

Newsletter

Theme of the week: Smiling

Quotes of the week:

“A warm smile is the universal language of kindness” - William Arthur Ward

“Don’t cry because it is over, smile because it happened” Dr Seuss

Top tips for Smiling:

- See the person and then smile, this shows that you smile because you saw them.
- Use the full range of smiling. Different smiles mean slightly different things. Experiment smiling in the mirror.
- Smiling is not just with your mouth, but your eyes. Soften your gaze, do not stare, but look on with love.
- Having positive thoughts also helps bring out a natural smile, but smiling also helps bring out positive thoughts.
- If you feel nervous or know someone is, smile and notice that worries go as others smile back.



Targets:

- Whenever you look into the mirror in the morning or before bed, smile to yourself. You can never have too much of this.
- If you see someone by themselves, catch their gaze and give them a warm smile. You might just be the best part of their day.

Interesting facts about smiling:

- Smiling makes you feel better by releasing endorphins, *even* if the smile is fake it still makes you feel better
- Smiling is good for your health
 - Helps your digestive system
 - Clears out toxins (poisons) in your body
 - Makes you more resistant to flu
- It is recommended to smile at least 40 times a day and laugh 20 times a day.

Fun questions to ask friends:

- What is the first thing you do when you are bored?
- If you had to remove one colour from the world forever, what would it be?
- Have you ever tried to scream in your head?
- If you could do anything as a career, what would it be?

Moral story:

I was given permission to enter a highly secure hospital and while I was there was something that surprised me. Amongst all the sadness and death there was someone who had bright, clear eyes that still knew how to smile and who always said “thank you” whenever he received anything. In this place, he was the only thing that looked truly human.

When I asked him what was the thing that helped him push through and fight for life, he told me to observe him in the mornings.

I saw early in the morning that man leaving his bed and going to sit in front of a fence. He waited and waited, until at midday, between the trees and on the other side of the fence, appeared a beautiful woman. She stopped in front of him and gave a loving and large smile. Then the man responded with his own smile.

Later, the woman left and the man appeared rejuvenated, now having the strength for the tough day ahead. At least until the next day, when he would return for another smile.

That woman was his wife, who had moved to the nearby town when he was admitted into hospital. And every day, whatever the weather, she made the effort to always express her love by seeing her husband anyway she could, with a smile on the other side of the fence.

After seeing it day in and day out, the doctor told me that it is what is keeping him alive.

Many times thanks to your smile, your words, your trust and love that you can give, you can save or transform a life. Do not pull away. Never stop smiling and treating other people well.

Weekly Creative Challenge:

This weeks': "You have long suspected that your best friend is a MI5 Secret Spy. A family member is in danger overseas, and you need help..."

Email your response to: eisherwood@middlewichhigh.cheshire.sch.uk

Last week's challenge: "Your pet can suddenly speak and they ask you for something, write what they say..."

Submitted by Mr Isherwood

While at the park with my 8 year old Cavalier King Charles Spaniel, named Julio.

Julio: "I have just about had enough of this. How dare you?! You heard me. I have been fetching sticks, balls and you keep throwing them away again. If you throw it again, I swear I will not move and you will have to fetch it yourself. Maybe then you will remember not to throw it away again. Only yesterday did I fetch the dead bird from the bin that I brought in on Wednesday and you got very mad. Do you not want me to help you keep your things? Especially a valuable gift. I really liked that dead bird and I still gave it to you - you were very ungrateful to be honest the first time. So yes, I am fed up. Can you explain yourself?"



What action can be so powerful?

“A _____ doesn’t cost anything but has a big impact.

It enriches those that receive it, without taking away from those that give.

It lasts only a second, but it’s remembered for eternity

And no one is too rich or too poor, that they can’t give it away.

It creates a loving, homely environment

It’s a sensitive sign of friendship.

A _____ relaxes those that are nervous and gives courage to those most scared.

In conclusion ... _____”

Poem of the week:

In a smile - Ajit Peter

In a smile

A picture of heart in a smile be found

eyes glitter sparkling diamonds round

In a smile the past do fade

in a smile a world new be made

in troubles a smile like summer shade

in a smile enemies to friends made

in a smile of a child anger end
in a smile of love eternity to spend
in a smile of forgiveness God to find
in a smile death do change its mind
in a smile strangers a family to be
in a smile beauty in the old to see
in a smile wealth doth lose its charm
in a smile winter be felt warm
in a smile humanity doth live
a smile a treasure valued by the heart that give

<https://hellopoetry.com/words/smile/>

Good news of the week:

You are doing great!!

Padlet app

One more week till Half term!

If you have any good news to share, email
eisherwood@middlewichhigh.cheshire.sch.uk