



26th June 2020

This will be our last weekly newsletter this term. We hope you find Mrs Roebuck's wellbeing information useful. Any additional information will be sent via Parenthub so please ensure you have signed up by downloading the Parenthub app.

Looking after mental health and wellbeing - Information from Mrs Roebuck

It's really important during these times of disruption caused by the coronavirus that we all pay attention to our own wellbeing and the wellbeing of those around us. Feeling anxious or worried, or dealing with stress during a pandemic is going to affect everyone's mental health particularly vulnerable groups and children and young people.

When children's normal school routines have been interrupted and they spend more time indoors, not seeing friends and family feeling isolated they may experience new feelings of sadness, loss and grief. Children respond to stress in different ways, some worrying about their health or the health of loved ones. They may get frustrated, upset, anxious or even angry. Some children become distant and withdrawn locking themselves away and some becoming over clingy and demanding. Some children experience physical symptoms, like stomach ache, problems eating and sleeping, even bed wetting again. Getting back into routines, being structured and doing things help children feel more secure again, they feel better and are better behaved. Including exercise and getting fresh air everyday helps with stressful or physical feelings and children with lots of energy generally cope better. Having fun, being flexible and staying calm makes for less anxious children that are able to express themselves in a safe and supportive way.

Useful resources can help support children and young people through these challenging times and offer hints and tips to help with wellbeing, re-establishing routines and encouraging positive behaviours and ways responding.

Young Minds – youngminds.org.uk

UNICEF – unicef.org

Healthy Minds – healthyminds.org.uk

Parenting NI – parentingni.org

NSPCC – Helpline 0808 800 5000 – nspcc.org.uk – Childline 0800 1111

Barnardo's – barnardos-parenting.org.uk

Open Minds Calderdale – openmindscalderdale.org.uk

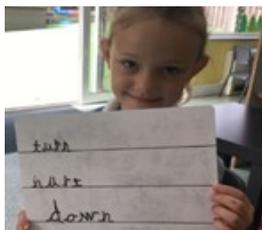
Family Lives – familylives.org.uk

Parent View Questionnaire

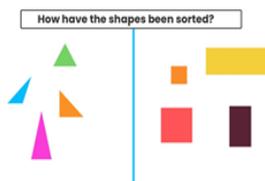
Annually we ask parents to comment on the school as part of our systems for reviewing. We would be grateful if you would click on the link and respond to our questionnaire by Friday 3rd July. There are only 14 questions and it should only take a few minutes to complete. Thank you in advance. forms.gle/9bFQAmF4J9t5Y3wB7

Reception Class

This week in Reception they have been learning about animals. The children discovered what a



habitat is and how camouflage can help animals to survive and hunt. They have also focused on shape and pattern in Maths and the graphemes ow, oi and ur in Phonics. Well done for all of your fantastic work.



Reception Star of the Week

Reception's Star of the Week is Navayah for being very enthusiastic about her learning and recognising all numbers from 0 to 20. Well done Navayah



Class 1

This week, Class 1 have been learning about the artist Paul Klee. They looked at the primary and secondary colours, as well as learning about how tints can make a colour lighter followed by recreating two of his paintings: Senecio and Separation in the Evening. In PSHCE, Class 1's key question was 'How can I look after my local environment?'. Class 1 created some fantastic posters about how we can look after our local area. Well done Class 1.

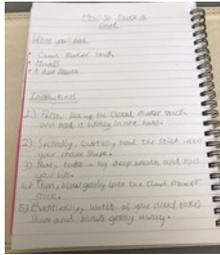


Class 1 Star of the Week

The Star of the Week in Class 1 is Sahil for his fantastic counting in 2s, 5s and 10s and having a positive attitude towards all of his maths work. Well done Sahil



Class 2



This week, in Class 2, they have been looking at how to write instructions. In Maths the children have been learning how to measure using centimetres (cm) and metres (m) and how they can use scales to weigh items. Well done to all those children who have continued to complete their home learning. You are all doing brilliantly.

Class 2 Star of the Week

The Star of the Week in Class 2 this week is Adam. He has been trying so hard with his reading and he has now moved up another book band. Keep trying hard Adam. Well done



Class 3

Class 3 have done lots of great learning this week. They have been working on creating a shape poem about erupting volcanoes. They have used a picture or an erupting volcano for their inspiration to create expanded noun phrases. In Music they have been learning by listening to music and by completing different challenges online.



Class 3 Star of the Week

Issac is Class 3's Star of the Week for showing such sensible behaviour with the special online visit from The Dogs Trust.



Class 4

SCRAPE!
CRASH!
CLANG!
SPLASH!

The Iron Man fell off the high cliff and into the sea. A rock hit his head. CLANG!

The Iron Man fell apart. First his eyes crashed onto the floor then his ears crashed after them. Then his arms fell off and the hand fell off the arms. Then the feet fell off and legs fell off and finally the head fell off and crashed into the sea.

This week Class 4 started their new book 'The Iron Man'. They have drawn their own versions of the Iron Man, created character descriptions and written their own poems. In Geography, they have been looking for physical and human features, taken video tours of places in Europe and compared regions of the U.K. to Europe.

Class 4 Star of the Week

Class 4's Star of the Week is Riley for his fantastic work in Geography and detailed comparisons between regions of the U.K. and Europe.

Human Geography	Physical Geography
Farm	Lakes
Ports	Jungle
House	Coastline
Villages	Forest
Towns	Ocean
Cities	Mountains
Factory	Rivers

Class 5

Children in Class 5 have been using emotive language and writing setting descriptions all based around a fantastic film clip called 'Broken: rock, paper, scissors'. They have also been learning about the sculptor Michelle Reader and creating their own fantastic sculptures, excellent work as always Class 5!



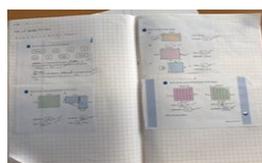
Class 5 Star of the Week

Class 5's Star of the Week is Jack for working hard at school activities and also sharing his hobbies and interests by photo and video



Class 6

This week the children in Class 6 have been learning more about the dual narrative writing style. In Maths they have been learning about area and perimeter and in History, World War Two.



Class 6 Star of the Week

Class 6's Star of the Week this week is Jenna. Jenna always completes every piece of work that is set for her home working to the best of her ability. She also keeps Mr Baker highly amused with her funny comments. Well done Jenna.

