champions.

Each month you will find useful tips and
ideas to help with your wellbeing, fun facts,
teacher interviews and some amazing
outside school achievements.

January Issue 1

A Winter Parcel

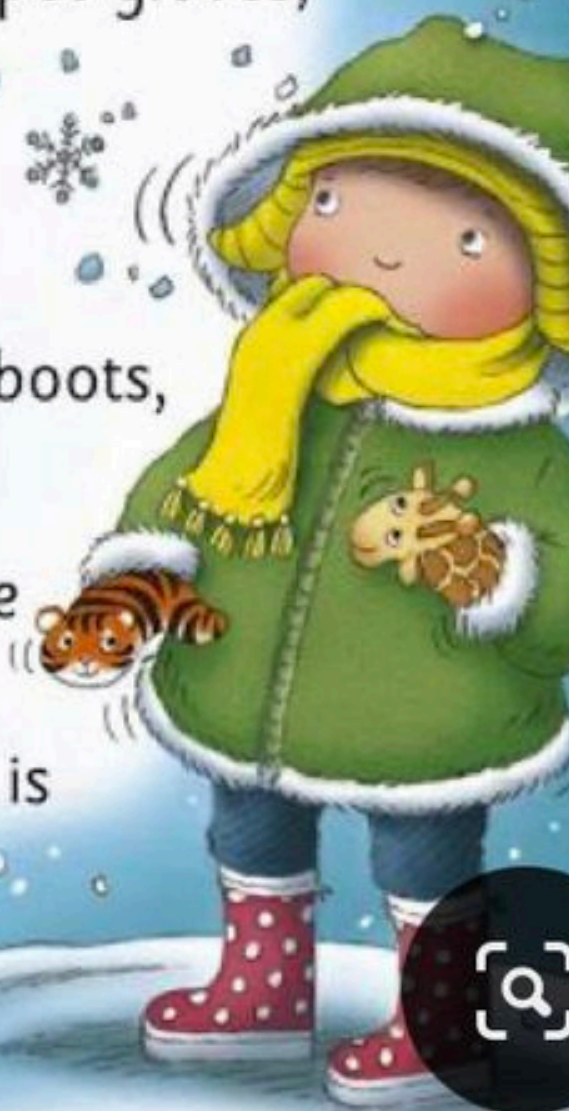
by Linda Hammond

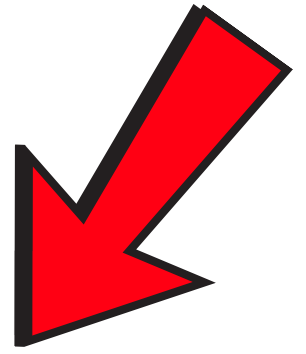
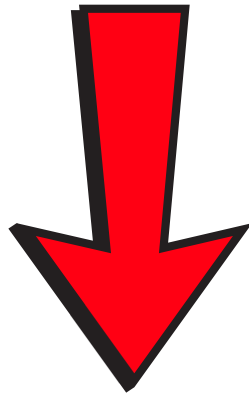
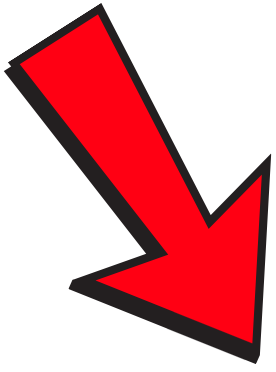
Today I'm like a parcel,
wrapped up from top to toe,
protected from the icy winds,
the rain, the sleet and snow.

My head has got a hat on,
my neck hides in a scarf,
and on my hands some puppet gloves,
a tiger and giraffe.

My coat is thick and furry,
and does up very high.
And on my feet I've special boots,
to keep me warm and dry.

So though there's little of me
that anyone can see,
This walking, talking parcel is
most definitely ME!





IN FEBRUARY'S EDITION WE WOULD LIKE THIS PAGE TO SHOWCASE ANY OUTSIDE SCHOOL ACHIEVEMENTS THAT YOU WOULD LIKE TO SHARE. FOR EXAMPLE; AWARDS, CERTIFICATES, BELTS, BADGES, TROPHIES, MEDALS. ASK YOUR GROWN-UP TO DOJO MRS KNOX A MESSAGE WITH A PHOTO SO WE CAN CELEBRATE YOUR AMAZINESS



Well Done



TEACHER FEATURE

MRS
HARRISON



BEST JOKE

Why was 6 afraid
of 7?
Because 7, 8 (ate)
9!

HIDDEN TALENT

I am a whizz on
my roller skates!
(well I used to
be, but now I'm a
bit rusty!!)

- **When you were little what did you want to be?**

I always loved being the teacher and would set up my own classroom behind the sofa with my teddies. I had a white suitcase with a portable classroom in it and would teach maths, maths and more maths.

- **If you could only teach one subject forever what would it be?**

I would love to teach Maths but I also have a love for dancing

- **If you were in the olympics what sport would you choose?**

I would love to be an ice skater just like Torville and Dean

- **What's the funniest thing that's happened to you in a classroom?**

Doing the Strudy dance and then falling backwards and not being able to get up my leg hurt too much!!

- **Do you have any siblings?**

I have an older brother and a younger sister.

- **If you had a time machine, when would you visit? why?**

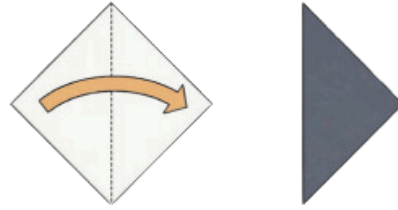
I would go back and visit my Grandma. She used to cook the best meals and was the kindest, caring person ever. I loved that she always smelt of beautiful perfume. She was the person who made everyone feel happy.



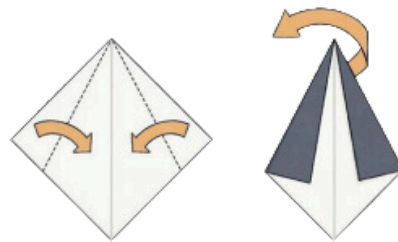
Penguin Awareness Day is on January 20th. Why not make a family of cute origami penguins?

You will need:
a square of paper
scissors
black pencil crayon

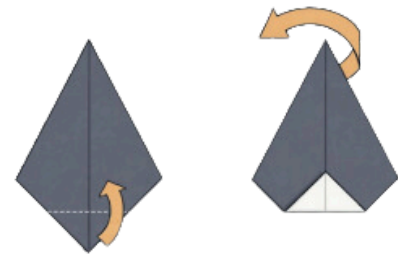
1. Completely colour one side of your square of paper using the black pencil crayon. Fold the paper in half, with the white side inside.



2. Open the paper so the first fold is vertical. Make the wings by folding the two corners on each side, halfway to the centrefold.

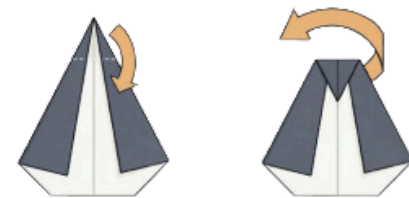


3. Turn your paper over and fold the bottom corner up to make the tail.



4. Turn your paper over again and fold down the top to make the head.

Tip: For baby penguins, make the head bigger by making the fold lower down.



5. Fold your penguin in half again, so that the head and wings are on the outside. Press everything down firmly.



6. Carefully, slightly pull the beak up and out. Press down hard on the fold to fix it in position.



TA TALK...

THIS OR THAT

Ice cream or Pizza

Slippers or shoes

Podcast or Book

Driver or passenger

Restaurant or takeaway

Sweet or Salty

Boiled egg or fried egg

Pool or beach

Sunrise or Sunset

Pirates or Ninjas

MRS KNOX



BEST KNOWN FOR...

"Stop kicking the balls please"

BEST JOKE

What do you call a cheese that's not yours?
Nacho cheese!!

WHAT DO YOU LOVE ABOUT WORKING AT NORTHGATE?

I love all the cheerful hellos I get in the morning.

HIDDEN TALENT

I can play the flute

FUN FACT

Scotland's national animal is a Unicorn