

# Reading@PmGHS



mindful may



## Featured Library Book

Reserve it now!

'Breathe Out' has been written specifically for young minds and the unique challenges that teenagers face today. It is filled with exercises, techniques and tips specifically designed to help you take a step back and take a moment for yourself.

## Poem of the Week

'Unnamed'

when the world comes crashing at your feet  
it's okay to let others  
help pick up the pieces  
if we're present to take part in your happiness  
when your circumstances are great  
we are more than capable  
of sharing your pain

Rupi Kaur



## Mental Health Awareness Week 10th - 16th May

This week is Mental Health Awareness Week and the theme this year is:

There are times in all our lives when things can start to feel a bit too much - it could be stress at school, having worries about your family and health, or you may be feeling lonely and not know who to talk to.

Nature is one of the things that can really help support your mental health.

How? Being close to nature helps to put worries into perspective and can help us experience positive emotions and feel calmer.

### Tips to try

Find some time to go outside and take a moment to sense the nature around you. Are there any birds that you can hear? Can you see any brightly coloured plants or feel the breeze blowing around you? Take some slow, deep breaths and feel yourself growing calmer.

Try growing your own plant at home and take the time to appreciate how it changes over time. This can bring you a sense of purpose and a better understanding of nature. Gardening also releases happy hormones in the body.

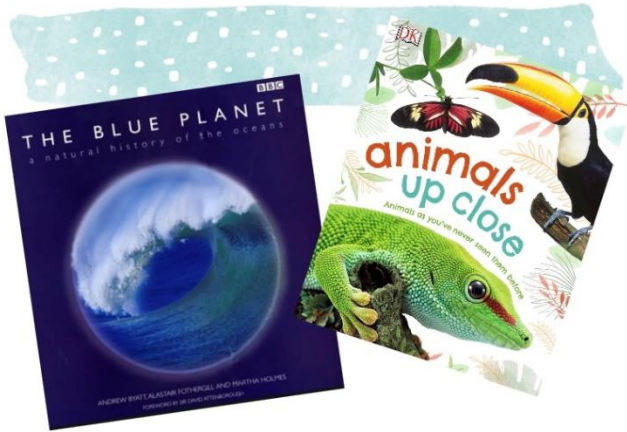
Another thing that is great for lowering stress and anxiety is mindful colouring. Mindful colouring asks us to focus on how we choose and apply colour in a design and brings our awareness to the present moment. Experts say that five minutes of colouring equals half an hour of meditation.

Try carefully colouring this flower design and see for yourself!

# NATURE



## Non-Fiction Nature Books in the Library



If you feel inspired and want to find out more about the wonderful world of nature, why not ask Miss Smalley about the information books available in the school library? She would be very happy to help!



## Wednesday 12th May - National

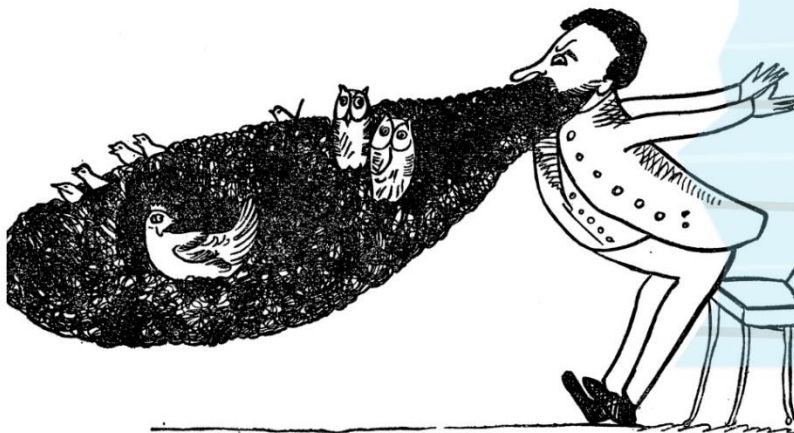
# LIMERICK



National Limerick Day celebrates the birthday of English artist, illustrator, author and poet, Edward Lear

Edward Lear wrote many iconic limericks. Among the most famous of these is the opening poem from 'A Book of Nonsense'

There was an Old Man with a beard,  
Who said, "It is just as I feared!  
Two Owls and a Hen,  
Four Larks and a Wren,  
Have all built their nests in my beard!



Edward Lear

### How to write a Limerick

Limericks are a kind of poem with a few set rules:

1. They are 5 lines long
2. Lines 1,2 and 5 need to rhyme
3. Lines 3 and 4 need to rhyme
4. They are usually funny!

Limericks are also written to a specific rhythm:

'da DUM da da DUM da da DUM  
da DUM da da DUM da da DUM  
da DuM da da DUM  
da DUM da da DUM  
da DUM da da DUM da da Dum'

Replace this with words or syllables following the 4 rules and you will have written your own limerick!

Email your Limerick to Miss Smalley at [librarian@pmjhs.com](mailto:librarian@pmjhs.com)

It could feature in the next newsletter!



Thanks for reading - Miss Smalley