



ARTICLE OF THE WEEK



**RIGHTS
RESPECTING
SCHOOLS**



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Which rights have we learnt about?



RIGHTS
RESPECTING
SCHOOLS



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**AIMS OF
EDUCATION**

At the beginning of the year we made our class charters to agree that we all have the right to learn, play and be safe.

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**HEALTH,
WATER, FOOD,
ENVIRONMENT**

In the Spring we learnt about the different ways our school, parents and community look after our health

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**FOOD, CLOTHING,
A SAFE HOME**

Then we learnt about all the things we need in order to survive and thrive – a home, clean clothes and living space.

We had 2 special days:
Our **Shelter** day where we thought about what we need in a home, and our **Walk for Water** day when we remembered how lucky we are to have clean water on tap instead of having to walk miles to fetch water everyday.

Think about the whole year you have been at Carlisle and all of the activities you have done in class, outside, after school.....

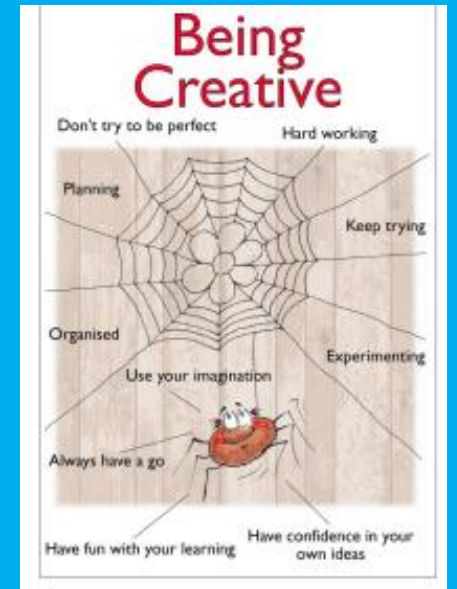
What have you taken part in this year?

What has been enjoyable?

What things help you relax?

Article 31 (leisure, play and culture)

Every child has the right to relax, play and take part in a wide range of cultural activities.



EXPLORING ARTICLE 31

Did you think of these?

- Arts and craft activities.
- Chilling out.
- Spending time with friends.
- Going to a museum or gallery.
- Going to the theatre, to concerts or to the cinema.
- Taking part in sport.
- Having a safe space to, relax, read, draw or listen to music.
- Playing at the park.
- Playing computer games.
- Doing yoga, meditation or mindfulness activities.
- Sleeping!

What else did you think of?



Play – what do you enjoy?



I love music

We learn lots of songs at school

When do you listen to music?



Singing is good for your wellbeing. It distracts you from any worries and gives your brain a rest.

Well done to our choir for performing at the Rose theatre!



I love dancing – I can express how I feel



Dancing is good exercise and the music makes you feel good!
Some dances tell a story. It is a way we can show how we feel.

Perhaps you might like to learn a new dance – a folk dance from a country you have learnt about this year.



I love sport



Make a list of the clubs your school runs at lunchtimes and after school. Is there something for everyone? Do you have a great idea for a new club? Think about how you could share your views about clubs at your school.

Perhaps you might like to take up a new sport over the summer or next year in school



Let's celebrate things we have enjoyed this year



You have worked hard this year and done lots of learning.

Over the summer holidays there will be time to rest, play and have fun.

Remember we can't do everything we might want to because clubs cost money – so we need to respect our parents if they say no to something.

There are lots of things that are free to do.

What can you think of?



LET'S REMEMBER (To Be Grateful)

For our families, for our friends,
For the wonderful, fun-filled times we spend;
For the laughter that we share,
Let's remember to be grateful for the people who care.

For the shelter of our homes,
For a personal space to call our own;
For the places we can go,
Let's remember to be grateful for the safety we know.

For the good things that we eat,
For a daily supply of energy;
For our muscles and our bones,
Let's remember to be grateful
For the way that we grow.



For the senses that we use,
For the freedom we have to think and choose;
For the learning something new,
Let's remember to be grateful
For the things we can do.

For the sunshine, for the rain,
For the beautiful things that come our way;
In our working, in our play,
Let's remember to be grateful for the gift of today.
Let's remember to be grateful for the gift of today.

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REFLECTION

Take a few minutes and give yourself some time and space on your own. Then have a think about the following:

- Schools have lots of holidays, including a big summer break. Why is having a break from school important?
- Spend some time thinking about how you will make sure that you enjoy your right to rest, play and take part in cultural activities during the holiday period.
- Maybe make yourself a personal wish list and share it with your friends or with the adults at home.
- Just go and do something you enjoy!

