

Newsletter – Spring Term



Wistaston Academy
Primary and Nursery School
Together We Learn • Together We Achieve

This Week's Events

Date	Event
Monday 1 st March	PE with Mrs Adamczyk 9:30am
Tuesday 2 nd March	
Wednesday 3 rd March	PE with Mrs Adamczyk 9:30am
Thursday 4 th March	World Book Day PE with Mrs Adamczyk 9:30am
Friday 5 th March	5 th - 14 th March is British Science week
Advanced Notice:	8th March – All children to return to school 12th March is Let's Count Day!
Polite Notice:	Please note the school office opens at 8.30am each morning and is manned until 4.30pm. Before and after these times, there will be no access to the Main Reception area.

Exciting News

We are so pleased to announce that all children can return on Monday 8th March. Look out for our video on the school website showcasing our wonderful children.

World Book Day Celebration

World Book Day is on **Thursday 4th March**.



This year, class teachers have organised lots of lovely activities to enthuse a love of reading for our children, both at home and at school. As we have mentioned in a previous letter, a decision has been made to dress up this year and we can't wait to see you in your book-themed outfits. Even though we are celebrating remotely, there will be plenty of fun activities including a special read along, author and poetry workshops and meetings with classes via Zoom or Teams.

Be sure to keep your eyes peeled to your Class Dojo pages, our school Facebook page and YouTube channel for more information next week. And, as always, all children will receive a voucher to purchase a book for free, many of which will be available in local supermarkets. We will be handing out World Book Day vouchers on Monday 8th March when we have our classes back in. We have also applied for some electronic versions of the vouchers, these will be emailed out to children who are shielding or isolating.

A Polite Reminder

Please do not bring dogs onto the school premises. A reminder that this is displayed on our signage.

Art News!

Well done everyone for your creativity during this time. Remember, it can be a valuable way to relieve stress, as well as hone our artistic skills! Here is a selection from this week:



Alexia, in Reception



Bobbi, Year 1



Theodora, Year 1



Elsa, Year 1



Ollie, Year 1



Paisley, Year 1



Isla, Year 1



Alfie, Year 1



Emilia, Year 1



Alfie, Year 1



Franciszek, Year 1



Lincoln, Year 1



Brooke, Year 1



Alexis, Year 1



Isabella, Year 1



Alice, Year 2



Madison, Year 2



Pagan, Year 2



Georgia, Year 3



Nadia, Year 4



Logan, Year 4



Alexis, Year 4



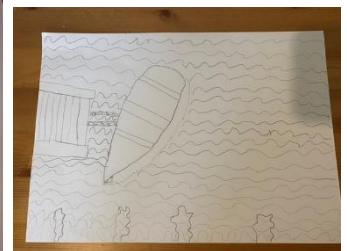
Alyssa, Year 4



Roza, Year 4



Maja, Year 5



Mason, Year 5



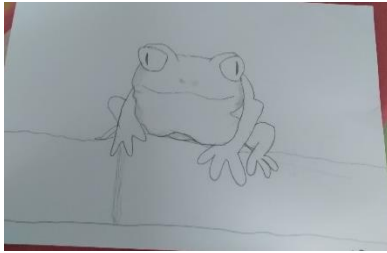
Kanya, Year 5



Lacie, Year 6



Lacey, Year 6



Leah, Year 6

Owen, Year 6

Maisie, Year 6

Rhys, Year 6



Charlie, Year 6



Luke, Year 6



Coby, Year 6



Filip, Year 6



Bill, Year 6



Bill, Year 6



Leon, Year 6



Marlie, Year 6



Lexi, Year 6

Great work everyone! I am looking forward to doing art again with you in person soon!

Mrs Walsh 😊

Nursery Learning

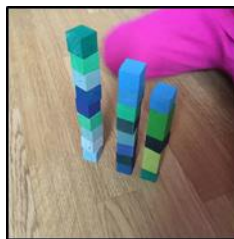
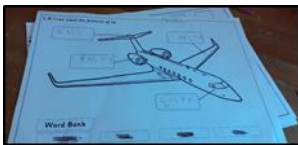
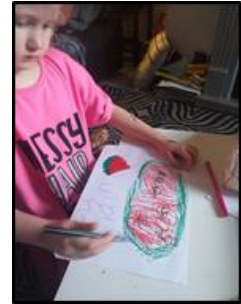
This week in nursey we have been exploring what happens when we mix different colours together. The children have done this in lots of different ways in group time and in free flow activities.



Reception Learning

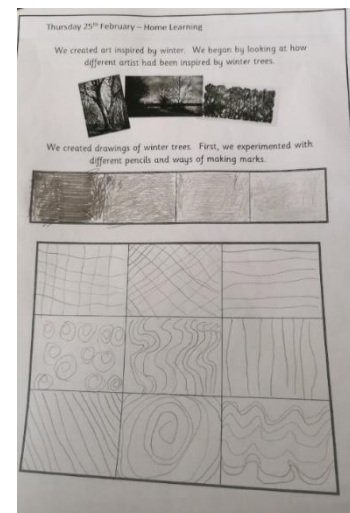
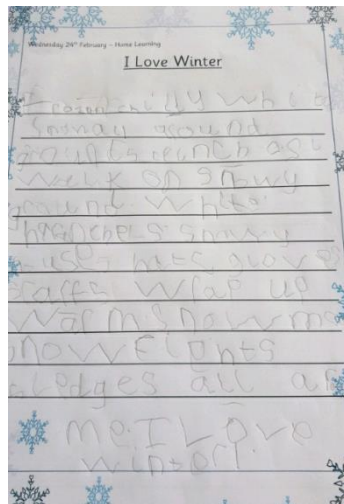
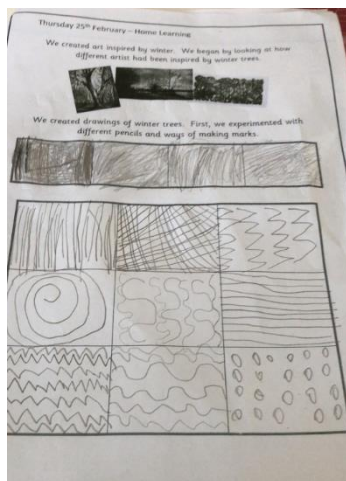
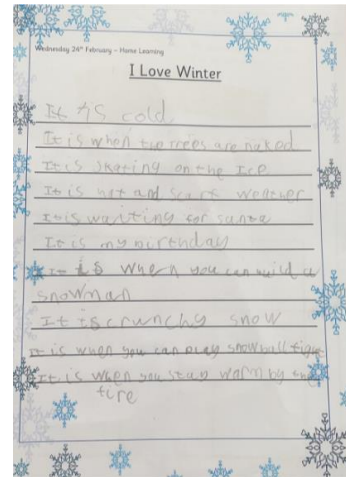
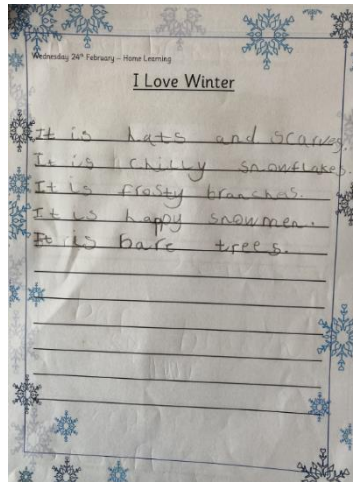
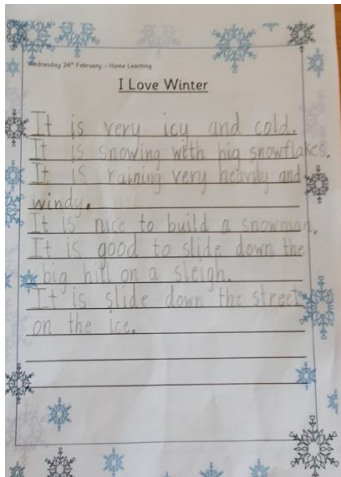
In Reception this week the children have been very busy learning about aeroplanes and the features of them. We've now learnt about cars, trains and aeroplanes, and will continue with our topic 'Let's Move' next week where we will learn about another type of vehicle. In

Maths, the children have been comparing height and length as well as practising the numerals 6-10. Thank you for sharing your home learning with us, we love seeing your pictures and videos so keep them coming in! 😊



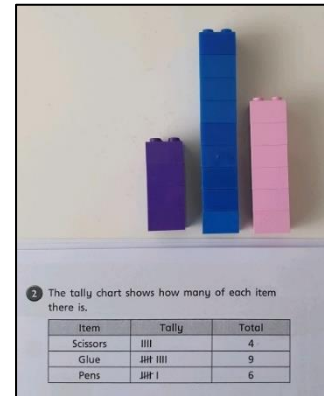
Year 1 Learning

This week in Year 1 we have been thinking about winter. We thought about words that describe winter and then used these to write a Winter poem. In Art, we experimented with a pencil to see the different effects that can be created with patterns and shades. We then completed an observational drawing of a Winter tree.



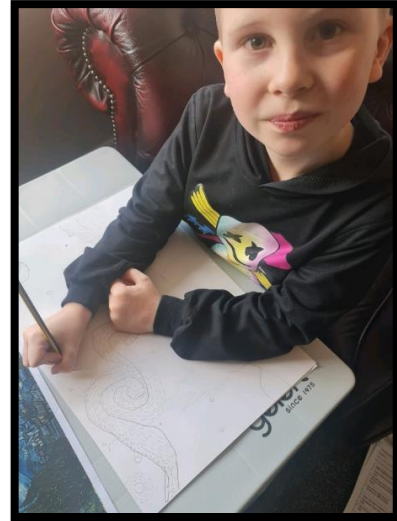
Year 2 Learning

This week in Year 2, we started our new topic about food. The children created a piece of fold-out artwork and did some writing about their favourite things to eat. In maths we continued with statistics – it was great to see children getting creative with their representations at home!



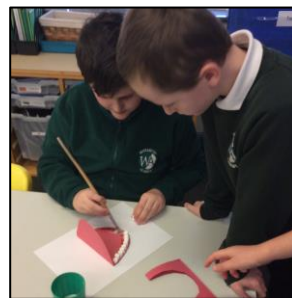
Year 3 Learning

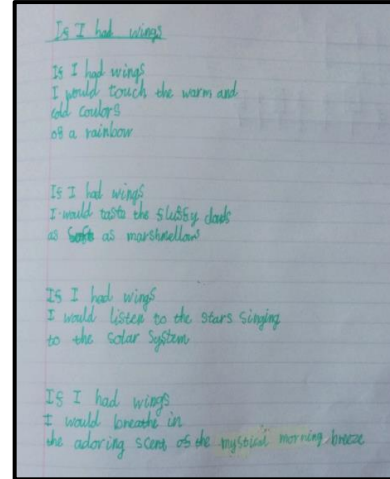
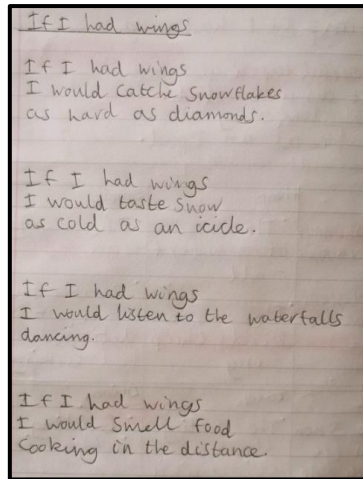
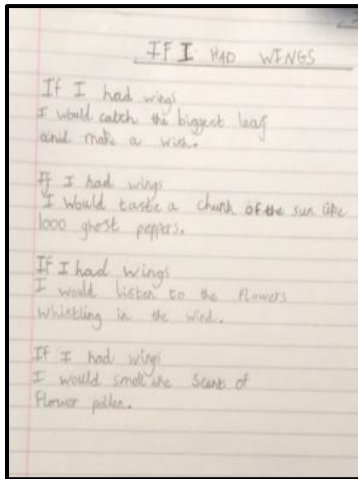
This week in Year 3, we started our new Topics for the half-term. We learnt about different biomes in Geography. In Science, we started to look at light. We had a lot of fun competing in our school pancake flip-a-thon challenge for R.E! In Art, we began drawing our own versions of Vincent Van Gogh's 'Starry Night'.



Year 4 Learning

This week in Year 4, we started our new topics in Science and History. In Science, we started to look at the different types of teeth and made our own models using marshmallows. In Literacy, we created our own 'If I had wings' poem.





Year 5 Learning

This week in Year 5, we started our new topic in Geography. We started to look at the different countries in Europe and chose one country to find out all about.

<p>Traditional Norwegian Dishes</p> <ul style="list-style-type: none"> Farikal (lamb in cabbage) Pinnekjøtt (a rack of lamb cured in brine or sea salt) A plate of traditional Norwegian meat. E.G. <ul style="list-style-type: none"> Moose Reindeer Deer Grouse Brunost (the brown cheese) Norwegian waffles Tortilla (dried cod) Lefse (soft and soft flatbread) 	<p>Norway</p> <p>There are many sports played in Norway, here are some of the most popular:</p> <ul style="list-style-type: none"> Cross-country skiing Ski jumping Curling Speed skating Hockey <p>Even though many sports are played in the winter, there are many summer Norwegian sports too. Such as these:</p> <ul style="list-style-type: none"> Sailing Canoeing Hand ball Shooting 	<p>The weather in Norway is currently 5 degrees and though out the entire year is mainly cooler than the UK but varies from region to region.</p> <p>Summer: Summer in Norway can be surprisingly warm. With temperatures varying between 25-30 degrees centigrade in the warmest areas, and 17 degrees centigrade generally.</p> <p>Winter: Winter in Norway can be very cold in Norway. With the coldest recorded being -22 degrees centigrade, snow is expected very often. However, the winters usually hover around 2 degrees centigrade.</p>
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Spain

The weather in Spain is approximately 16-20 degrees.

The weather in Spain is hot. The warmest area is July.

Paella is a very popular dish in Spain. It has rice in it, sometimes seafood.

Spain is known for many sports such as football, tennis, cycling and golf.

The capital city of Spain is Madrid.

FRANCE

Bonjour!

If you are a food lover, you should visit France for a delicious snack you could have macarons and croissants.

Maybe, once you get full, you could go and watch the most popular sport in France which is football. If you don't know who to support, I can name some: Michel Platini, Zinedine Zidane and Paul Pogba. Bonne journée en France.

Par Wiktorija

France

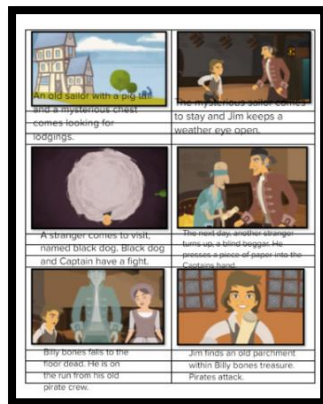
Year 6 Learning

This has certainly been a week looking at the past for Year 6.

In maths, we have been looking at imperial and metric measures. We discussed how many of the children's grandparents would have grown up using imperial measures.

In literacy, we have looked at Robert Louis Stevenson's *Treasure Island*. We completed a storyboard based upon it (see Zach's great example of this) and a pirate report (see Jack's which is full of great research).

And finally, Riley has been digging around in his garden and found this small pot. Can anyone cast any light on it? Feel free to email year6@wistastonacademytrust.co.uk if you can.



When people think of a pirate they normally think of digging up buried treasure or fighting undead skeleton monsters, but there is a lot more to pirates than making people walk the plank. Pirates are seafaring robbers who plunder ships and their precious cargo. Believe it or not, pirates did not keep pets! The only reason they became known for having pets was because of Treasure Island (written by Robert Louis Stevenston.) One of the pirates had a pet parrot. Pirates were not all boys though, there were plenty of women on board, in fact one of the most successful pirates in the world was a woman, Ching Shih. Although in many movies these raiders commonly buried treasure, in real life they rarely did. Pirates have been around since the 1500s. Some of the first known piracy was from the Phoenicians, Illyrians and the Tyrrhenians.

LITTLE REMINDERS OF HOW TO BE KIND ONLINE

ONLINE ABUSE CAN HAVE A SEVERE IMPACT ON PEOPLE'S LIVES AND IS OFTEN TARGETED AT THE MOST VULNERABLE. CYBERBULLYING HAS BEEN SHOWN TO HAVE PSYCHOLOGICAL AND EMOTIONAL IMPACT. IN ORDER FOR US TO DEVELOP EMPATHY FOR OTHERS WE SOMETIMES NEED TO MOVE AWAY FROM FULFILLING OUR OWN NEEDS AND THINK ABOUT THE NEEDS OF OTHERS. THIS IS SOMETIMES MORE CHALLENGING ONLINE BECAUSE WE CANNOT SEE THE PERSON, CONNECT WITH HOW THEY FEEL NOR INTERACT FACE TO FACE.

THIS GUIDE WILL HELP YOU TO BE MORE CAREFUL ONLINE AND IS SUITABLE FOR ANY ENVIRONMENT I.E. GAMING, MESSAGING AND SOCIAL MEDIA. IT WILL HELP YOU TO UNDERSTAND THE IMPORTANCE OF SHOWING KINDNESS AND HOW TO DEVELOP EMPATHY ONLINE.

TOP TIPS FOR EVERYBODY

#WAKEUPWEDNESDAY

UNDERSTAND WHAT 'EMPATHY' IS

EMPATHY IS THE SKILL OF RECOGNISING, UNDERSTANDING AND CARING ABOUT ANOTHER PERSON'S FEELINGS AND TAKING ACTION TO HELP. THIS IS TRICKIER ONLINE BECAUSE RECOGNISING AND IMAGINING HOW ANOTHER PERSON FEELS IS HARD WHEN WE ARE NOT WITH THEM FACE TO FACE. WHEN WE TRY AND UNDERSTAND HOW SOMEONE FEELS THROUGH WORDS ALONE, IT CAN LEAD TO CONFUSION OR A MISUNDERSTANDING.



FEEL SEE AND UNDERSTAND

IF WE IMAGINE OURSELVES IN THE SITUATION OF ANOTHER PERSON, WE TAKE ANOTHER STEP DOWN THE PATH OF EMPATHY. IT DOESN'T MEAN AGREEING WITH THE OTHER PERSON, BUT IT MEANS **UNDERSTANDING** HOW THEY FEEL. IF YOU FEEL YOURSELF BECOMING DETACHED AND UNCARING PERHAPS DEVELOP A MENTAL PICTURE OF THEM, SO YOU CAN IMAGINE THEM AS REAL PERSON AND NOT JUST A BUNCH OF WORDS. IF YOU KNOW THE PERSON, CONSIDER A VIDEO CHAT OR VIDEO CALL.

DEVELOP SELF EMPATHY

ALTHOUGH WE TEND TO SHOW THE BEST OF OUR LIVES THROUGH SOCIAL MEDIA, THE REALITY IS WE ARE NOT ALL PERFECT. HAVING **EMPATHY** FOR OTHERS MEANS WE NEED TO ALSO HAVE SELF EMPATHY. IF WE UNDERSTAND THAT WE ARE NOT ALL PERFECT, INCLUDING OURSELVES, WE CAN FIND KINDNESS.

★ OFFER HELP ★

ACCORDING TO DR DAN SEIGAL, A CLINICAL PROFESSOR OF PSYCHIATRY, BEING KIND IS REALLY ABOUT RESPECTING EACH OTHER'S VULNERABILITY AND WANTING TO HELP. SO, WHEN SOMEONE IS SHARING THAT THEY ARE STRUGGLING OR FINDING LIFE HARD, OFFER HELP, EVEN IF THE HELP IS A **LISTENING** EAR OR SAYING, 'I CAN UNDERSTAND YOU WOULD FEEL THAT WAY. I'M HERE FOR YOU.'

TRY TO ADD VALUE

CONSIDER, BEFORE YOU COMMENT ON A POST OR IMAGE, HOW CAN I HELP THIS PERSON TO LOWER THEIR SADNESS? HOW CAN I ADD SOMETHING TO **IMPROVE** THEIR DISTRESS AND HAPPINESS? SHOWING OTHER PEOPLE'S PAIN AS ENTERTAINMENT AS A WAY TO GET NOTICED OR MORE LIKES DOES NOT ADD VALUE.

BE RESPONSIBLE

THINK TWICE BEFORE YOU ACT. CONSIDER, ARE YOU ACTING ON ANGER, FRUSTRATION OR IN A MOMENT OF JUDGING A SITUATION WITHOUT KNOWING THE **TRUTH**? ONLINE, IT IS EASY NOT TO HAVE ALL THE FACTS AND REACT TO A SITUATION WHICH IS BEING PORTRAYED.

UNDERSTAND THE IMPACT OF YOUR WORDS

COMMENTING ONLINE SOMETIMES MEANS THAT WE DON'T ACTUALLY 'SEE' THE IMPACT OF OUR COMMENTS AND WORDS. THIS MEANS IT CAN BE **EASIER** TO DETACH FROM THE CONSEQUENCES OF OUR ACTIONS. UNKIND COMMENTS DO HAVE CONSEQUENCES AND CAN ADD TO SOMEONE'S DISTRESS AND FEELING ABOUT THEMSELVES.

DISASSOCIATE FROM PACK MENTALITY

ONLINE, IT IS EASY TO GET CAUGHT UP WITH POSTING **NEGATIVE** COMMENTS BECAUSE EVERYONE ELSE SEEMS TO BE. GET COMFORTABLE WITH STANDING OUT, AND NOT GETTING CAUGHT UP POSTING NEGATIVELY BECAUSE EVERYONE ELSE IS. EVEN IF THIS MEANS STANDING ALONE AND REMINDING OTHER PEOPLE THAT THEIR BEHAVIOUR IS UNKIND, YOUR COURAGE COULD SAVE A LIFE.

#BEKIND



National Online Safety

#WAKEUPWEDNESDAY

MEET OUR EXPERT

THIS GUIDE HAS BEEN WRITTEN BY ANJIA BATEMAN. ANJIA IS PASSIONATE ABOUT PREVENTING AT THE HEART OF EVERY SCHOOL, INTEGRATING MENTAL WELLBEING WITHIN THE CURRICULUM, SCHOOL CULTURE AND SYSTEMS. SHE IS ALSO A MEMBER OF THE ADVISORY GROUP FOR THE DEPARTMENT FOR EDUCATION, ADVISING THEM ON THEIR MENTAL HEALTH GREEN PAPER.



For further info, check out these online resources too

<https://www.themix.org.uk/>

<https://youngminds.org.uk/>

<https://www.mind.org.uk/>

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety Instagram - @nationalonlinesafety

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