



The Opossum Federation Newsletter

Dear Parents and Carers,

It has, as always, been a busy term across the Federation with the children involved in a wide range of learning activities and events. All of our schools were excited about the ducklings that hatched in each of our Early Years settings during this half term. The ducklings received many visitors from across the year groups and were very popular members of the community. These first-hand learning experiences help to enrich the pupils' understanding of our natural world and its wonder. As Spring begins we are reminded of the beauty of the world around us, the importance of sustainability and the need for us to educate our young people on the environment and how to protect and preserve it. As the weather improves we hope to see many of our families choosing more environmentally friendly ways of travelling to and from school, not only are you helping to ease congestion and pollution in our local communities but also are contributing to developing your health.

Emotional health and well-being is topical at the moment and all of our schools work to promote positive mental health through our PSHE learning and wider school curriculum. Staff from across the Federation have received mindfulness training and we spend time exploring positive attitudes and values through our learning in a variety of subjects. This half term's RE focus "A day in the life of..." allowed pupils the opportunity to explore different faiths, which helps develop understanding and respect for the ideas and values of others. Positive, healthy relationships are important for our well-being and we promote the development of these across our schools. Please have a look at the April calendar from the Action for Happiness website attached to this newsletter which provides daily suggestions of actions each person can take to support their wellbeing. There are many more ideas on the website <https://www.actionforhappiness.org/> which you may wish to explore.

As you will be aware our annual pupil reports were shared recently with all parents and discussed at our Open Evenings. These summative assessments provide pupils, teachers and parents with an understanding of the pupil's overall learning over the last 12 months and the key areas of focus for continued development. During the next half term pupils in Reception, Yr.1, Yr.2 and Yr.6 will be involved in statutory assessments; each school holds information events to inform parents/carers on the requirements and how they can support their children to feel confident during the process. Learning how to support our young people to develop resilience is an important life skill and one that home and school can collectively support by working in partnership during occasions such as these. Pupils perform their best when they are well rested, having started the day with a healthy breakfast and are feeling confident and positive about their abilities.

Lastly, we would like to take this opportunity to thank all staff and volunteers for their continued hard work this term and wish all members of our community a happy holiday. We look forward to welcoming all staff and pupils back to school on **Tuesday 23rd April 2019**.

Have a restful and enjoyable break,

Prue Barnes-Kemp and Lisa McIntyre
Senior Executive Headteacher & Executive Headteacher



Topics and Trips

Nursery

Nursery settings have been busy this term learning about Life Cycles. Children watched ducklings hatch from their eggs and grow into furry little creatures, swimming in the water tray. They also watched the life cycle of a butterfly, as they hatched from their chrysalides into colourful butterflies which flew off into the Spring sunlight. The topic was enhanced through shared stories such as ‘The Very Hungry Caterpillar’ and ‘The Odd Egg’. Children were also busy in the kitchen making pancakes for Shrove Tuesday and Easter nests for Easter. *‘The ducklings were my favourite.’* (Opossum Nursery child) *‘I liked licking the spoon with chocolate on it.’* (Opossum Nursery child)

Reception

Ducks joined the Opossum family for two weeks this term. This brought lots of excitement to the children in both Nursery and Reception. Children loved watching the ducklings hatch and are used this experience to stimulate their writing and learning. *‘The egg slowly cracked and a little duck popped out. It was my best ever day.’* (Reception child, Newport)

Year 1 Library Visit

This half term Year One visited the library to find and read non-fiction books for their current topic. A librarian explained to the children how to apply for a library card and use it as often as they wish to get books on loan, to enhance their knowledge. In addition, children learnt about different activities held at libraries across the borough during the week and weekends, which they can attend with their families. To end the talk the librarian read some great stories, which the children loved. They also spent some time locating fiction and non-fiction books and read beautifully together. A great time had by everyone! *‘There were lots of reading books. I liked the ones about history the most.’* (Year 1 pupil, Thorpe Hall).

Year 2 Kensington Palace (Dawlish and Newport)

As part of the Humanities topic about the British Royal Family, Year 2 visited Kensington Palace. Children explored the private rooms of Queen Mary II which gave them an insight into the standard of living for royals in the past. They had the chance to visit the drawing room in the King’s State Apartments, to see the card tables set up for games that the king used to play. *‘I enjoyed Kensington Palace because I saw Princess Diana’s beautiful red dress.’* (Year 2 pupil, Dawlish)



Year 2 Queen Elizabeth Hunting Lodge (Oakhill and Thorpe Hall)

This half term, Year 2 classes at Oakhill and Thorpe Hall went to Queen Elizabeth Hunting lodge in Chingford, as part of our topic on Which Queen was the Most Influential? We observed the timber-framed building surrounded by its medieval hunting forest. The children enjoyed looking at the exhibition on Tudor food and fashion. They had the opportunity to try on the clothes and even got involved in some role-play. They enjoyed soaking up the atmosphere of an incredible building nearly 500 years after it was first built. The view from the second floor of the building was admirable, where the children could see the beauty of the local area.

'It was amazing we got to see all the different kinds of food that they ate. We saw real coins from the past and the music that Queen Elizabeth used to listen to and the clothes she wore.' (Year 3 pupil, Thorpe Hall)

Year 3 – How Does Food End up on our Plate?

Year 3 investigated the question – how does food end up on our plate? Throughout this half term. They learnt about the types of food we eat in Britain and where it comes from. This gave the children the opportunity to learn more about the geography of our country and different types of farming. They also spent time thinking about how to use those foods to create healthy meals. To support their learning, some classes visited a local supermarket to look at how food is packaged, stored, transported and marketed. One class had the opportunity to visit a local city farm where they learnt more about the animals. Josh *"It was really fun because we saw the donkeys"* (Year 3 pupil, Oakhill) *"It was really funny because everyone was scared of the chickens"* (Year 3 pupil, Oakhill)

Year 4 Science Museum

The Year 4 education visit took place at the Science Museum. The focus of the visit was on teeth and digestion, helping to bring their Science learning to life. Children found the answers to lots of questions, which they later used to create a Scientific presentation when they returned to school. *'Visiting the Science Museum was great fun, I learnt more about the digestive system and there was even a giant model of the human body.'* (Year 4 pupil, Newport)

Year 5 Natural History Museum

This half term pupils in Year 5 have been learning about the features of different biomes; where they are situated on Earth and describing these using geographical language. To support their learning, classes visited the Natural History Museum and looked at the vast range of life that can be found across our living planet and the way in which animals are suited to their environment. They were able to see the impact that humans can have on the planet and think about what they can do as individuals to minimise their impact on the environment.

Year 6 Globe Theatre

To further their understanding of Shakespearean Theatre, Year 6 pupils visited the Globe and took part in a workshop. They found out what it would have been like to be in the audience through a guided tour of the theatre and then took part in a workshop based on Hamlet, which they have been studying at school. Children were encouraged to experiment with the sounds and rhythms of Shakespearean language. An Oakhill pupil said that his favourite part of the day was finding out about the trap doors on the stage. Another pupil from Oakhill remembered that it took three attempts to build the Globe because it was made of wood and it was destroyed by fire before it was finished.

Events

Reading Breakfast

Our half termly Reading Breakfast took place in aid of World Book Day on Thursday 7th March. Halls were full of book characters- children, staff and parents all got involved. We were met by Paddington Bear, Harry Potter, The Hungry Caterpillar, Mr Bump and many more! Favourite stories were shared over a delicious breakfast of croissants and fruit. The best dressed family prize at Newport went to 'Beauty and the Beast', a great effort by all. *'What a lovely morning, full of excitement and reading, thank you for organising.'* (Parent, Newport) *'I loved reading with my dad. It was great fun.'* (Y2 pupil, Newport)



RE Day

This half term, the title of RE day was 'A Day in the Life...' Each year group focused on one particular religion; they learnt where and how people pray, what is important to them and stories featuring important people from that religion. A Year 4 pupil at Oakhill commented that he learnt that *Jewish people do nothing on a Saturday but rest- not even shopping.* He said *'It's the day when God rested and did nothing.'* Another Oakhill pupil remembered that *the Torah 'cannot be touched by human hand'*. In Year 3 at Oakhill, a pupil said *'We learnt about the five pillars of Islam and what they meant, one is charity, one is going to Mecca and one is belief.'*

Governing Body

This half term the governing body met on the 18th March. We spent time reviewing updated policies and procedures which included the schools' Equality Action Plans and a number of Human Resources policies which relate to staff. At this time of year budgets are being set for the new financial year. Strategic planning and forward thinking is an essential aspect of our role, ensuring that children receive the best possible education and opportunities. During the Spring term meeting we also review the Special Educational Needs Information Report, presented by the school's SENCOs. We are appreciative of the work they and their teams put into this document and their continuous effort to ensure our schools are working effectively to meet the needs of this group of learners. You can read the SEN Information Report on the school websites. The governing body wishes you a happy and relaxing Spring break.

UFA – Helping Your Child to Learn, Parent Course

During the Spring term, the Opossum Federation were pleased to offer the UFA, 'Helping my Child to Learn' course for parents. Although it has been well attended a number of times at Newport and Dawlish Schools, it was the first time for Oakhill and Thorpe Hall. Through the five week programme, parents considered the different learning types and how to best support their child's learning. This programme was developed by a national educational charity, the University of the First Age, (UFA) and we are grateful to Mary Neilson (who is also a member of our governing body) for delivering the course. It is so important for the children to see themselves as life-long learners so it was a wonderful opportunity for their parents to model this when they came to receive their certificates in assemblies at each school. If you were not able to join this cohort, please look out for advertisements in news bulletins for upcoming courses.

Thank you for running this course. I learnt so much. I would recommend this course to other parents.'
Thorpe Hall parent.

World Book Day

World Book Day started with a bang, with a 'favourite book character' themed breakfast. Following the excitement of breakfast and books, children were inspired by the story of Beegu; a little alien who appeared on earth, all lonely and sad. Throughout the story, Beegu does not meet anyone who will listen or play, until he arrives on a school playground. Children enjoyed role playing the story, drawing illustrations and writing about Beegu's adventures on earth. During the day, children also took part in 'drop and read' sessions, quizzes and had the opportunity to share their favourite books. *'I love dressing as my favourite book character. I dressed as Paddington. He is my favourite character because he goes on lots of adventures.'* (Year 1 pupil, Newport) *'World Book Day is an opportunity to share your favourite stories. Mine is Harry Potter, I'm reading the last book.'* (Year 5 pupil, Newport)

Comic Relief

Children and adults from across all schools put on their red noses, wore red clothes and raised money for Comic Relief on 15th March. Assemblies and PSHE lessons during the week focused on how the charity supports projects both in this country and further away. Children were made aware of how the money they raised may be used to support those in need. Thank you to everyone for donating towards this worthy cause; the total raised by Opossum schools was a fantastic £1,245.52.

Coffee morning

Each half term, school leaders meet with parents over coffee to discuss a chosen topic. This half term the focus was *how to read and understand my child's annual report*. Leaders explained to parents the structure and the layout of each year group's report. We spent some time together discussing the differences between 'attainment' and 'progress' in the educational context and what this means for your child.

As requested by parents, we have put together two documents that were e-mailed to all parents after the Open Evening. The first document has information about how our reading programme works for each year group and to help parents understand the different colour bands we use in school. The second document has a specific focus on key skills activities for your child's specific year group.

Thank you to all parents/carers who attended the coffee morning, we hope you found it helpful.

Annual Pupil Reports and Open Evening

Our Spring term Open Evening was extremely well attended in all four schools. We recognise it is a good opportunity to discuss your child's attainment and progress following receipt of the annual pupil reports and hope that the evening was positive and informative for all families. We view education as a partnership, which is why we dedicate three evenings a year to these parent meetings.

We value your feedback and appreciate the time spent completing our annual surveys and the contribution you made to defining our values. We will collate the information and share it with the school communities after the Spring Holiday.

Year 5 RE Conference

This half term, selected Year 5 pupils from all four schools in the Opossum Federation were fortunate to be involved in a Junior RE Conference. The children had the opportunity to work as a team completing tasks that explored what peace means. Children enjoyed the day and enthusiastically took part in group discussions. They had to engage in deeper thinking when discussing the question 'Can we be happy with very little?' The children were able to expand upon each other's ideas with interesting points of view. They also discovered how each religion views peace and how they are similar or different to each other. By the end of the day, the children said that they had gained a 'greater understanding of the importance of peace.' The day was successful; children were respectful, allowing others to share their ideas, and they were creative with their own responses.

'It was loads of fun and a good learning experience for all involved. We were inspired to do more.' (Year 5 pupil, Thorpe Hall)

Spring Writing Project - 'Who Done It?'

Something strange happened across the federation during the last week of term: Head of School offices were left in a mess, trophies and 'Green Tokens' went missing. Emergency assemblies were called, 'police' and 'FBI' statements were given and children were set to work as detectives- trying to find out what happened on the evening of Friday 29th March. During the week, more evidence was revealed- CCTV footage, interviews and photographs of objects which linked many suspects to the scene of the crime. Using their detective skills, children set to work on solving the mystery. Children were seen on the playground interviewing potential suspects, conversing with their classmates and trying to piece all the clues together. Eventually, they wrote up their findings and presented them in a verdict assembly on Thursday 4th April. Visit the school websites to find out how the mysteries were solved. *I loved being a detective, it was so much fun. We had to look at all the evidence and piece together the information to find out who and why did such a terrible thing.* (Year 4 pupil, Newport). *When we visited the scene of the crime, Ms. Perridge's office, I could not believe my eyes, it was a mess- paper all over the floor, chairs toppled over and desks upturned. We looked at evidence such as a dodgeball, Mr. Clark's whistle and staff lanyards to find out who could possibly do such a thing.* (Year 5 pupil, Newport) *My favourite part was visiting Ms. Perridge's office.* (Year 1 pupil, Newport).

The children at each school set to work with great enthusiasm to investigate and solve the mystery; their reasoning and use of technical vocabulary was excellent. Clearly some future detectives in our midst!

The Spring writing project was organised and led by 2nd year teachers from across the federation. The pedagogy behind it was to demonstrate the impact of experiential learning on writing. Children participated in a shared experience and had to use their enquiry skills to determine the outcome. They also had choice in deciding the genre of writing they wrote in. This project also forms part of staff action research which is completed each year. We look forward to sharing the outcomes with you next term.

Easter Bonnet Parade

Thank you to all families who spent time creating some very elaborate and spectacular Easter bonnets and baskets for our parade! Children were keen to show off their creations and share what they had made with their friends.

Sports Events

Boys' Football Years 3 and 4

All Opossum Federation school teams put on their kits and went to represent their schools in fine fashion. The tournament started with the group stage for all four schools. The group stages saw some excellent footballing from our teams and from our opposition. All of the children showed exemplary behaviour and fair play at all times. Despite tough opposition, they demonstrated excellent teamwork and showcased a variety of skills. Newport School came away as the winners of the tournament, doing themselves and the school proud. Congratulations Newport! Hakan from Thorpe Hall commented *"I really enjoyed representing the school and I can't wait to do it again!"*

London Youth Games - Hockey

The children from Thorpe Hall Primary School represented Waltham Forest in the London Youth Games last week. We arrived with excitement and anticipation, observing all of the different boroughs in their different kit styles and colours. The team started well and recorded a draw even though we were on top for the majority of the game. Now being a little warmed up, the second game ended with a convincing win (9-1) to Thorpe Hall and then we finished the group with another draw. This landed us a place in the top 16. The children showcased determination, grit and above all the importance of teamwork in all of their games. These traits spurred them on and they received a ranking of 5 in the whole of London. The team showed excellent fair play and enjoyed every minute of the experience. One team member commented *"I am so happy with what we have done today, we are all really proud!"*

Girls Football Year 6

A team of girls from Oakhill took part in a Year 6 football competition. After winning last year they felt the pressure of expectation but managed to keep focused and calm throughout the tournament. They performed well and came third overall narrowly missing a win in several games. After the competition they played a friendly against Yardley and won 8-0 which was a positive end to the day. Well done team.

Gymnastics Years 3-6

Year 3-6 children of Dawlish and Newport schools were lucky enough to attend a gymnastic competition this term. All the children had a lot of fun taking part and competing. This competition gave children a lot of confidence in their sporting ability. Every child came back to school with a great big smile on their face and said they had a fantastic day.

“On the day it was quite fun because it was quite easy and on some of them I knew what to do! I had a great day!” Year 2 pupil, Dawlish)

We look forward to getting the results after the Easter holidays.

Pentathlon

The Pentathlon is a new event this year organised by the Waltham Forest school games team and it sounds like it was really good fun. The competition involved teams of four taking part in activities where they could win points for their team. Activities included a parachute game where balls flew off the parachute and competitors had to collect them and put them back into coloured baskets and throwing beanbags at numbers to score points. Pupils from Oakhill and Newport took part, they had a great time and all came back to school proudly wearing medals. Well done!

Boys Football Years 5 and 6

On the 7th of March, a lovely, sunny day, boys from Years 5 and 6 at Dawlish, Newport and Oakhill participated in a football competition at Chingford Goals. Dawlish won two of their matches, with the goalie reportedly saving “almost every goal”. Newport did well and went through to the quarter finals and Oakhill won the competition. Congratulations Oakhill! Reports from pupils and teachers are that spirits were high and fair play was shown by all players – well done team.

Cross Country

Teams from Newport and Oakhill, supported by Ms. Brandon, Mr. Nelson and Mr. Ruthven took a group of runners to the annual Waltham Forest Cross Country in Chingford. There were over 250 runners from schools across the borough and all Opossum runners completed the course in great time. Arber from Newport came 4th overall, a wonderful achievement, perhaps an Olympic athlete in the making!

Dodgeball

The Dodgeball competition was entered by 40 teams, including groups from Oakhill and Newport. This provided for some real excitement and a chance to show off our throwing, catching and dodging skills. Well done to Newport B team who came 3rd out of all 40 teams. Well done!

Dance Showcase

Newport dance team, made up of children from Years 3, 4 and 5 took to the stage to perform their choreographed dance. They performed together as a team, dancing beautifully in sync, with a grand finale, which had the crowds cheering and clapping. It was a great performance and the team represented Newport wonderfully.

Congratulations



Well done to Lizzy at Dawlish whose entry in the STARZ travel competition won a scooter pod for the school.

Congratulations to Katie Hanlon, Class teacher at Thorpe Hall Primary School, on the safe arrival of her new baby daughter. Best wishes to the Hanlon family.

Congratulations to all our sports teams for their effort and achievements this term. A particular congratulations to the Thorpe Hall Hockey Team who represented Waltham Forest at the London Youth Games last week. They came 5th out of teams from across all London boroughs – well done!

School Nurse

Each half-term there is an opportunity for parents to come along to NHS nurse drop-in session to discuss any health and well-being related issues or questions they have in regards to their child/children. Check your school bulletin for dates and times. Email reminders will always be sent to parents informing them of the upcoming drop-in sessions. Be on the lookout!

Save The Date

A number of exciting events and important dates are coming up next half term. Keep a close eye on your school website and the weekly bulletins to find dates for your diary.

Tuesday 23rd April 2019

First Day of Summer Term 1

Monday 6th May 2019

School closed - May Bank Holiday

Friday 10th May 2019

Year 1&2 Sharing Assembly

Monday 13th May 2019

SATs Week for Y6 and Y2

Friday 17th May 2019

Year 3&4 Sharing Assembly

Friday 24th May 2019

Year 5&6 Sharing Assembly

Monday 27th – Friday 31st May 2019

Half Term Holidays

Attendance and Punctuality

As always, the schools monitor children's attendance closely to ensure that everyone is able to take advantage of all learning opportunities and achieve their very best. As we end this half term, the rolling attendance for pupils in Years 1-6 is:

Dawlish	Newport	Oakhill	Thorpe Hall
97%	96.8%	96.5%	97.1%

If a pupil's attendance falls below 90%, this is known as persistent absence and is an extremely serious concern and may result in onward referrals or court action. If you are experiencing difficulty with regards to attendance, please contact the Head of School as there may be support we can signpost you to.

Online Safety

Have you set family technology rules for your family? Maybe you have a few that aren't really written down anywhere or are implemented with less consistency than you would like.

Have you heard yourself saying any of these common phrases heard in homes across the world these days?

"I can't get my kids to stop playing on their DS/Wii/Playstation/iPad/Phone"

"Anytime I tell them to turn it off, it turns into a major battle"

"It feels like technology is taking over our lives"

It may be time to make or review your family tech rules. The principles in the poster below may be a helpful starting point for family discussion. Parents – please remember that you set the example!



Looking for More Information?

The school websites offer a wealth of information; you will find important dates, news updates, Home Learning projects, and links to other helpful websites. We encourage parents/carers to regularly check the school websites for information, in particular 'Important dates' and 'Home Learning Projects'. All the information you need to know from your child's year group can be found in year group pages.



Waltham Forest - Borough of Culture

Waltham Forest launched the first Borough of Culture with a celebration event entitled 'Welcome to the Forest' in January 2019. Events have been planned over the course of the year. This month there are Easter craft sessions, Atomic 50 tin project and a May Day festival. For more information on local events, please visit the following website: <https://wfculture19.co.uk/event-search>

Teachers from across the federation are planning the whole school topic for Summer 2, entitled 'Borough of Culture'. The curriculum has been planned to develop the arts and knowledge of the local area and community. Family and community events are being planned for the Summer 2 term.

Holiday Activities

Looking for fun local events and activities over the holidays? Please follow this link to the Waltham Forest council events page <https://www.walthamforest.gov.uk/events> and on this link [here](#).

Find us on:
www.dawlishprimary.co.uk

Find us on:
www.newport.waltham.sch.uk

Find us on:
www.oakhillschool.org.uk

Find us on:
www.thorpehallprimary.com



Find us on:
www.oppoosumed.org



Term Dates 2018-19

Summer Term		
23 rd April- 24 th May	Summer term 1	
6th May	Bank Holiday	School closed
27th May – 31st May	Half term break	School closed
3 rd June- 19 th July	Summer term 2	
	Closure on the last day of term- 1:30pm	
22nd July	INSET	School closed
23rd July	INSET	School closed

Term Dates 2019-2020

Autumn Term		
2 nd September – 18 th October	Autumn term 1	
Friday 27 th September 2019	INSET Day	School closed
21st October – 25th October	Half term break	School closed
28 th October – 20 th December	Autumn term 2	
Friday 22 nd November 2019	INSET Day	School closed
23rd December – 3rd January	Christmas break	School closed

Spring Term		
6 th January – 14 th February	Spring term 1	
Friday 24 th January 2020	INSET Day	School Closed
17th February- 21st February	Half term break	School closed
24 th February – 3 rd April	Spring 2	
6th April – 17th April	Easter break	School closed

Summer Term		
20 th April- 22 nd May	Summer term 1	
4th May	Bank Holiday	School closed
25th May – 29th May	Half term break	School closed
1 st June- 20 th July	Summer term 2	
Friday 10 July 2020	INSET Day	School Closed
Monday 20 July 2020	INSET Day	School Closed



ACTION CALENDAR: ACTIVE APRIL 2019



MONDAY

1 Commit to doing something active every day this month

8 Get natural light early in the day. Turn off lights in the evening

15 Sign up for an activity challenge as a goal to work towards

22 Arrange to get together with a friend to walk and talk

29 Spend as much time as possible outdoors today

TUESDAY

2 Have an outdoor meeting, instead of sitting down inside

9 Do a body-scan meditation and really notice how your body feels

16 Make sleep a priority and go to bed in good time

23 Actively 'eat a rainbow' of multi-coloured vegetables today

30 Make time for doing your favourite sport or activity

WEDNESDAY

3 Listen to your body and be grateful for what it can do

10 Join an activity club or class that you'll actually enjoy

17 Choose to park further away and enjoy some extra exercise

24 Spend less time sitting down today - get up and move more!

THURSDAY

4 Go up and down the stairs whenever possible today

11 Eat only healthy & natural food and drink lots of water

18 Do stretch and breathe exercises at 3 different times

25 Get out into nature. Feed the birds or go wildlife-spotting

FRIDAY

5 Enjoy moving to your favourite music. Really go for it

12 Choose to walk or cycle instead of going by car or bus

19 Take an extra break in your day and go for a 15 min walk outside

26 Recharge yourself. Avoid tech for 2 hours before bedtime

SATURDAY

6 Go exploring around your local area and notice new things

13 Turn your housework or chores into a good form of exercise

20 Relax your body & mind with Yoga, Tai Chi or Meditation

27 Do something active and fun like air guitar or a silly walk :)

SUNDAY

7 Get outside and plant a tree, flowers or some seeds

14 Have a day free from TV or screens and get moving instead

21 Make time to run, swim, dance, stretch or cycle today

28 Go out and do an errand for a loved one or neighbour



"Movement is a medicine for changing our physical, emotional and mental states" ~ Carol Welch



ACTION FOR HAPPINESS



www.actionforhappiness.org

Find out more about the Ten Keys to Happier Living, including books, guides, posters and more here: www.actionforhappiness.org/10-keys