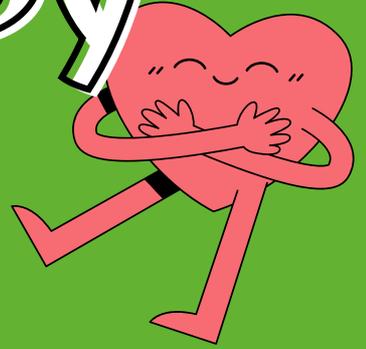


CPA'S HAPPY NEWS



Issue 02: 26/02/2024

email: cpa-magazine@theparkfederation.org

Great News All Round!

Hello Happy News Readers!
Thank you for all your good news submissions, they have been putting a smile on our faces reading them! Keep sending them in for a chance to be featured next month.

This month, we have some student writers who have contributed to the Happy News. Year 5 Students Mahi, Ibraheem, Aahil and Ritaj are aspiring journalists, we hope you like what they have written! You can speak to them directly if you have any happy news to report! Enjoy this issue!

 The Happy News Team



Teacher's Tip:

Miss Bediako's 'Top Tip' for a healthy mind is... Mental Relaxation!

Spend one day on the weekend thinking about all the things you **want!**

Give your brain a break and push all thoughts of school away on this day.

Make no mistake...

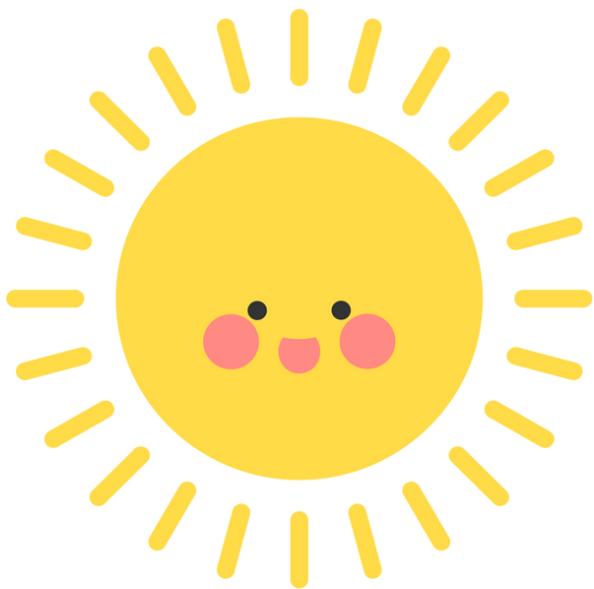
2ZA are the real winners this month! Mrs Ahmad has proudly awarded not one, not two, but ALL of her pupils their very own personalised rubbers; a reward for all their hardwork and dedication to learning this term! Keep it up 2ZA!



Positive Note of the Month :

Never let anyone dull your **SHINE.**





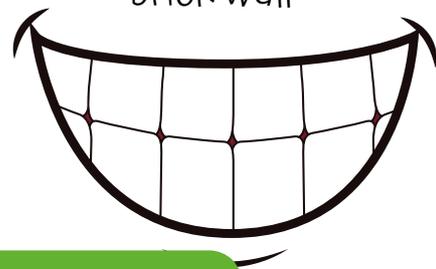
Future Flutist!

Iman in 3TG began learning how to play the flute this month! She hopes to one day be good enough to perform in front of others. Excellent work learning a new, musical skill Iman!

Positive affirmations



Think about the things you are proud of, your strengths or things that are going well in your life. Add each to a different brick on the brick wall



This Totally Rocks!

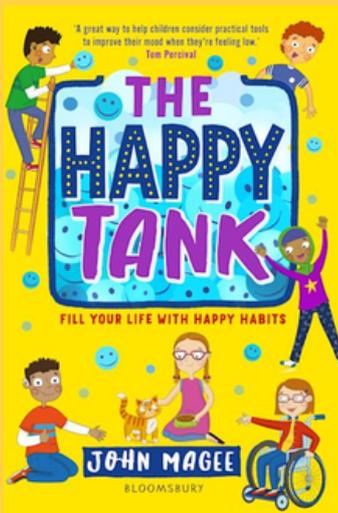
Congratulations to Idman in 4SM, he's become an absolute Rock Legend on Timestable Rockstars! At the start of the year, Idman's studio speed was 7.14 seconds, he has practised so hard and improved his score hugely! Now, his studio speed is 0.82 seconds! What a terrific improvement!

Celebrating Love!

On Valentines Day, The Millan Group hosted a Valentines Day Party at Hayes Community Centre. All attendees were asked to wear red and they all played games like Bingo and blew red balloons to see who had the best blowing in the room. There was also dancing and a comedian. The people who attended said they 'liked the fact that they were with other people with a varied set of ages, enjoying the fun'.

Written by Mahi 5KB

Read yourself happy!



The Happy Tank by John Magee

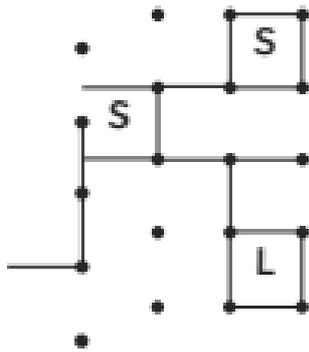
If you can, grab yourself a copy of this book! It is full of practical tools to improving your mood when you're feeling down and is a fantastic guide to understanding emotions. The author is a kindness coach and in this book he address why happiness is so important!



Do you have some happy news?

We want to hear from you! Email us your happy news at:
cpahappynews@theparkfederation.org or
post your news in the happy news post box,
located outside 1HW.

Boxes Game



This is a fun game to play with a friend! Take it in turns at joining two dots together (vertically or horizontally) to make the side of a square (a box). When you make a box with a line, write your initials in it and take another turn. The person with the most boxes at the end of the game is the winner.

