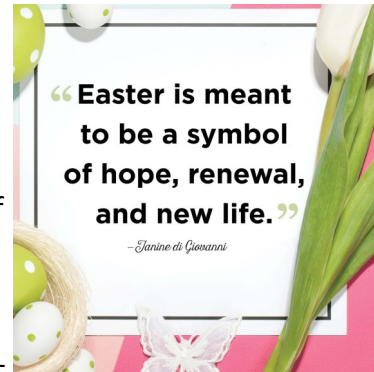


The Prior's Mill 'FEEL BETTER Newsletter'

Issue 6 — 08.04.2022

Hello everyone, it's time to go on an Easter Egg hunt! After a full term without any interruptions at last, the children and teachers are ready and excited for Easter break. The children in Prior's Mill have been busy soaking up lots of new knowledge and deserve some time off with family and friends.

As Easter is all about new beginnings, we look forward to preparing the children for new beginnings in the Summer Term. It will be the final term for our Year 6 children at Prior's Mill and we wish them the best of luck with the SATs and their transition days in secondary school. We have lots of events planned for the Summer which involve parents/carers coming to visit. We have missed having our Prior's family in school over the last couple of years and are looking forward to these events which you can come along to. We are also excited for some sunshine!



In the meantime, here are some tips from the children at Prior's Mill to help you enjoy the Easter Holidays and stay positive:

1. Practise mindfulness, concentrate on your breathing and meditate. Take a day off!
2. Stay active and enjoy the nicer weather by going on a bike ride or for a walk. You could even go to the beach and watch the sunset.
3. Make time for you and your family to enjoy a nice activity and make each other happy.
4. Meet up with friends and take the time to talk about your feelings and ask your friends about their feelings too.

"May your Easter be happy,
May your day be bright,
May you enjoy the treats,
And sweet delights.
But remember the meaning,
Remember God's gift,
Remember the resurrection,
May your soul uplift."

—Bill Hoeneveld



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Easter activities for you and your family!

1. With your family, create an Easter Egg Hunt by hiding mini chocolate eggs that lead up to one big chocolate egg for the winner. (Make sure they are hidden well!)
2. Watch Easter movies, for example, Hop, Rise of the Guardians, Peter Rabbit and Rabbit School.
3. Decorate rocks or hard boiled eggs.
4. Visit a farm and see all the new born baby animals (like chicks, bunnies and lambs).
5. Make and decorate an Easter wreath for the door.
6. Bake some hot cross buns or rice crispy cakes with mini eggs on the top.
7. Join in the Easter service at your local church. Some churches run an Easter Egg Hunt and other fun activities.
8. Make a crucifix with a prayer on for Easter.
9. Make an Easter scented candle.
10. Donate to a local charity such as the Foodbank or Community Grocery. You could take some hot cross buns or eggs for those who can't afford it this year.



Remember: If you know someone who needs a friend this Easter, maybe gift one of your creations to them, or even better, ask them to join in with your activities.



If you ever feel you need support, please don't hesitate to contact someone. Below are two links to websites which can provide you with the help and support you need.

<https://www.family-action.org.uk/>

<https://www.mind.org.uk/>



Finally, from all of us at Prior's Mill, we hope you have a lovely Easter and enjoy the time with your family and friends. May this joyful season of Easter fill your heart with renewed hope, love, and peace. We will see you in Summer!