



NEWSLETTER

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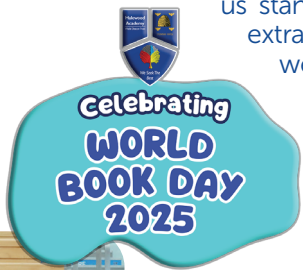
DEAR PARENTS AND CARERS

Dear Parents and Carers,

I would like you to take time to read this edition of the newsletter to ensure you are well informed about the current events and information about the school.

I would like to start by commending Year 11 on their efforts as they build towards their exams; I and the staff appreciate their commitment so far and would urge them to 'keep going' for the final push. Year 11 will start their final mocks next week and included in this edition is their mock timetable and their provisional summer timetable.

It has been a very busy few weeks since I last wrote to you; we have celebrated world book day with lots of events such as 'masked reader' and some staff dressing up as their favourite characters. I would like to thank Miss Towers and Miss Callaghan for all their work in making the day such a success.



Our students have also covered some miles recently with two trips to London, one for History and one for Dance and a trip to Rome. I know a great time was had by all; including the staff. It is fantastic to see our students have experiences beyond the classroom and we shouldn't overlook the time given by the staff both before and during these trips to ensure everyone has a brilliant, but safe, time.

Contained within this edition you will also find enrichment activities such as debate mate and a visit by the Sorvini Group; it is these experiences and the ones mentioned previously that really makes us 'stand out' in the local area for the amount of extra-curricular and enrichment opportunities we offer. I am really proud of this.

Finally, you will also be aware that we are taking part in a research study with The Engagement Platform (TEP) and ImpactEd to look at patterns of engagement to school. All students are expected to complete the survey as the responses we get will enable us to continue to improve our provision and ensure students are fully engaged in all our school has to offer.

Best wishes,

Mr I Critchley
Executive Principal



A GREAT PLACE TO BE A PART OF

This week we also hosted our annual careers & enrichment fair with a vast array of colleges and employers which gave each and every student an opportunity to engage with them. The exhibitors commented on how polite and well behaved our students were on the day; many thanks to Miss Gallen for co-ordinating such a successful event.

KEY DATES 2025

Monday 17th Friday 28th March	YEAR 11 P2S3 MOCK EXAMINATIONS
Wednesday 26th March	YEAR 9 EXPERIENCE OF THE WORKPLACE TRIP
Saturday 29th March	YEAR 9 DUKE OF EDINBURGH TRIP

SAFEGUARDING, EMOTIONAL WELLBEING AND MENTAL









HALEWOOD ACADEMY

We would like to inform parents/carers and pupils of a couple of additions to the pastoral team. We would like to welcome and congratulate Mrs Slack and Miss Martin who join the pastoral team as Assistant Progress Leaders. Mrs Slack and Miss Martin have been classroom assistants here at Halewood Academy and will now be working across all year groups as Assistant Progress Leaders and will support in terms of attendance, behaviour and pupil welfare.

We would also like to congratulate Miss Roche who has recently changed roles from a classroom assistant to a Learning Mentor working with Year 9.

We would also like to welcome Miss Dobie, Ms Pownall and Miss Graham who have recently joined Halewood Academy in the roles of Classroom Assistants.

We would like to wish all of the above good luck in their new roles.

	<p>Mrs Slack Year 9 Assistant Progress Leader</p>		<p>Miss Martin Assistant Progress Leader</p>
	<p>Miss Roche Learning Mentor</p>		<p>Miss Dobie Classroom Support Assistant</p>
	<p>Miss Pownall Classroom Support Assistant</p>		<p>Miss Graham Classroom Support Assistant</p>



HALEWOOD ACADEMY

YEAR 11 MOCK EXAMINATIONS TIMETABLE MARCH 2025



HALEWOOD
ACADEMY

Year 11 Mock exam Timetable - March 2025

ALL EXAMS TO BE HELD IN THE SPORTS HALL UNLESS STATED OTHERWISE							
Day/Period	Period 1 9.00am START	Period 2	Break (11.00-11.15)	Period 3 11.15 start	Early Lunch/P4 (12.15-1.00)	Period 4 1pm start	Period 5
Monday 17-Mar	<u>English Language Paper 1 (1h 45m)</u> (Whole Year)		Break (11.00-11.15)		Lunch for PE students only (12.15-1.00)	<u>Health & Social Care (2h) (32)</u>	
Tuesday 18-Mar	<u>Maths Paper 1 F/H (Non-calc) (1h 30m)</u> (Whole Year)		Break (11.00-11.15)		Lunch for Dance/H&C students only (12.15-1.00)	<u>Hospitality & Catering (1h 20m) (31)</u> Room TBC <u>Dance (2h) to be held in G03 (With Miss Walsh)</u>	
Wednesday 19-Mar	<u>Combined Science Biology F/H (1h 15m)</u> <u>Separate Science Biology F/H (1h 45m)</u> (Whole Year)		Break (11.00-11.15)		Lunch for Drama students only (12.15-1.00)	<u>Drama (1h 45m) (11)</u>	
Thursday 20-Mar	<u>English Literature Paper 1 (2h)</u> (Whole Year)		Break (11.00-11.15)		Lunch for Music students only (12.15-1.00)	<u>Music (1h 25m) (16)</u> 2 Rooms TBC RE (1h 45m) (16) (Room TBC)	
Friday 21-Mar	<u>Maths Paper 2 F/H (calc) (1h 30m)</u> (Whole Year)		Break (11.00-11.15)		Lunch for Geography students only (12.15-1.00)	<u>Geography (Paper 1) (1h 30m) (143)</u>	
Day/Period	Period 1 9.00am START	Period 2	Break (11.00-11.15)	Period 3 1115	Early Lunch/P4 12.15-1.00	Period 4 1pm start	Period 5
Monday 24-Mar	<u>Combined Science Chemistry F/H (1h 15m)</u> <u>Separate Science Chemistry F/H (1h 45m)</u> (Whole year)		Break (11.00-11.15)		Y11 Lunch (12.15-13.00)	<u>Maths Paper 3 (Calc) (F/H - 1h 30m)</u> (Whole Year)	
Tuesday 25-Mar	<u>English Language Paper 2 (2h)</u> (Whole Year)		Break (11.00-11.15)		Lunch for PE/SS/SR students only (12.15-1.00)	<u>PE (1h) (46), Sports Science/Studies (1h 15m) (42)</u>	
Wednesday 26-Mar	<u>Combined Science Physics F/H (1h 15m)</u> <u>Separate Science Physics F/H (1h 45m)</u> (Whole Year)		Break (11.00-11.15)		Lunch for Comp Sci students only (12.15-1.00)	<u>Computer Science (1h 30m) (36)</u>	
Thursday 27-Mar	<u>English Literature Paper 2 (2h 30m)</u> (Whole Year)		Break (11.30-11.45)		Lunch for Spanish students only (12.15-1.00)	<u>Spanish F/H (1h 15m/ 1h 30m) (68)</u>	
Friday 28-Mar	<u>History (2h) (110)</u>		Break (11.00-11.15)		Lunch for Business students only (12.15-1.00)	<u>Business (1h 30m) (103)</u>	



A GREAT PLACE
TO BE A
PART OF

PROVISIONAL SUMMER TIMETABLE 2025



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ACADEMY

Morning			Date	Afternoon		
Code	Subject	Dur		Code	Subject	Dur
BHS03	BTEC Health & Wellbeing	2h	Tuesday 6th May			
			Wednesday 7th May			
8261/W	GCSE Drama	1h45m	Thursday 8th May			
			Friday 9th May			
Week 1						
C720U10-1	GCSE English Lit P1	2h	Monday 12th May	J277/01	Computer Science P1	1h30m
1RBO 1A	GCSE Religious Studies	1h45m	Tuesday 13th May	8461 1F/H 8464/B/1F/H	GCSE Biology P1 Combined Science Biology P1	1h45m 1h15m
8035/1	GCSE Geography P1	1h30m	Wednesday 14th May	R184	Sport Studies	1h15m
1MA1 1F/H	GCSE Math P1 (Non Calc)	1h30m	Thursday 15th May			
8145/1	GCSE History P1 (81451AD-1h, 81451BB-1h)	2h	Friday 16th May	NCFE	L2 Tech Award Business & Enterprise	1h30m
Week 2						
8462/1/FH	GCSE Chemistry P1	1h45m	Monday 19th May	J587/01	GCSE PE P1	1h
8464/C/1/FH	GCSE Comb Sci. Chemistry P1	1h15m				
C720U20-1	GCSE English Lit P2	2h30m	Tuesday 20th May	J277/02	Computer Science P2	1h30m
			Wednesday 21st May	1R802B	GCSE Religious Studies P1	1h45m
8463/1/FH	GCSE Physics P1	1h45m	Thursday 22nd May	R180	Sport Science	1h15m
8464/P/1FH	GCSE Combined Sci. Physics P1	1h45m				
C700U10-1	GCSE English Language P1	1h45m	Friday 23rd May			
Week 3						
1ST0 1F/H	GCSE Statistics	1h30m	Monday 2nd June			
			Tuesday 3rd June			
1MA1 2FH	GCSE Maths P2 (calc)	1h30m	Wednesday 4th June	1R803B	GCSE Religious Studies P3	1h45m
8145/02	GCSE History P2 (81452AA-1h, 81452BC-1h)	2h	Thursday 5th June			
C700U20-1	GCSE English Language P2	2h	Friday 6th June	8035/2	GCSE Geography P2	1h30m
Week 4						
8464/ 2 F/H	GCSE Biology P2	1h45m	Monday 9th June	J587/02	GCSE PE P2	1h
8464 /B/2F/H	GCSE Comb Sci Tril Biology P2	1h 15m				
C810U20/BO-1	GCSE Spanish Listening	35/45m	Tuesday 10th June			
C810U30/BO-1	GCSE Spanish Reading	1h/1h15m				
NCFE	Tech Award Child Dev	1h30m				
1MA1 3F/H	GCSE Maths P3	1h30m	Wednesday 11th June	Contingency PM		
8035/3	GCSE Geography P3	1h30m	Thursday 12th June	5409UBO-1	Tech Award Hospitality & Catering	1h20m
8462/ 2 F/H	GCSE Chemistry P2	1h45m	Friday 13th June	1ST02F/H	GCSE Statistics paper 2 (F/H)	1h30m
8464/C/2F/H	GCSE Comb Sci Tril Chemistry P2	1h 15m				
Week 5						
8463/ 2F/H	GCSE Physics P2	1h45m	Monday 16th June	C660U30-1	Music Comp 3	1h15m
8464 / P/2F/H	GCSE Comb Sci Tril Physics P2	1h15m				
C810U40/DO	GCSE Spanish Writing	1h15/1h30m	Tuesday 17th June			
			Wednesday 18th June			
			Thursday 19th June			
			Friday 20th June			
Week 6						
			Monday 23rd June			
			Tuesday 24th June			
Contingency Day			Wednesday 25th June	Contingency Day		

WORLD BOOK DAY 2025



HALEWOOD
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On Thursday 6th March, Halewood Academy celebrated World Book Day in style! World Book Day is an annual event taking place across the country where we celebrate literacy, reading and books. As part of our celebrations, we held a 'Masked Reader' competition in form-time where students had to guess which member of staff was reading a passage from our library books. The winners received an Easter Egg as a prize, whilst the runners up received a creme egg. Students had an amazing time and were incredibly enthusiastic! One student said, *'This is the best day ever - I absolutely love it!'*



WORLD BOOK DAY 2025



HALEWOOD
ACADEMY



Celebrating
**WORLD
BOOK DAY
2025**



We also ran a 'Teacher Hunt' where students had to 'collect' as many staff members as possible. The aim was to find all of the staff that had dressed up and note down who they were dressed as. Students passed their completed forms into Miss Towers in the library, who will reveal the winners this week. There are 5 National Book Tokens up for grabs, I wonder who our lucky winners will be! In addition to these events, we hosted our own set of activities in the library which included: Hook-A-Book, Caricatures and Darts for your district. Both students and staff joined in to make the day a major success by creating a buzz around reading! A big thank you to everyone involved including, Mr Gribbin who created our 'Masked Reader' video and photographer for the day, Miss Callaghan and Miss Towers for co-ordinating events, the finance team for acquiring our sweet treats, staff members involved in the 'Masked Reader' and last but not least, those who dressed up!

MASKED READERS REVEALED:

- Miss Wareing
- Mr Harrison
- Mrs Cross

- Mr Critchley
- Miss Gilbert
- Miss Traynor
- Miss Brougham
- Miss Evans

DRESSED-UP:

- Miss Callaghan
- Miss Towers
- Miss Traynor
- Miss Brougham

- Miss Bates
- Mr Helps
- Ms Byron-Bentley
- Miss Lo



CAREERS & ENRICHMENT FAIR 2025



HALEWOOD
ACADEMY



On Monday 10th of March we held our annual Careers and Enterprise Fair, which was open to every pupil from Year 7 to Year 11. It provided students with an exciting opportunity to explore future career paths and engage with professionals from various industries. The event featured a range of employers, universities, and apprenticeship providers, offering valuable insights into different career options.

The event was highly beneficial in helping students make informed decisions about their future education and career choices. Feedback from both students and exhibitors was extremely positive, with many finding the fair inspiring and informative.

Miss A Gallen

Teacher of Science and Careers Leader



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CAREERS & ENRICHMENT FAIR 2025



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A GREAT
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LONDON TRIP 2025



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Our recent trip to **London** was an unforgettable adventure for **40** of our pupils! Over the course of the trip, students had the chance to explore some of the city's most iconic landmarks and experience its rich history and culture.

We kicked off our journey with a fascinating visit to the **British Museum**, where students marveled at ancient artifacts from **Egypt, Greece, and beyond**. It was an educational experience that truly brought history to life. Afterward, we made our way to **Buckingham Palace**, the official residence of **King Charles III**, where the grandeur of the palace left everyone in awe.

The excitement continued as we strolled past the majestic national landmark **Big Ben** and the **Houses of Parliament**—an iconic sight that captured the essence of **London**. Later that evening, we attended the spectacular **West End** production of **The Lion King**. The vibrant costumes, stunning visuals, and unforgettable music made it an experience none of us will ever forget.

The following day, we explored the **Globe Theatre**, where we delved into the history of **Shakespeare** and his plays. To round off our trip, we visited the **Tower of London**, where students learned about its fascinating history as both a royal palace and prison.

It was a fun-filled, enriching trip, and the memories we made together will last a lifetime!



LONDON TRIP 2025



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ROME TRIP 2025



HALEWOOD
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A GREAT
PLACE
TO BE A
PART OF

ROME TRIP 2025



HALEWOOD
ACADEMY



On 28th February 34 Year 10 and 11 pupils set off for an amazing trip to Rome for three days. Over the course of the trip we visited ancient catacombs, visited the Vatican City and took in the splendour of St. Peter's Basilica.

Pupils visited the Vatican City post office and sent postcards home to their families. We also enjoyed the local culinary delights, in a local pizza restaurant and experienced the tram system in Rome.

The following day we enjoyed glorious weather whilst visiting the Colosseum and the Roman forum where we admired the splendour and rich history of the ancient amphitheatre. Next, we moved on to explore central Rome where pupils enjoyed ice cream at the Spanish steps and then on to the beautiful Trevi Fountain to throw a coin in and make a wish.

We saw the Pantheon and ended our third evening with an authentic Italian meal in the Piazza Navona. Pupils and staff alike made many wonderful memories on this trip which I am sure will be cherished forever!

Mr Cahill

Subject Leader of History and RE

CYCLING TO SCHOOL



HALEWOOD
ACADEMY

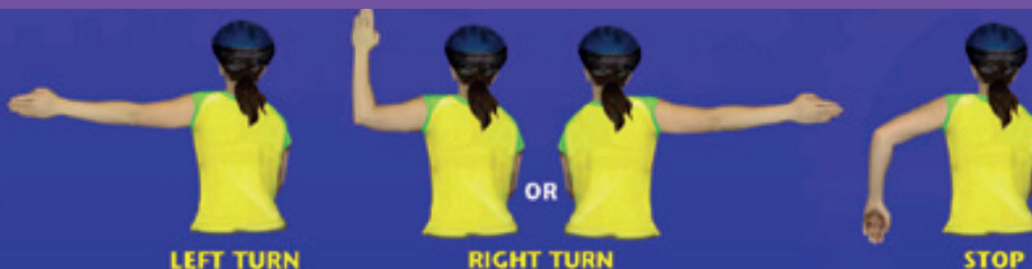
BICYCLE Safety

1. Always wear a bike helmet.
2. Wear correct uniform, and appropriate footwear.
3. Do not wear headphones or talk on your mobile phone.
4. Stop and look for traffic before entering the road.
5. Always ride single file and on the right side of the road.
6. Stop at all stop signs and red lights. Be familiar with common street signs.
7. Know and use hand signals for turning and stopping.
8. Be aware of pedestrians, other cyclists and moving or parked cars.
9. Keep control of your bike and always be prepared to stop.
10. Keep your bicycle well-maintained.
11. Keep both hands on the handlebars (except when signaling) and always sit on your bike seat.
12. Do not allow anyone to ride on your bike with you.

**WEAR YOUR HELMET
IN THE CORRECT POSITION**



**USE
PROPER
HAND
SIGNALS**



DEBATE TEAM



HALEWOOD ACADEMY

DEBATE TEAM SUCCESS!



THE TEAM

- Lydia C
- Adam M
- Grace E
- Liz L
- Daniel B

OUR FIRST SEEN MOTION AND A VERY DIFFICULT ONE!

On Tuesday 4th March, the Debate Team competed at West Derby High School after school. There were three other schools at this round of the competition and Halewood Academy faced two of them, Bellerive and Maghull. The team has practiced and perfected their debating skills by attending Debate Club. If you are interested in joining, you are more than welcome to on [THURSDAYS AFTER SCHOOL](#) in F47. If you would like more information about this club, please speak to Mr Harrison or Miss Towers.

The motions for debate were:

- This house would ban celebrity/influencer only brands. Example: Prime, Kylie Cosmetics. **PROPOSITION**
- This house would rather use rehabilitation methods for criminal offenders over retribution. **OPPOSITION**

We have seen the debate team learn to work together, grow in confidence and show great sportsmanship. Halewood Academy **WON** their first debate against Bellerive B, stating that celebrity/influencer brands can be harmful to younger fans, for example Prime as an energy drink. Another valid point made was that celebrities may cut corners to maximise profit.

The team went up against Maghull C, for their second debate and unfortunately lost. This topic was a very hard one to prepare for, especially as the Proposition are allowed to define the motion. Some of our points made were: victims families deserve justice and a lot of law-abiding citizens require rehabilitation. It is even more costly for the tax-payer to provide rehabilitation for criminal offenders.

Well done Halewood Academy Debate Team! We are so proud of our students and hope to welcome even more to the team in the coming weeks!

SOVINI GROUP VISIT



HALEWOOD ACADEMY

This week some of our Year 10 girls, had the fantastic opportunity of an employer encounter with Miss Cooney from The Sovini Group as a part of their Next Steps Programme. Miss Cooney shared her story of starting out as an apprentice to where she is now as the Head of Brand and Marketing.

She shared her feedback from the session and said the girls were fully engaged throughout and asked some wonderful questions, that were extremely thought provoking.

Well done to our Year 10 girls, and a huge thank you to Miss Cooney for giving up her time to speak to our pupils today.

Miss A Gallen

Teacher of Science and Careers Leader





HALEWOOD
ACADEMY

KNOWSLEY JUNIOR PARK RUN

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partners
parkrun

KNOWSLEY JUNIOR PARK RUN

HALEWOOD PARK TRIANGLE
L26 7XB
EVERY SUNDAY- 9AM

- Junior Park run is a FREE weekly 2km run on a Sunday morning starting at 9 am.
- It is a timed event – although not necessarily competitive! BUT you can see your times and development each week.
- Scan the QR code to read more about Park Run!

**SIGN UP TO
PARK RUN HERE!**



KNOWSLEY JUNIOR PARK RUN

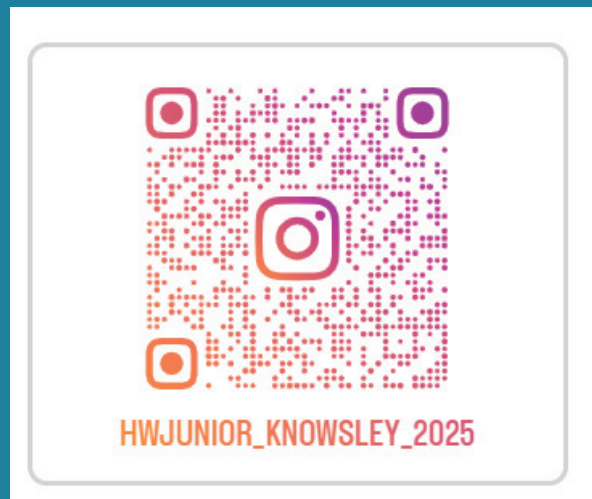


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Follow our instagram and please share with your
friends, family, schools.....



We are always looking for volunteers too!!!!



halewoodjuniors@parkrun.com

KNOWSLEY PARENT POWER



HALEWOOD
ACADEMY

Knowsley

Parent Power

What path would you like to see your child take after school?

Date: Thursday 3rd April
Time: 5.30pm - 7pm
Venue: Southdene Community Centre, Broad Lane, Kirkby, L32 6QG

Further and higher education can help your child to their dream career. We want to listen to you to find out how we can work together to support your child (aged 10-18) on this journey.

At this group meeting, we'll have the opportunity to discuss and plan activities that can help raise aspirations for young people in Knowsley. We will also have an Information & Guidance session delivered by Shaping Futures.

Come along to have your say!

To RSVP, to find more information, contact Jane:

For further details please contact Mr Campbell PE Teacher and (STEM) Coordinator

Jane Harrison via 07429 404 687 or parentpowerknowsley@thebrilliantclub.org

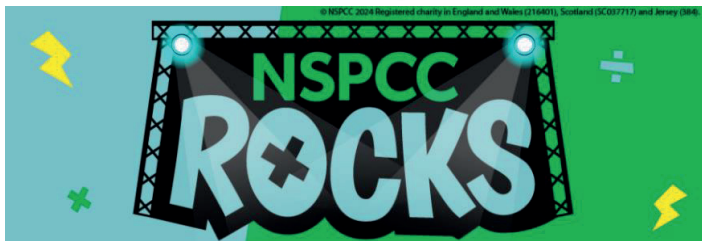


NUMERACY CHALLENGE



HALEWOOD ACADEMY

NUMERACY



The results are in from the NSPCC Rocks TT Rockstars competition

Out of 146 secondary schools that took part Halewood Academy came 6th!

Out of all 3,623 schools Halewood Academy came 92nd!
A brilliant achievement

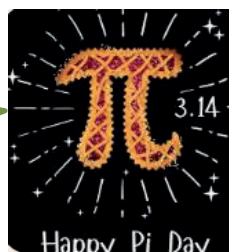
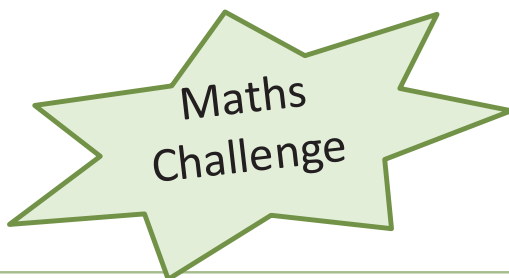
Well done to everyone who took part.



Top 3 players:

- 1st – Mila C – 8H1
- 2nd – Manish S – 10W3
- 3rd – Angel W – 8H1

Look out for the next competition coming soon.



Friday 14th March is Pi π day - the annual celebration of a never-ending number—and Albert Einstein's birthday. How many decimal places can you remember pi to? Here are just a few...

π
3.141592653
5897932384
6264338327
9502884197
169399375



NUMERACY

What Parents & Carers Need to Know about HOW TO COMBAT ONLINE BULLYING



Defined as "ongoing hurtful behaviour towards someone online", cyber-bullying makes its victims feel upset, uncomfortable and unsafe. In the digital world, it has numerous forms – such as hurtful comments on a person's posts or profile; deliberately leaving them out of group chats; sharing embarrassing images or videos of someone; or spreading gossip about them. Cyber-bullying can severely impact a young person's mental health ... so, in support of Anti-Bullying Week, we've provided a list of tips to help trusted adults know what to look for and how to respond to it.



1. GET CONNECTED

Playing online games together with your child or connecting with them on social media (providing they're old enough) is not only fun but also an excellent way of establishing some common ground to discuss things you've both seen or done online – as well as keeping an eye on who your child is communicating with in the digital world.

2. KEEP TALKING

Regular chats with young people about their online lives are good practice in general, but they can also be an excellent refresher to help prevent cyber-bullying situations. Topics you might want to revisit include why it's important to only connect online with people we know and trust, and why passwords should always remain secret (even from our best friends).

3. STAY VIGILANT

Observe your child while they're using technology and just after they've used it. Are they acting normally, or out of character? Possible signs of a problem may include seeming quiet or withdrawn, jumpy or anxious, angry or repeatedly checking their phone. When you feel it's the right time, you may want to check in with them to see if everything is OK.

4. MAKE YOURSELF AVAILABLE

If an online bullying incident *does* occur, it may take a while before your child is ready to open up about what happened. Just gently remind them that they can always come to you with any problems – and that they won't be in trouble. You might also suggest a trusted family member they could turn to, in case they feel too embarrassed to tell you directly.

5. BE PREPARED TO LISTEN

When conversations about online bullying *do* take place, they're likely to be difficult, emotional and upsetting for both you and your child. Actively listen to your child while they're bringing you up to speed, and try not to show any judgement or criticism even if they haven't dealt with the situation in exactly the way you would have hoped.



FURTHER SUPPORT AND ADVICE

If you or your child need additional help with an online bullying issue, here are some specialist organisations that you could reach out to.

Childline: talk to a trained counsellor on 0800 1111 or online at www.childline.org.uk/get-support/

National Bullying Helpline: counsellors are available on 0845 225 5787 or by visiting www.nationalbullyinghelpline.co.uk/cyberbullying.html

The NSPCC: the children's charity has a guide to the signs of bullying at www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying/ and can be reached on 0808 800 5000

6. EMPOWER YOUR CHILD

Depending on their age, your child might not want a parent 'fighting their battles for them'. In that case, talk through their options with them (blocking the perpetrator, deleting the app and so on). By allowing your child to choose the path they take, you're putting them in control but are also demonstrating that you're there to support them along the way.

7. REPORT BULLIES ONLINE

Cyber-bullying often takes place through a particular app, social media platform or online game. If this is happening to your child, encourage them to report the offender to the app or game in question – ideally with screenshots to support their complaint. Most games and apps have reporting tools specifically to stamp out abusive behaviour and protect users.

8. ENCOURAGE EMPATHY

Protecting themselves online is the priority, of course, but young people should also feel empowered to help if they witness other people falling victim to cyberbullying. Even if they don't feel confident enough to call someone out on their abusive behaviour online, they can still confidentially report that person to the app or game where the bullying occurred.

9. SEEK EXPERT ADVICE

Victims of online bullying frequently experience feelings of isolation and anxiety, a loss of self-esteem and potentially even thoughts of self-harm or suicide. If you think that an incident of cyber-bullying has affected your child's mental wellbeing, then seek psychological support for them. There are some useful contact details in the central panel below.

10. INVOLVE THE AUTHORITIES

If the nature of any online bullying makes you suspect that your child is genuinely in imminent physical danger – or if there are any signs whatsoever of explicit images being shared as part of the bullying – then you should gather any relevant screenshots as evidence and report the incidents to your local police force.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National
Online
Safety®

#WakeUpWednesday

Mindful March 2025

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 Set an intention to live with awareness and kindness

2 Notice three things you find beautiful in the outside world

3 Start today by appreciating your body and that you're alive

4 Notice how you speak to yourself and choose to use kind words

5 Bring to mind people you care about and send love to them

6 If you find yourself rushing, make an effort to slow down

7 Take three calm breaths at regular intervals during your day

8 Eat mindfully. Appreciate the taste, texture and smell of your food

9 Take a full breath in and out before you reply to others

10 Get outside and notice how the weather feels on your face

11 Stay fully present while drinking your cup of tea or coffee

12 Listen deeply to someone and really hear what they are saying

13 Pause to watch the sky or clouds for a few minutes today

14 Find ways to enjoy any chores or tasks that you do

15 Stop. Breathe. Notice. Repeat regularly

16 Get really absorbed with an interesting or creative activity

17 Look around and spot three things you find unusual or pleasant

18 Have a 'no plans' day and notice how that feels

19 Cultivate a feeling of loving-kindness towards others today

20 Focus on what makes you and others happy today

21 Listen to a piece of music without doing anything else

22 Notice something that is going well, even if today feels difficult

23 Tune into your feelings, without judging or trying to change them

24 Appreciate your hands and all the things they enable you to do

25 Focus your attention on the good things you take for granted

26 Choose to spend less time looking at screens today

27 Appreciate nature around you, wherever you are

28 Notice when you're tired and take a break as soon as possible



29 Choose a different route today and see what you notice

30 Mentally scan your body and notice what it is feeling

31 Discover the joy in the simple things of life



ACTION FOR HAPPINESS

Happier · Kinder · Together