

February facts

February is the only month of the year that can pass without a single full moon.

The Welsh call February "y mis bach" which means "little month".

In the Southern Hemisphere, February is a summer month.

People born on 29th February are called "leaplings"

Groundhog Day is celebrated every year on 2nd February in North America. Tradition says that if it is cloudy when the groundhog comes out of its burrow, spring will come early.

February is one of the most commonly misspelt words.

What do these 4 people all have in common?



Northgate

Wellbeing Newsletter



Welcome to February's edition of our Wellbeing Newsletter.

This month you will find a useful grounding technique, February fun facts, more teacher interviews and some amazing outside school achievements.

February Issue 2

STAY GROUNDED USING YOUR 5 SENSES.

**RELAX YOUR BODY, TAKE A FEW DEEP BREATHS
AND CONCENTRATE ON THE FOLLOWING...**

GROUNDING TECHNIQUE

- 5** THINGS YOU CAN SEE
- 4** THINGS YOU CAN FEEL
- 3** THINGS YOU CAN HEAR
- 2** THINGS YOU CAN SMELL
- 1** GOOD THING ABOUT YOURSELF



**GROUNDING TECHNIQUES ARE EXERCISES THAT HELP
YOU FOCUS ON THE PRESENT MOMENT AND
RECONNECT WITH REALITY. THEY CAN HELP YOU FEEL
CALMER AND MORE IN CONTROL WHEN YOU'RE FEELING
ANXIOUS OR STRESSED.**



Celebrating outside school achievements is an essential part of recognising the diverse talents and hard work our students invest in their passions beyond academics.

Zain & Hakam



Brothers Zain and Hakam representing their Martial arts club at the British National Championships. Winning 3 silver & 2 bronze medals.

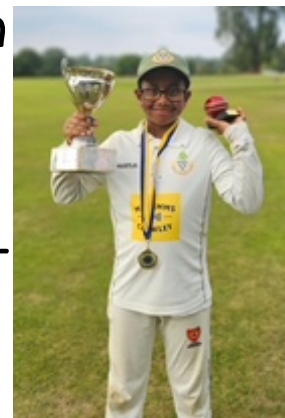


Matilda

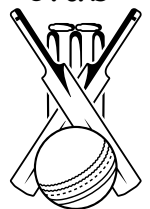
Proudly showing her 'Todistus' For all her hard work at Finnish school

Shanmukh

Has been selected for Pathway-Sussex cricket.



Winning trophy with Ifield club

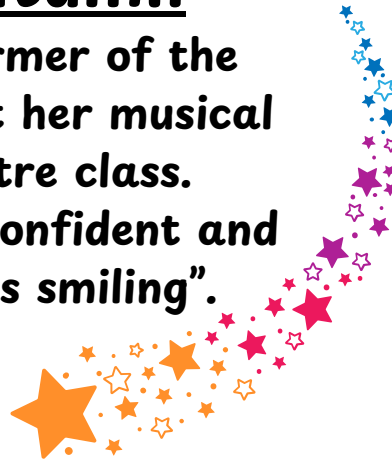


Khadija Outstanding achievement in learning to read in Arabic

Charlie
Stagecoach
Super Star of the week
Always smiling

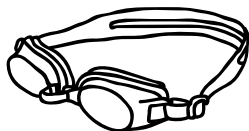
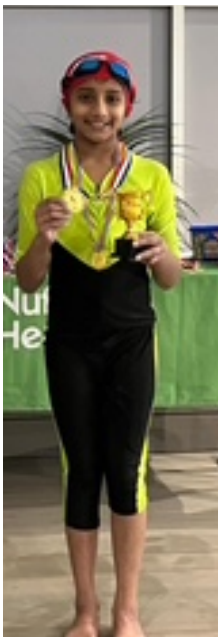


Autumn
Performer of the
week at her musical
theatre class.
“super confident and
always smiling”.



Reena

Super swimming.
Completing stage 5



Rudra

Best goal keeper Trophy



TEACHER FEATURE

MRS
NOWER



BEST JOKE

What do you call a donkey with 3 legs?
A wonky donkey.

HIDDEN TALENT

Spinning plates (the ones with the stick).
I can make them jump in the air and catch them again

When you were little what did you want to be?

Since I was a little girl, I have wanted to be a teacher. Because of this I did some work experience in a school, and choose my GCSEs to help me to get the experience I needed so I could train. When I was younger I used to play at being a teacher with my little sisters (they weren't very good students though as they kept being silly and mucking around).

- What's your biggest pet peeve?

Unkindness. I don't like it when people can't be kind and polite. My dad used to say 'If you haven't got anything nice to say, don't say anything at all.' and that has stayed with me all my life. There is no need for nastiness and kindness makes other people happy.

- What superpower would you like? Why

What a great question. I think invisibility- I love the idea of being able to get on with things without anyone seeing me and interrupting.

- What the best piece of advice anyone's ever given you.

It isn't selfish to put yourself first sometimes. I think sometimes we are so busy looking after other people that we don't always look after ourselves. We have to be kind to ourselves too.

- If you were an animal, what would you to be?

Probably a cat would be my first choice. I have two at home and they seem to have a very easy life with lots of sleeping, cuddles and coming and going as they please. If not, perhaps a flamingo: I love their colour and they work well as a team.

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

I used to work in a school with sliding doors between the classrooms. One day my friend opened the door whilst I was leaning on it and I fell through and landed on my bottom- in front of both the classes.

Paper Heart Wreath



This stapled paper heart wreath is so simple to make and looks adorable! A fun and easy Valentine's decoration

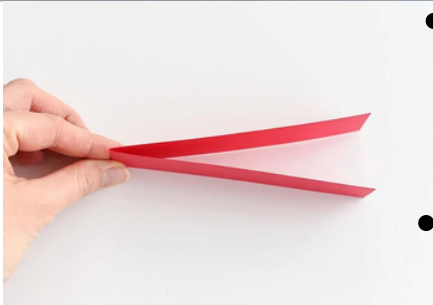
You will need

Some coloured card

Ribbon

Scissors

Stapler



- Cut out 9 strips of paper about 1-1/4" wide by 11" long.
- Fold each strip of paper in half.



- Curve the ends of the paper inwards to make a heart shape and staple the two ends to hold it together.
- Cut a piece of ribbon about 18" long. Make your paper heart shape as you did before, but this time slide the ribbon between the two curved ends of the paper.



Staple the ribbon and paper in place.

- To connect the hearts together, line up the bottom points of two heart shapes, then staple them together about half way between the bottom and top of the heart.



- Then continue stapling the hearts together - close to the back edge - until you've made it all the way around the circle.

TA TALK...

THIS OR THAT

Beach or Mountain

Hot weather or Cold weather

Sleep or adventure

singing or dancing

cinema or bowling

Train or Bus

plain chocolate or dark chocolate

jelly sweets or hard boiled

Reading book or audio book

noughts or crosses

MISS SWAN



BEST KNOWN
FOR...

Sparkly
nail polish

BEST JOKE

What do you call a
snake with no
clothes on?
A Snaked!!

Fun Fact

A group of Owls is called a
Parliament

HIDDEN TALENT

I can Crochet

WHAT DO YOU LOVE ABOUT WORKING AT NORTHGATE?

- 1) All the lovely children that make me smile and laugh every day.
- 2) My wonderful, kind and supportive colleagues.