



# Weekly Newsletter

Living to Learn, Learning to Live



## REACH FOR THE STARS

14.01.2022

### Key Dates

Half Term: 21st February to 25th February 2022

## SPOT-LIGHT ON LEARNING



ACADEMIC YEAR 2021—2022

Autumn Term 2021  
1st September 2021 - 21st December 2021

Half term: 25th October to 29th October 2021

Spring Term 2022  
5th January 2022- Friday 8th April 2022

Half Term: 21st February to 25th February 2022

Summer Term 2022  
25th April - 20th July

May day: Monday 2nd May

27th May Jubilee Day

Week beginning Monday 30th—Friday 3rd June—INSET Days

Whit Break: 6th June

### Grandad Wheels

Brian Abram

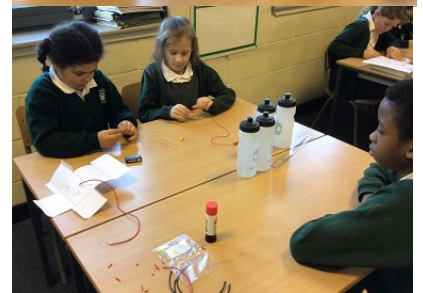
[www.grandadwheels.com](http://www.grandadwheels.com) is visiting us on 31st January to read us some stories from his books, he will be selling signed copies of the book, look out for a letter coming soon.



The Adventures of Grandad Wheels! is a unique series of children's books about the crazy adventures of a disabled Grandad in a wheelchair and his Grandson Charlie.

### YEAR 4—Steady hands!

Year 4 have researched and made a steady hand game for DT. They have researched, planned and practised their skills before making their final product.



### THIS WEEK IN PSHE

This term we will be studying 'Living in the Wider World'

This theme is about

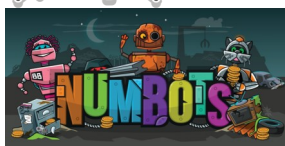
Respect for self and others and the importance of responsible behaviours and actions.

Rights and responsibilities as members of families, other groups and ultimately as citizens. ...

The importance of respecting and protecting the environment.



Look out for TTRS and Numbots next week—who will be 2022 winners??



MATHS AT HOME—help your child with maths at home!

### Maths at Home NUMBER BONDS

1. Player 1 pick a domino and say the total amount of dots (e.g. 7)
2. Player 2 guesses the dot combination from either side (e.g. 3 and 4)
3. Player 2 continues to guess the bonds until they are right

\*tip - jot down guesses so there's no repeats



## MENTAL HEALTH AND WELLBENG

*In an ideal world, we would return to work after the holiday season feeling rested, motivated and in top shape to tackle the coming year. Unfortunately, having a holiday break does not necessarily mean we feel ready for the year ahead.*

*People's mental health can be negatively affected by the festive season due to various reasons and while it takes time to heal from the festive-stress, before we know it, it's January again! The month when we start to face an onslaught of a whole year's work ahead with no rest in sight.*

<https://www.thanksben.com/blog/combat-the-january-blues>

### HISTORY CORNER

This term Year 6 will be studying the Vikings.

Where the Vikings 'ruthless killers', 'peaceful settlers' or 'keen traders'?

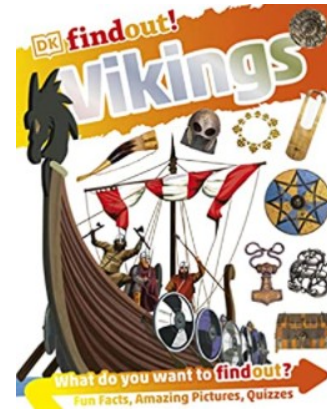
Vikings is the modern name given to seafaring people primarily from Scandinavia (present-day Denmark, Norway and Sweden), who from the late 8th to the late 11th century raided, pirated, settled and traded throughout parts of Europe.

If you want to know more—ask a Year 6 child.



Our History Ambassadors recommend ...

if you want to know more about Vikings.



### SPOTLIGHT ON READING—We love to read!

Isobelle (y4) recommends 'The Twits' by Roald Dahl. I like this book because it is really funny. It's about 2 old people who always play tricks on each other. I picked this because I liked other books by the same author.



### Year One Phonics

This week in Phonics Year One have started Phase 5 as part of our new scheme: Essential Letters and Sounds (ELS).

We have been learning the sounds: ay (play, stay), ou (cloud, proud), ie (tie, pie) & ea (seat, each)

Can you think of any more words containing these sounds?

Look for these sounds in this sentence:

'I tried hard to sound out and say each word in phonics.'

**Keep working hard practising all the sound and words you have been learning.**

Effort



Attend



Check out our website for tips of how to support phonics learning.

<https://wellesbourneschool.co.uk/learning/english/>

We had visitors in our school on Wednesday. We talked about healthy eating and what we need to eat to keep us fit and strong.

### Kid's Healthy Eating Plate



**ATTENDANCE IS ONE OF OUR VALUES.**

ATTENDANCE Superstars last week are **Year 2MB** with 98.65% attendance all week!!

**Well done Year 2MB!**

PLEASE try to make sure your child is in school, on time, every day.

# Weekly Newsletter Early Years

## REACH FOR THE STARS

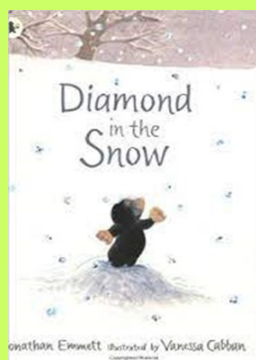
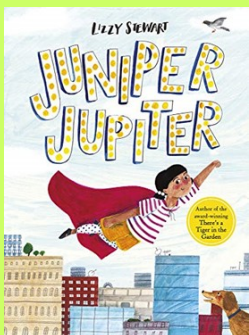
Living to Learn,  
Learning to Live

### Key Dates

Reception have P.E every Tuesday.  
Children are to come to school wearing their P.E kits.

**SPOT-LIGHT ON LEARNING IN OUR EARLY YEARS**

These are our home time reading books.



Why not Google them if you want to see more, for free

Cooperate



Effort



### IN NURSERY THIS WEEK

We have had a very busy week in Nursery this week learning all about our new theme 'People Who Help Us'. The children have had lots of fun exploring all the new enhancements in our areas relating to 'People Who Help Us'. We have seen lots of police officers making sure the children are following our Nursery rules and doctors and nurses looking after the babies. The children have had lots of fun in the Art/DT area making fire engines and police cars with the junk modelling. We have also been talking a lot about what jobs the children would like to do when they are grown up. We had children saying they would like to be police officers, dentists and nurses. The children have been joining in with meditation sessions to have time to be calm and relaxed. The children laid down on their back, still and with their eyes closed and practised breathing techniques to relax and calm their mind and body. It can be quite tricky to keep still for 5 minutes but the children have been amazing at it and we even had a couple who fell asleep! Meditation is great to help children not only feel relaxed and calm but also to help them regulate their feelings. Try having a go at home by typing in 'children's meditation' into YouTube, there are lots of different ones to try.



### IN RECEPTION THIS WEEK

In reception we have been learning about winter and arctic animals. We looked closely at polar bears and wondered how they keep warm in the cold? We discovered that this was due to them having a layer of blubber. The blubber keeps them warm. We thought it would be fun to carry out an experiment to see whether blubber works. We put some lard on a rubber glove and covered it with another glove. When we touched the ice cubes with our other hand it was freezing, but when we touched the ice with our "blubber glove" we were able to keep our hand in the ice as it was nice and warm. We were amazed!!!! This week we had to try and rescue some figures who had got trapped in ice. We decided that the best ways to melt the ice would be warm water and putting it in the sun. We also looked at how we can stay cosy and warm and one of the ideas we thought of was having a lovely treat of some hot chocolate. It was delicious.

In phonics this week we have looked at the letters j, v, w and x please support your child practising these sounds. In maths we have been comparing numbers and looking for the biggest amount. There are some activities on tapestry to help support this learning.

**Could we also ask parents to please send a water bottle to school everyday filled with water for your child and a waterproof coat, thank you.**



# NOTICEBOARD

## It's Your Child's Life Liverpool Working with parents to support children's learning

'It's Your Child's Life' is a parental engagement programme which helps parents to help their children succeed in school. By giving parents a real insight into what their child is learning and how they are being taught, parents become the real partners in their child's learning journey and become actively involved in their education.

A group of our Reception parents began a programme with 'It's your child's life' this week. We look forward to finding out more about this programme.

Find out more by visiting their web site.

<https://www.itsyourlife.me.uk/liverpool>



## How to build resilience and emotional health in children



### Our top tips



### Practical ways

#### 1 Build positive relationships

Help them to strengthen and build positive relationships with their friends and other adults. This will help them to understand, think and communicate with others, as well as contribute to social and emotional development.

1

- Give them space to spend quality time with their network of friends and loved ones.
- Help them build a positive relationship with themselves and others by letting them spend time doing the things they love.

#### 2 Build emotional awareness

Encourage them to understand, express and manage their emotions. Children who learn to handle their emotions tend to have better physical and emotional health, do better at school and get on better with friends. Let them know it is ok for them to seek help and support too if they need this.

2



- Encourage them to get to know who they are and what values they hold.
- Give them lots of positive encouragement and praise.
- Share your experiences with them so they can see you understand what they are going through.

#### 3 Build independence

Help them learn to be independent in their actions and thoughts. This will help to develop their confidence, self-efficacy and self-esteem. It will also boost motivation and help them to work through challenges.

3



#### 4 Build confidence

Help them build their confidence by taking on challenges and allow them to learn from it even if they do not manage to complete the challenges.

4

- Encourage them to learn problem-solving skills as that is key to building resilience. No matter what the situation or issue is, there is always a resolve for it.
- Whether they accomplish them or not, encourage them to plan goals and challenges, which help to boost their self-esteem and confidence and independence.

#### 5 Get support

Family Lives is always here to support you through difficult times. For support call our confidential helpline on 0808 800 2222, email us at [askus@familylives.org.uk](mailto:askus@familylives.org.uk) or chat to us online.

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Find out more  
[www.familylives.org.uk](http://www.familylives.org.uk)