



Pinehurst Primary School

Pinehurst Avenue ▲ Anfield ▲ Liverpool L4 7UF

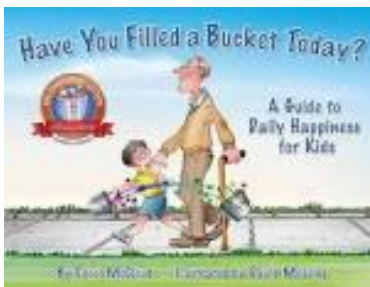
Tel: 0151 263 1300

Headteacher: Miss K Morris Deputy Headteacher: Mr D Briscoe

Experience, Excel and Enjoy

Wellbeing Newsletter May 2021

Book Recommendation



Using a simple metaphor of a bucket and dipper, Carol McCloud illustrates that when we choose to be kind, we not only fill the buckets of those around us, but also our OWN! All day long, we are either filling up or dipping into each other's buckets by what we say and what we do. When you're a bucket filler, you make the world a better place to be!

<https://www.youtube.com/watch?v=Uy6RR4KppZM>

Top Instagram



Marcus Rashford might be a world-class athlete, but he can still see the value in a fish finger sandwich. That's one of the cheap and simple recipe ideas in a project the footballer is launching to help families cook "pocket friendly" meals.

The free recipes and online video lessons from this Full Time project will be available each week on Instagram and on recipe cards in supermarkets, schools and food banks
<https://www.instagram.com/fulltimemeals/>

Activity Time

Get out and About



You've been stuck at home and you're looking for something fun you can do. As we can now meet up with others, (with some restrictions), how about a treasure hunt around our lovely city? Follow beautiful treasure maps and solve satisfying clues sent to your phones. Spot things other people take for granted! And most importantly enjoy getting outside in the fresh air and sunshine

<https://treasurehuntliverpool.com/families/>

Sun Awareness Week 2021



<https://www.bad.org.uk/sun-awareness-campaign>

We are here to help...

A reminder that if you are struggling at this time we are here to help. Contact Ms Wigelsworth in confidence if you require some support for your family. If you require help or support we have an emergency contact number of: 07858 739336



We're working towards Artsmark
Awarded by Arts Council England