

Assembly rota, Spring 2 2024-2025 Theme: Healthy Me

Assembly and day	Wk1 24-02-25	Wk2 03-03-25	Wk3 10-03-25	Wk4 17-03-25	Wk5 24-03-25	Wk6 31-03-25
E-SAFETY TIP	Tip #1: Do not download or install anything on your computer without your parents' permission.	Tip #2: Remember that just because lots of people are sharing the same opinions or beliefs online it does not make those opinions or beliefs true.	Tip #3: Know that when communicating online some people use a different 'language' than when they are speaking face to face.	Tip #4: Consent is another word for permission. We need to ask for permission for some things and give permission for others, when we're online as well as offline.	Tip #5: Sometimes organisations will ask permission before they do something that might affect you or your account. Would you share your location?	Tip #6: Understand that media can shape ideas about gender, race, religion, disability, culture and other groups. Why is it important to challenge and reject inappropriate representations online?
Musician of the Week Spring 2	Tchaikovsky - Swan Lake (Swan Theme)	Alan Dawa Dolma	Duke Ellington It Don't Mean A Thing (1943. Restored)	Aretha Franklin - Respect (Official Lyric Video)	Bob Marley -Buffalo Soldier	Kraftwerk - Computer Love
Breathing Exercises	Belly breathing	Lion's breath	4-7-8 breathing	Shoulder rolls	Pursed lip breathing	Anchor breathing
Monday SEAL Y3/5 3pm	Amarin Healthy Me	Madiha World Book Day (6th March)	Elizabeth International Women's Day (8th March)	Shoba Red Nose Day (21st March)	Amarin Inspirational leader: Ellie Symmonds	Madiha Easter
Tuesday SEAL Y4/6 3pm	Anthea Healthy Me	Jannat World Book Day (6th March)	Luke International Women's Day (8th March)	Ian Red Nose Day (21st March)	Anthea Inspirational leader: Ellie Symmonds	Jannat Easter
Wednesday Celebration Assembly Y4/6 3pm	Anjana Citizen of the month	Sujaan	Manjot	Letitia	Anjana	Sujaan Citizen of the month
Thursday Celebration assembly Y3/5 3pm	Naeema Citizen of the month	Decodea	Pardeep	Naeema	Decodea	Harpreet Citizen of the month
Friday Class Assembly 9am		4AP	4JA	4LD	4ID	
Whole school online assembly	Every Friday 8.45-9 Helen	Every Friday 8.45-9 Helen	Every Friday 8.45-9 Helen	Every Friday 8.45-9 Helen	Every Friday 8.45-9 Helen	EOT Whole school assembly