

# Newsletter – Spring Term



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

## This Week's Events

Date	Event
Monday 1 <sup>st</sup> February	Children's Mental Health Week 1 <sup>st</sup> February to 8 <sup>th</sup> February PE with Mrs Adamczyk live at 9:30am
Tuesday 2 <sup>nd</sup> February	PE with Mrs Adamczyk live at 9:30am
Wednesday 3 <sup>rd</sup> February	PE with Mrs Adamczyk live at 9:30am
Thursday 4 <sup>th</sup> February	
Friday 5 <sup>th</sup> February	
<b>Advanced Notice:</b>	
<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>

## Walk 5k Week



Walk 5k week will take the place of this half terms walk to school week. We are challenging you to walk 5k (or more) in a week! This will take place during the week commencing 1<sup>st</sup> February 2021.

We would like for as many children as possible to take part in this walking challenge.

We would love to celebrate your achievements so please email photos and your completed distance to [pe@wistastonacademytrust.co.uk](mailto:pe@wistastonacademytrust.co.uk)

### PE with Mrs Adamczyk-Fancy dress special



Thank you to all our amazing superstars that joined in with our fancy dress special this week! A special mention to Lacie, Harper, Declan, Mia-Ann, Alexis and Evie for sending in their beautiful photos.

Art News!

Well done to everyone who has been working so hard on their artwork at home! Here are some highlights this week:

Alexia (Reception)



Harper (Year 1)



Harper (Year 1)



Bobbi (Year 1)



Mia-Ann (year 1)



Eva Yoxall (Year 3)



Georgia (Year 3)



Samuel (Year 4)



Samuel (Year 4)



Sophie (Year 4)



Logan Penwill (Year 4)



Lincoln (Year 4)



Billy-Dean (Year 5)



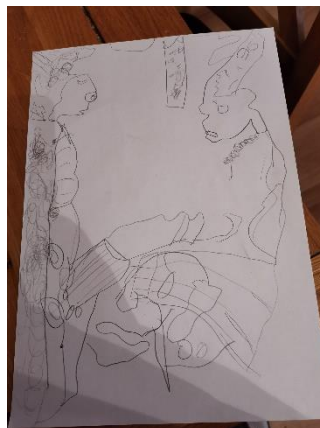
Lillian (Year 5)



Jackson (Year 5)



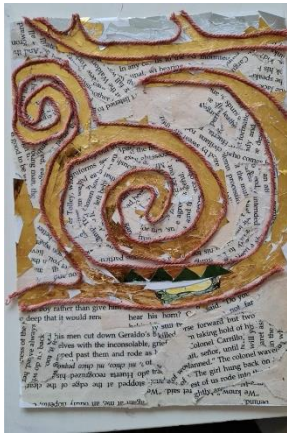
Wiktor (Year 5)



Zach (Year 6)



Niamh (Year 6)



Jack (Year 6)



Alycia (Year 6)



Lacie (Year 6)



Lacey (Year 6)



What a phenomenal range of work, from drawing to painting; 3D projects with clay, wire and wood; as well as intricate collage work!

I am so impressed with your inspiration, innovation and dedication!

Please keep sending your work to:

[art@wistastonacademytrust.co.uk](mailto:art@wistastonacademytrust.co.uk)

Thank you, Mrs Walsh.

# Children's Mental Health Week



Week of the 1<sup>st</sup> February to 8<sup>th</sup> February is Children's Mental Health week, the theme this year is Express Yourself. This is an event happening all across the United Kingdom the week of 1<sup>st</sup> February

There are some activities on the school's Emotional well-being page to help your child learn about:

- Keeping calm
- What to do when you feel scared, sad or angry.
- Learning how to journal (how to plan and reflect)
- Ways you can express yourself

There are lots of resources on the Children's Mental Health Week website that you can use with your child at home; including activity ideas, tips for parents and carers, and an online assembly which will be available from Monday 1<sup>st</sup> February

Visit [www.childrensmentalhealthweek.org.uk](http://www.childrensmentalhealthweek.org.uk).

Below is an activity overview sheet where there are some activities that you may want to complete as a family:

Children's Mental Health Week: Week Beginning: 1 <sup>st</sup> February: Theme - Express Yourself				
<p><b>Art</b></p> <p>Express yourself - in how many different ways can you express your emotions?  <b>Drawing</b> - splashing paint or taking your pencil for a walk?  <b>Sports</b> - Dancing, running, football.  <b>Music</b> - singing, dancing  <b>Being creative in other ways</b></p>	<p><b>How do I?</b></p> <p>What do you do when you're feeling sad or angry? What helps you? What do you do when you're feeling happy or proud? Remember these bits of advice for when a friend might need them.</p>	<p><b>A-Z</b></p> <p>Can you name an emotion for each letter of the alphabet?</p>	<p><b>What is mental health?</b></p> <p><a href="https://www.youtube.com/watch?v=nCrjevX3-sub50&amp;feature=emb_logo">https://www.youtube.com/watch?v=nCrjevX3-sub50&amp;feature=emb_logo</a></p>	<p><b>How can you be a good listener?</b></p> <p>Make a poster to help give some top tips about how to be a good listener?</p>
<p><b>Identify</b></p> <p>Things that make me feel...</p>	<p><b>Identify part 2</b></p> <p>Take some time to reflect: Can you pin point the 'trigger' for your emotion. For example: <i>I usually feel frustrated when I've forgotten where I've put my favourite toy.</i></p>	<p><b>Writing</b></p> <p>Start writing a diary to express yourself. A diary is a safe place to keep your thoughts. It's okay to write down negative things in it too. Or write a letter to yourself.</p> <p><i>A letter about how I'm feeling</i></p> <p>Dear _____</p> <p>How have I been feeling _____</p> <p>How have things been going _____</p> <p>How do I feel about _____</p> <p>How do I feel about _____</p>	<p><b>Journaling</b></p> <p>Look at the PowerPoint for some top tips on Journaling</p>	<p><b>Talking Time</b></p> <p>Find a time to turn off all devices and talk. Share the best bits of your day or your favourite memories. Talk about the things that are worrying you or you feel unsure about. It's good to talk.</p>
<p><b>Emotion Tracking</b></p> <p>Emotion chart</p>	<p><b>Letting off Steam</b></p> <p>What do you need to do when you feel like you need to explode? What strategies can you do in the classroom that is respectful? What strategies can you use when you're at home to let go?</p>	<p><b>Random Acts of Kindness</b></p> <p><a href="https://www.randomactsofkindness.org">https://www.randomactsofkindness.org</a></p> <p>Scroll to the bottom where you'll find socially distanced kindness resources. Find an idea you like. Can you show an act of kindness today?</p>	<p><b>Cool down corner</b></p> <p>Make yourself a safe corner or space where you can feel your emotions. You might keep your favourite toy here to cuddle.</p> <p><a href="https://classroom.thenational.academy/lessons/cool-down-corner">https://classroom.thenational.academy/lessons/cool-down-corner</a></p> <p><a href="https://classroom.thenational.academy/lessons/cool-down-corner">https://classroom.thenational.academy/lessons/cool-down-corner</a></p>	<p><b>Happiness Box</b></p> <p>Make yourself a box of all the things that make you feel happy and safe. You can look at this when you are feeling scared or worried.</p> <p><a href="https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6bc34?activity=video&amp;step=1">https://classroom.thenational.academy/lessons/keep-calm-and-carry-on-6bc34?activity=video&amp;step=1</a></p>

# Read Write Inc



## Supporting early reading



When children are learning to read using phonics, it is very important that children are encouraged to say **sounds**.

We pronounce the sounds clearly, using **pure sounds** ('m' not 'muh', 's' not 'suh', etc.) so that your child will be able to blend the sounds together to read words more easily.

e.g. If you say - surrr –aaaa –tuhhhh it is difficult to read the word **sat**.

Instead we use pure sounds, **s-a-t – sat**.

You can watch this film of little Sylvie on the Ruth Miskin website to practise using pure sounds. Please click link below:

[Pure Sounds film](#)

If you require any further support with this, please get in touch with your child's class teacher using the year group email address.

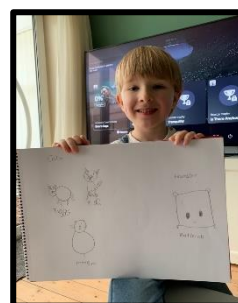
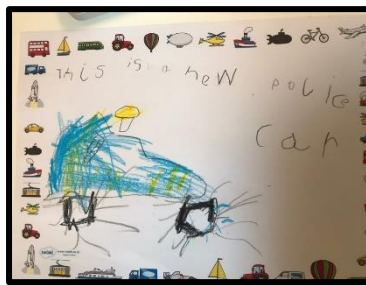
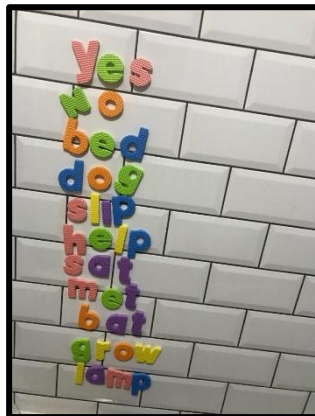
### Explaining COVID-19 to children

We know that some children are feeling worried and anxious about coronavirus. This free online book may help to alleviate some of their fears:

<https://www.flipsnack.com/CSKidsBooks/what-s-going-on.html>

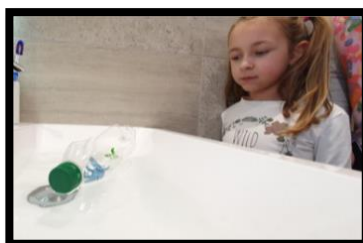
## Reception Learning

Reception have been busy exploring capacity, different types of transport and learning about being a good friend. We have enjoyed finding out about their favourite vehicles and their imaginary journeys they would like to go on. It has been fantastic to see everyone learning new sounds and using their knowledge to spell words and demonstrating their understanding of maths vocabulary. We are very impressed the children's artistic skills this week. Thank you for sharing them with us.



### Year 1 Learning

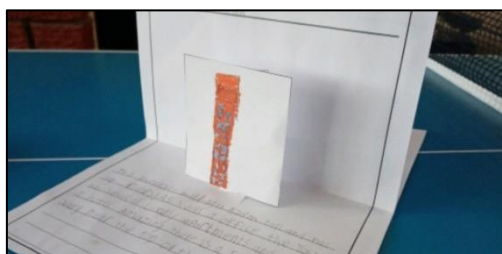
Year 1 have been scientists this week and what super scientists we are! We have been helping Lego Man solve 2 problems and have thought very carefully about different materials and their properties. Mrs Dean and Miss Nicholas are really enjoying listening to you read at home too so keep sending in the videos!



### Year 2 Learning

Year 2 have had a fantastic week of home learning. In topic, they have been creating very special booklets. They each choose a famous London landmark and a famous Beijing landmark to research and write about. They then created fantastic illustrations which pop-up out of their booklets! Well done

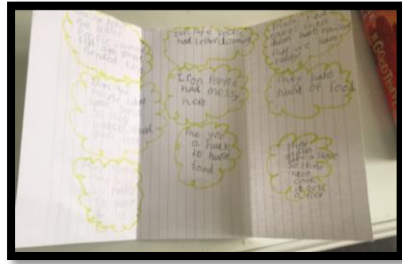
Year 2!





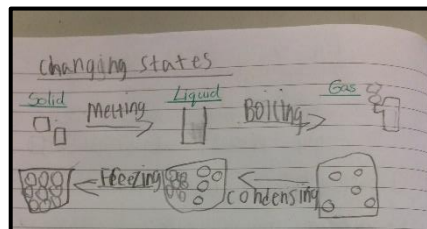
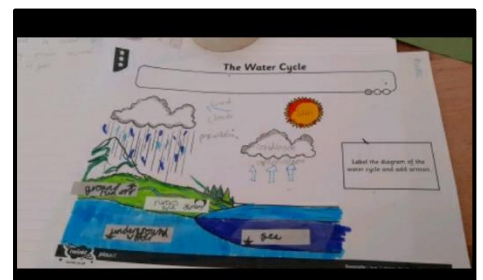
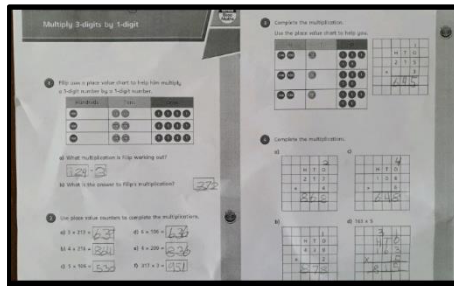
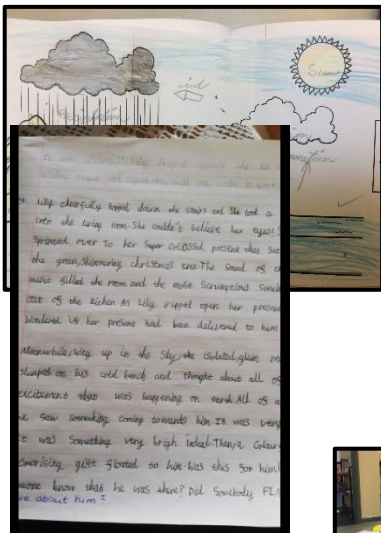
## Year 3 Learning

Year 3 have had another great week of home learning and we have been very impressed with all the fantastic learning in school and at home. In Literacy, we wrote about a trip to the jungle and we have had some fantastic creative drawing and writing from this. As always, we have received high quality learning about many different subjects. Some of our highlights this week have been History (Iron Age leaflets), R.E. (newsletter reports) and of course P.E with Mrs Adamczyk!



## Year 4 Learning

Again what a busy week it has been of learning for Year 4. Miss Willis and Miss Williams have seen great learning in school and at home. We had a chocolate experiment in Science that everyone seemed to enjoy, Geography we learnt about the water cycle and in Literacy we finished writing our 'Man on the Moon' story. How could we forget all our maths learning too on multiplication and division.



## Year 5 Learning

Year 5 have been producing real high-quality work at home this week. We are so proud of all the children. Here is just a snippet of the history work that has been handed in –


Richard 5B

**Chichen Itza**



- Chichen Itza is located in the Yucatan Peninsula in Mexico and is famous for a large pyramid temple. The temple is about 1km in diameter. It was built around 625 – 800 A.D.
- On certain dates in Spring and Autumn, the position of the sun on the Great Pyramid causes shadows that look like a huge serpent slithering down its north staircase.


**Tikal**



- Tikal is the largest of the ancient ruined Mayan cities. It lies in Guatemala, deep in the rainforest. It was a major and most prosperous city of the Maya. At least 10 000 people lived within 6 square miles.
- The major buildings include 5 pyramid-shaped temples. The highest one of them is 213 feet high.


Isla 5B

**Kaminaljuyu**

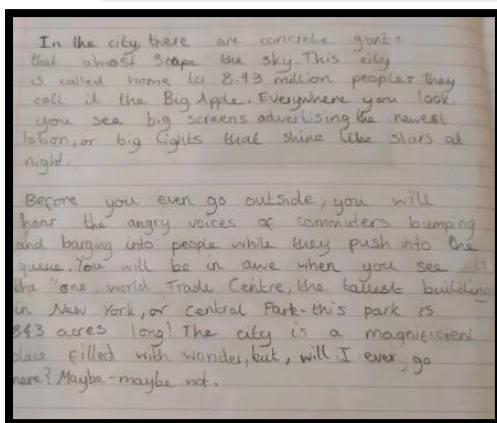


Kaminaljuyu was a major city located in the Guatemala highlands. The city was occupied for around 2,000 years, from 1200 BC to 900 AD, this city was believed to have been thriving. As well as a living area, Kaminaljuyu was believed to also be a massive trading site. From cacao, fruits, pottery and obsidian, they traded almost everything.

**El Mirador**



El Mirador was one of the first large city states of the Mayan civilization. It is thought that at its peak years El Mirador had over 100,000 people living there. The center of the city alone had over 1,000 buildings. Archaeologists have found three large temple pyramids. The La Danta temple is considered one of the tallest pyramids in the world standing at an amazing 250 feet tall. It is believed that the city was abandoned in 150 AD and the Mayans returned in 700 AD. No one knows why.



## Year 6 Learning

We are so proud of the engagement from Year 6 with their learning. It's great to see so many of them being independent – a great skill to have on the way to secondary school. Inspired by *The Good Thieves*, we have been writing our own setting description based on a city. See Niamh's example to the right.

We are also impressed with how thoughtful Year 6 are becoming. Everyday, as part of a registration we pose a question. When asked "Which time period would you like to go back to?" Marlie

answered:

"I would go back to 1907 because that was the year plastic was made and if I could somehow tell people that it was a bad idea and that we are killing the earth I think it would help the wildlife and we would have less chance of animals becoming extinct and endangered." What an answer!



## Dates Released for Parent Workshops

We currently have spaces for parents on the following courses:

- Online Mental Health Aware 1/2 Day** (Saturday 6th February, 10am-1pm)
- Online Anxiety Workshops** (Wednesday 10th and Friday 12th February, 10am - 11.30am - please note you must be able to attend both sessions as well as a 1:1 arranged individually at the end).
- Online Sleep Workshops** (Wednesday 24th February, 5.30pm-7pm and Wednesday 3rd March, 5.30pm-7pm - please note you must be able to attend both sessions as well as a 1:1 arranged individually at the end).
- Teen Triple P Programme** (this is an 8 week course, running every Wednesday from 3rd March-21st April, 6-8pm. You must be able to attend every session).

For further course details, please visit our website at [www.justdropin.co.uk/contact-us/info-for-parents/](http://www.justdropin.co.uk/contact-us/info-for-parents/).

We expect places to fill quickly so to apply, please email [parenting@justdropin.co.uk](mailto:parenting@justdropin.co.uk) for a referral form.

Keep up to date with what we're up to by following the links below to our social media channels...



## National Online Safety

We are delighted to confirm that Wistaston Academy has successfully met all the criteria to achieve the National Online Safety Certified School Community accreditation for the 2020/21 academic year. Congratulations to everyone at Wistaston Academy on their continued commitment to Online Safety! Well done everyone.



## **National Online Safety Certified School**

### **CERTIFICATE OF COMPLETION**

**AWARDED TO**

**Successful achieved Certified School Status showing  
their whole school commitment to online safety on**

This is to certify that a whole school community approach in online safety is being undertaken by the establishment through empowering its leaders, teachers, governors, all staff and parents/carers. An effective community approach to online safety aims to protect and educate pupils in their safe use of the internet and technology, whilst enabling trusted adults with the essential information to identify online risks, and escalate any incident where appropriate.

**CPD**<sup>®</sup>  
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