

Mrs Bennett's Bulletin

Tuesday 21 May 2024



Good morning, Prep School family,

I hope that you are all well, had a great weekend and enjoyed the sunshine.

I had a family wake for my auntie who died over the Easter holidays – she did not want a funeral so we decided to have a day together, at her house, in the garden that she treasured so much. She would have loved it; the food was flowing, the sun was shining and the garden was filled with laughter and memories being shared.

Sunday was a quiet one – Mr Bennett sanded a lot of floorboards and I spend the time in the garden. When I was tending to a completely overgrown flowerbed, a little robin came and sat on a tree trunk next to me and stayed there for hours. It occasionally flew off but always returned. After gardening, I went to visit my dad and we sat in the garden catching up over an adult beverage in the sun and lo and behold, a robin appeared and sat near us until the sun began to set and we went inside. The robin happily flew off. I had not seen a robin for months and then to see two, in such close proximity and on the same day, was really special. The well-known phrase, 'When robins appear, loved ones are near', alludes to the belief that the robin is a messenger from heaven from people that have died. When robins are seen, some people take comfort that loved ones are at peace, and many believe that their lost loved ones are visiting them. That was me this weekend. I truly believed that my auntie visited me in the garden to keep a watchful eye and then at my dad's, my mum popped along to say hello. She, like me, was partial to an adult beverage! You might think I'm crazy but the robins visiting brought to a close a weekend of memories of those that we have loved and lost and they could not have visited at more appropriate time.

Quote of the week: "Have a heart that never hardens, a temper that never tries and a touch that never hurts." – Charles Dickens

Well-being tasks for this week: These tasks are based on Meaningful May. Actions to help us find ways to be part of something bigger.

Tuesday 21 May – Look up at the sky. Remember we are all part of something bigger

Wednesday 22 May – Find a way to help a project or charity you care about

Thursday 23 May – Recall three things that you have done that you are proud of

Friday 24 May – Make choices that have a positive impact for others today

Saturday 25 May – Ask someone else what matters the most to them and why

Sunday 26 May – Remember an event in your life that was really meaningful

Monday 27 May – Focus on how your actions make a difference for others

Jokes of the week:

Why do bees hum? Because they can't remember the words.

What did the bee say to the flower? Hey bud!

What do you call a bee that's returned from the dead? A zom-bee.

Which bee gives you a second chance? The plan bee.

What's another name for a wasp? A wanna-bee.

Conversation starters:

What do you look forward to when you wake up every night?

What is your favourite dessert?

5 things that I am grateful for or looking forward to this week:

Can you try this simple exercise in gratitude and positivity?

1. I am looking forward to going to Norfolk, it's been a while.
2. I am looking forward to spending quality time with family and friends.
3. I am looking forward to seeing Take That on Saturday – reliving my youth!
4. I am grateful for the sunshine at the weekend.
5. I am grateful for my friend who is an expert gardener and answers all my silly plant questions!

Sleeps til Santa: 217 sleeps. . .

Wishing you a lovely week and a wonderful half term holiday. Rest and relax and we will see you in June for the final few weeks of term.

With much love,

Mrs Bennett