

SAYING THANK YOU is the simplest way of

expressing **gratitude** and the **attitude of gratitude** is what keeps us **happy**. ...
Saying thank you means you are grateful for the things that happened to you as a result of someone else's effort. It will make you **feel better** as you will have taken the time to notice something **positive** that has happened.

But *why* say thank you?

- If the person knows you appreciated what they did for you they are more likely to do it again!
- Saying thank you strengthens relationships as gratitude increases empathy.
- It can reinforce pride in what we all do.
- It can make the other person feel happier – someone has said something nice to them!
- It is 'good manners' – it is expected that you thank someone. It is a good habit to get into ready for the world of work.



- **I thank you from the bottom of my heart**
- **That's so kind of you**
- **I am very thankful**
- **You are great**
- **I'm really grateful**
- **Thanks a million**



OTHER WAYS TO SAY
"THANK YOU"

- I'm in your debt
- **You are the best**
- **I owe you one**
- **Thank you so much**
- **I really appreciate it**



Please accept my deepest thanks



Trip to Villa Park, Tuesday 15 February. Students enjoyed a tour around the stadium, walk in the players' tunnel and got to sit in the VIP seating area and the changing rooms.



Our Blues Fan wore his away top for the occasion!



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Stepping Forward Together - Caring, Sharing & Aspiring





Mr Hall and Mrs Patel said that the pupils were very respectful throughout the trip. Mr Hall said afterwards, 'the tour guide pulled me aside at the end and said "Your lads were brilliant. They all said **'thank you'** when I held the door open for them."

Mr. Hall's Health & Fitness

6 ways to rest and recharge during the half term break

Step away from work and electronic devices

Put your phone on airplane mode for a few hours to cancel out any noises or distractions.

Reconnect with nature.

You and your brain need to relax in order to truly unwind. Cycle along the canal, go hiking, plant some seeds. It will appeal to your senses, strengthen your immune system and make you exercise.

Get some fresh air and just breathe

The level of serotonin (the happy hormone) in the brain is affected by the amount of oxygen inhaled. Taking some slow deep breaths of some fresh air increases your blood circulation, and improves your concentration, sense of alertness and energy levels

Sleep!

Try to re-establish your night routine. A little exercise at night, curtains closed and phone turned off can all work wonders in helping you get a good night's sleep.

Exercise and have fun

Move! Physical activity triggers the release of endorphins (another happy hormone) in the brain. It doesn't need to be intense or long, difficult sessions. Simply aim to increase your heartbeat, maybe by taking a light stroll, playing with family or friends or just walking the family dog.

Express your own creativity

Paint, write, draw, sculpt, play music, do some DIY, cook, do some gardening... Whenever you enter your own imaginary world, you can express the thoughts you might usually ignore.

