

# Newsletter 19 – Spring 1



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

## This Week's Events

Date	School Events	International Events
Monday		Children's Mental Health Week
Tuesday		
Wednesday	Y5&6 Netball tournament	
Thursday	Y5&6 Football v Brierley	
Friday		
<b>Advanced Notice:</b>	RWI Parent Meeting - set 2 and 3 sound 5.2.24 Y3&4 Gymnastics competition 16.2.24 Y5&6 football v Mablins Lane 5.3.24	
<b>Polite Notice:</b>	<b>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.</b>	

## We are Brilliant Winners

**EYFS:** Hanna (RA), Fayvel (RB)

**KS1:** Maya (1A), Shaquille (1B), Ellie (2A) Isabella (2B)

**KS2:** Carter (3B) Jiya (3A) Maisie (4A)

## The Hub

The Hub children have been learning how to make bread using flour, water, yeast and salt. They mixed the ingredients together to form a dough, then kneaded the dough until it was smooth. After waiting for the dough to prove and observing how it expanded in size, the children created hedgehog shapes which were cooked in the oven. It was good to watch the hedgehog bread cooking and the children all knew to look in the oven, but not to touch it as it was hot and dangerous. The classroom smelled wonderful with the aromas of freshly made bread, and the children enjoyed being able to take their bread hedgehogs home to share with their families.



## Nursery



This week in Nursery we have shared the book Jake and Tizzy: The Ice Lolly. We have made some of our own orange ice.. We used our hand and finger muscles to squeeze oranges. With the orange juice, we poured in into the mould and put it in the freezer. After they had frozen, we explored the ice and felt how it was now cold!

## Reception

This week Reception have had a big job! One of the teachers has spotted a big, mysterious creature in the playground! We took on the role of investigators to discover it was a dragon! We did some amazing drawing and writing and made some brilliant 'wanted' posters. We also made a list of all the things we would need to catch a dragon. Hopefully we will catch it soon!

## Year 1

This half term Year 1 have been learning about parables in RE and on Wednesday, Rev. Peter came to visit us and he shared the parable of 'The Wise and Foolish Builders'. We thought about how important it is to make wise choices and how many Christians believe this means following the teachings of Jesus. Finally, we drew our own pictures to show a good foundation and a bad foundation.



## Year 2

In Year 2 this week, we have been learning more about the endangered Giant Panda. We have researched and created our own PowerPoints all about pandas, which we presented to the Year 1's! It was great fun.



## Year 3

Year had lots of fun taking part in a coding workshop. They had to move their robot around a maze and add lights and sound to their algorithm.



## Year 4

This week, year 4 went on a visit to Nantwich lake. We learnt about the history of the lake and the river and spotted the geographical features of it. We played 'Pooh sticks' on the bridge and watched as the current pushed our sticks through. We had a very enriched day of meaningful learning, but were very tired at the end!



## Year 5

Year 5 had wonderful day on Monday with our special visitor from Marvellous History. The classes enjoyed a variety of activities linked to their history topic of the Vikings. Our enrichment day was full of immersive and exciting learning and included role play, re enactment and problem solving. The children got a real feel of what life was like during the 8<sup>th</sup> century.



## Year 6

Before you...

f i b e txt W YouTube

**THINK!**

**T** = Is it True?  
**H** = Is it Helpful?  
**I** = Is it Inspiring?  
**N** = Is it Necessary?  
**K** = Is it Kind?

PCSO Jen Jolley visited Year 6 to talk to the children about the repercussions of being unkind online. She shared information about the potential impact this can have on the children who have been targeted, as well as the possible criminal consequences. All children were able to explain the seriousness of making responsible choices on social media apps.



## Art News

### Focus on Year 5

Year 5 have been exploring the beautiful designs of Rachel Bishop, who is the head designer at Moorcroft Potteries and also one of our Arts Patrons! We looked at her designs and found our favourite. From this we created a linear drawing, which we shaded, using pencils and pens. We are excited that Rachel will be looking at our work and commenting in our sketch books. We took inspiration from her words that despite often being told she would never succeed in art, she achieved great things because she did not give up. In our video about her (<https://www.youtube.com/watch?v=U-4NkeHalMw&t=34s>), she encouraged our pupils to follow their dreams no matter what. Superb work Year 5!



Artwork by James, Mati, Lavin, Pagan, Maddison, Filip.



## PE News

### Sportshall athletics finals



**Y3&4-**Our Year 3&4 sportshall athletics team took part in the Crewe and Nantwich Sportshall Athletics finals at Malbank High School on Tuesday after winning our heat back in November 2023. Our children were fantastic and showed off their running, jumping and throwing talents. We finished in 6<sup>th</sup> place overall, a fantastic achievement!

**Y5&6-** Our Year 5&6 sportshall athletics team took part in the Crewe and Nantwich Sportshall Athletics finals at Brine Leas Academy on Thursday after winning our heat back in November 2023. What an incredible performance from our children, both independently and as part of a team. We finished in 6<sup>th</sup> place overall, a brilliant achievement!

Congratulations to all our KS2 athletes who are the 6<sup>th</sup> best school, in the whole of Crewe and Nantwich! As always, thank you to all our parents and carers for your ongoing support.

## Maths News

If your child is in Reception or KS1, they will have access to an app called **Numbots**. If your child is in KS2 they will have access to an app called **Times Table Rocks Stars (TTRS)**.

Logging on for just a few minutes each day will make a massive difference to their basic number/times tables skills.

Check out the dedicated TTRS website for parents to answer any questions

<https://trockstars.com/parents/>

# NUMBOTS







## **We are a KiVa School.**

KiVa is an antibullying programme. This is a whole school and we have begun our PHSE lessons around KiVa. Why not ask your child if they know what KiVa is and who they talk to at school if they are being bullied or if they feel someone else is being bullied.

You can also report a suspected bullying incident as a parent or carer via our new online process. Click the link below or scan the QR code to complete the form.

[https://forms.office.com/Pages/ResponsePage.aspx?id=yU349eDaZUGIOk442EgdO803w929aelHvPfu\\_2jzZ2NURDI2Uzc2VzlPMVBGWDJORTY0WERBQU1EMi4u](https://forms.office.com/Pages/ResponsePage.aspx?id=yU349eDaZUGIOk442EgdO803w929aelHvPfu_2jzZ2NURDI2Uzc2VzlPMVBGWDJORTY0WERBQU1EMi4u)



# My VOICE MATTERS

Place2Be's

CHILDREN'S MENTAL HEALTH WEEK

5-11 FEB 2024

Place2Be's

CHILDREN'S MENTAL HEALTH WEEK

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, wherever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour, and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

## Here's what children and young people told us they need from you:

- 1** We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2** I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3** Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- 4** Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- 5** Don't compare my experiences to your own when you were a child.
- 6** Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- 7** Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- 8** If you are open with me about your feelings, this can help me to be more open about mine.
- 9** Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- 10** Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

[For primary children: bit.ly/3PzCGiB](https://bit.ly/3PzCGiB)

[For secondary children: bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?