

Newsletter – Spring Term



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

This Week's Events

Date	Event
Monday 8 th February	PE with Mrs Adamczyk live at 9:30am
Tuesday 9 th February	Safer Internet Day
Wednesday 10 th February	PE with Mrs Adamczyk live at 9:30am
Thursday 11 th February	PE with Mrs Adamczyk live at 9:30am
Friday 12 th February	School closes
Advanced Notice:	
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.

Safer Internet Day

Tuesday 9th February is Safer Internet Day. Here are some useful links:

Virtual Assembly for 3 to 7: <https://www.saferinternet.org.uk/detective-digiduck-virtual-assembly-3-7s>

Virtual Assembly for 7 to 11: <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2021/i-am-educator/work-7-11s/virtual-assembly-7-11s>

PE with Mrs Adamczyk



This week was Children's Mental Health Week. During our live workouts we talked about positivity and the importance of talking about our feelings. I asked the children some questions. Here are a few of their answers:

<p>How does exercise make you feel? 'it makes me feel happy and energetic' Lacie 6B 'It makes me feel happy and ready for the day' Casey 5B</p>	<p>How are you feeling today? 'Happy!' Caitlyn Nursery 'Energetic' Harper 1B 'Empowered' Zayne 4A</p>
<p>What are you grateful for? 'Friends' Corey 6A 'Life' Casey 5B 'My Mum' Kaylee 6B</p>	<p>What do you like about yourself? 'My orange hair' Lacey 6B 'How helpful I am' Kaylee 5B</p>

Walk 5k Week

A big well done to everyone that took part in our 'Walk 5k Week'. We have loved hearing about you walking, cycling, running, scooting and skating the 5k distance and more. It has been so lovely to hear that you have completed this challenge with siblings or as a family. Mia-Ann and her Mum have been running together to complete the challenge, thank you for waving to us as you ran past school Mia-Ann! Alice and her dog Agatha have enjoyed walking together. Billy-Dean, Francis-Lee and Tommy walked laps around their garden in honour of Captain Sir Tom Moore.



Government Guidelines on Social Distancing

It is really important that we all continue to follow the Government's National Lockdown rules. It is particularly important for children who are currently attending school, as breaking the rules can mean putting the staff and children at school at risk.

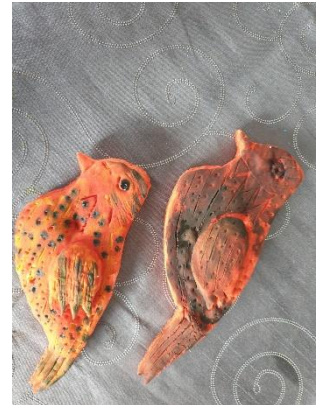
Data Collection

Thank you to those parents that have already completed and returned their data collection form. It is important for us to ensure that the information we hold for your child is accurate. We are therefore asking you to log onto the Arbor app and check the information we have on record for your child and their emergency contact details. ***There should be at least 3 emergency contacts.***

An email has been sent out today on this. Please return the completed consent and permission form to school by **Friday 12th February** via email to dc@wistastonacademytrust.co.uk.

Art News!

It looks like we have had some very creative people this week keeping very busy! Here are some highlights:



Francis -Lee Elvy (Year 1)



Isabella (Year 1)

Amelia (Year 2)

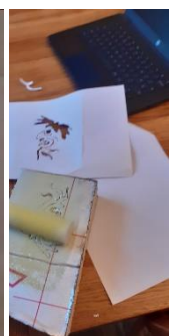


Isla (Year 2)

Year 2

Toby (nursery)

Daniel (Year 3)



Emily (Year 4)

Alex (Year 5)

Lilian (Year 5)



Lilian (Year 5) I love the way Lilian has annotated her work with extra notes 😊

Year 6 Art: Collage work in progress. We have been working on issues related to hate crimes, prejudice and justice! Yes Year 6!!



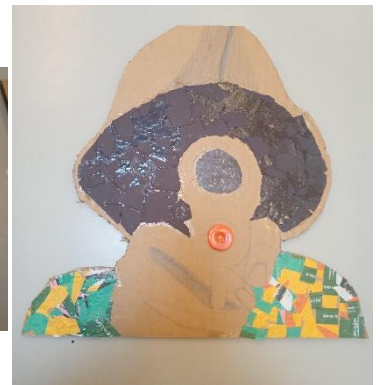
Niamh (Year 6)



Lacey (Year 6)



Owen (Year 6)



Jacob (Year 6)



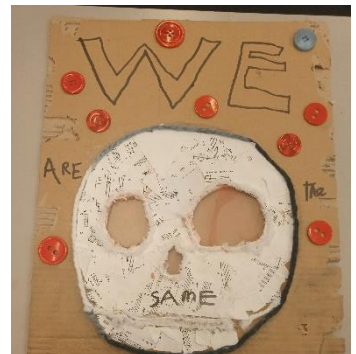
Bill (Year 6)



Frank (Year 6)



Marlie (Year 6)



Rhys (Year 6)



Charlie (Year 6)



Lexi (Year 6)



Zach (Year 6)



Niamh (Year 6)

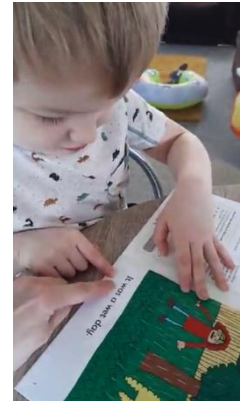


Luke (Year 6)

Well done everyone! Keep your artwork coming to art@wistastonacademytrust.co.uk 😊

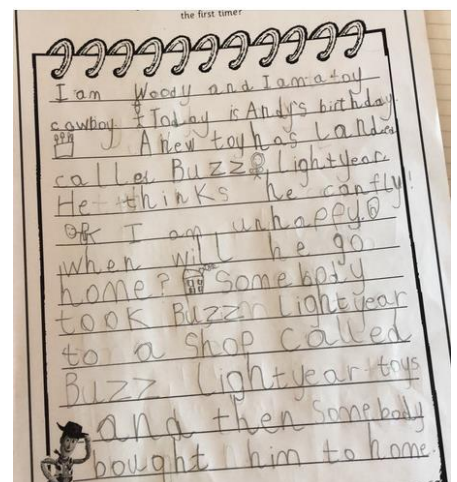
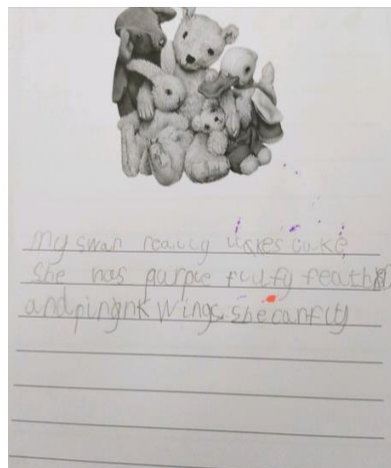
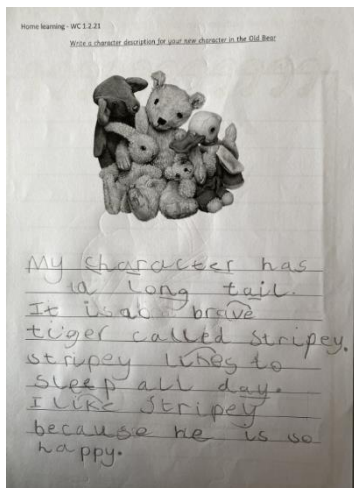
Reception Learning

Well done Reception for sharing all the different ways that you have kept active and had fun this week. It has been fantastic to see your 100% effort in practising your reading, writing and number skills.



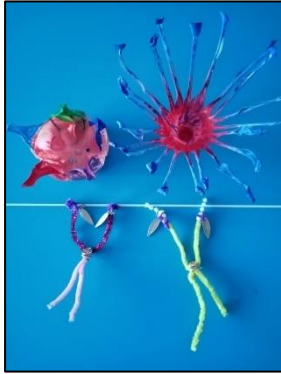
Year 1 Learning

This week, Year 1 have been listening to the story of Old Bear by one of our favourite authors, Jane Hissey. We then created our very own character to join Old Bear on his adventures. We have also turned into Woody from Toy Story for the day and we wrote a diary entry. Take a look at some of our super writing!



Year 2 Learning

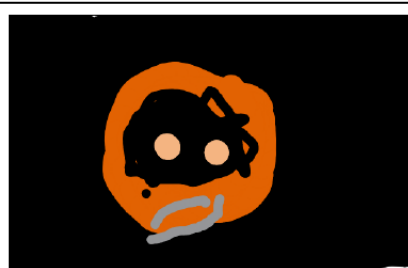
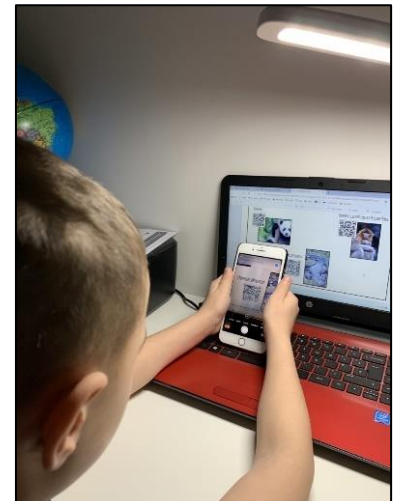
This week, Year 2 have been finding out about animals that live in China. They have used QR codes to research different animals and have then created a poster about their favourite creature. We have also been getting creative this week – lots of children have sent through photos of their fantastic artwork.



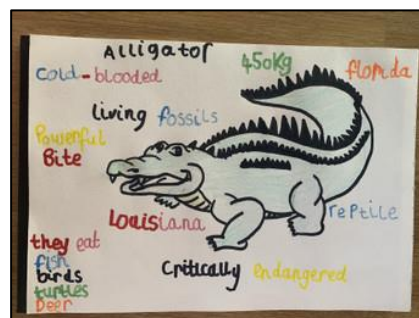
The giant panda lives in Chinese mountains. It is very big animal. Panda eats and sleeps a lot. It can eat at least 600 bamboo a day. Panda has black and white fur.

Chinese alligators live in China. Alligators are reptiles and they are cold-blooded. Alligators eat fish, birds, and turtles. They can weigh over 450 kg.

Golden snub-nosed monkeys live in mountain forests of central China. Monkeys live in families. They like jumping and hanging on trees. They cuddle babies. They eat leaves, their favourite food.

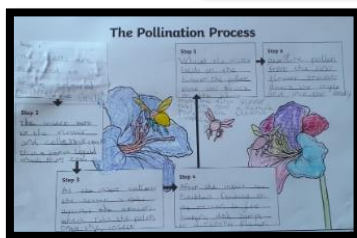
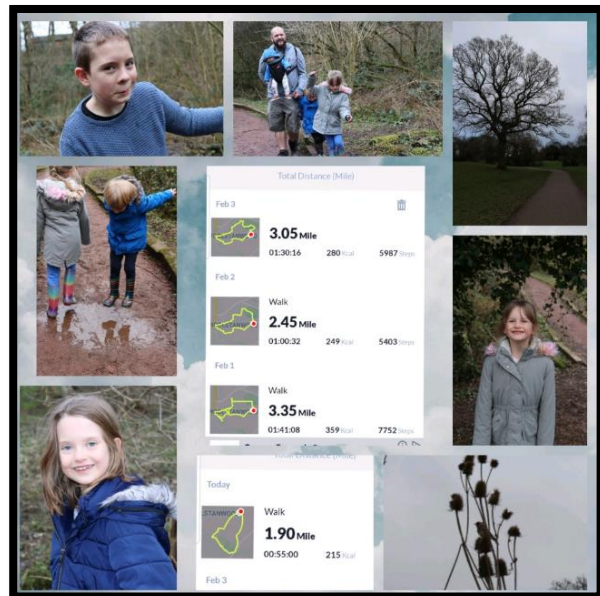
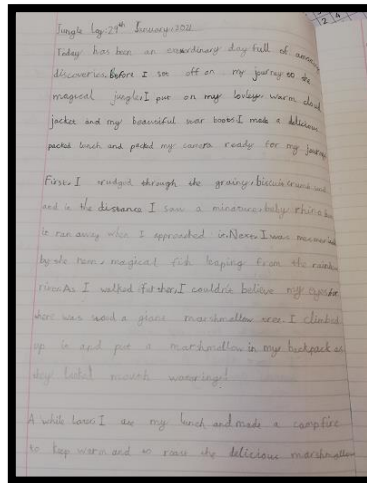


The golden snub-nosed monkey is unique to China. It lives in the mountains in groups made up of families. In the video I watched there was a new baby girl. They eat leaves as it gets warmer they move up the mountain.



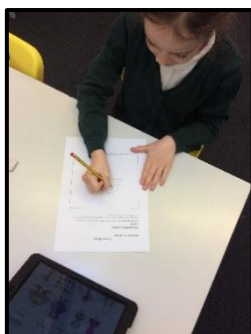
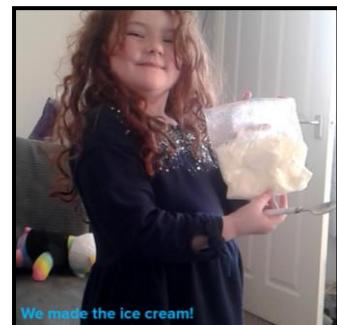
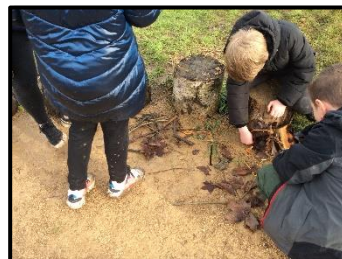
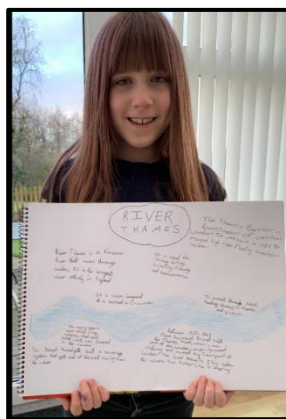
Year 3 Learning

This has been another fantastic week of learning for Year 3, both in school and at home. We have learned the truth about Trolls and the children have produced some super writing! Many children have been eager to complete their Walk 5K Week! – Can we say a massive well done to Isabelle and family for completing a whopping 16K of walking this week! Wow! We have also focused on ‘expressing ourselves’ this week and have taken time to reflect and concentrate on our mental well-being. Well done Year 3 for another excellent week! Take a look at what we’ve been up to:



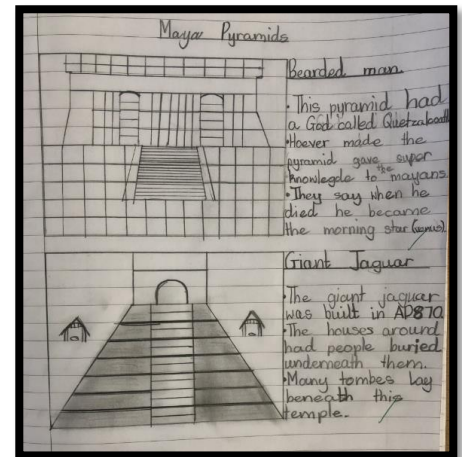
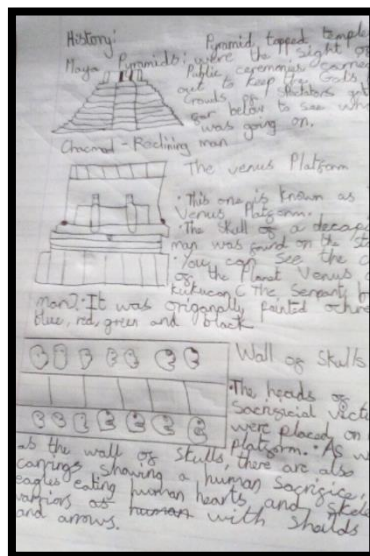
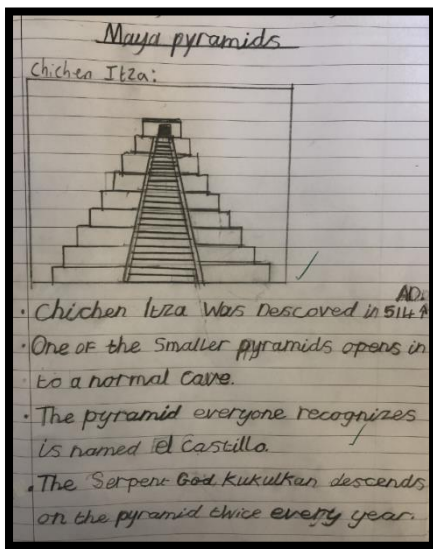
Year 4 Learning

We have seen some fantastic work at home and school this week. Children in year 4 have continued their learning about states of matter by making ice-cream. Children also learnt about the River Thames. As part of Children's Mental Health Week, the children in school completed forest school and were able to 'express themselves' through making friendship bracelets and building accommodation for 'pixies'. Lucas said, 'he really enjoyed making the friendship bracelet' and Millie said, 'it was great because we made things from what we could find'. We have really enjoyed our Literacy this week creating aliens ready to write a non-chronological report.



Year 5 Learning

This week's History lesson has really got Year 5 excited about the Maya culture. We learned all about the buildings within their ancient cities and what the buildings were used for. We also discovered that they were very spiritual people and created stone carvings to express their beliefs and traditions. Take a look at some of the great work Ashton, Wiktoria, Billy-Dean and Maya produced this week.



7 Top Tips for Supporting Children to EXPRESS THEMSELVES SAFELY ONLINE

The past year has left many children feeling uncertain and worried. So Children's Mental Health Week 2021 has adopted the theme of 'express yourself'. It's not necessarily about being the best – but instead encouraging young people to relish the joy of being 'in the moment' and loving what they do. So whether they're into music, art, photography, film, drama or dance, here are our top tips for helping your child to express themselves safely online.

1 Celebrate their Identity

Celebrating who children are and reminding them of their uniqueness has a huge impact on their confidence and self-esteem. This week, remind them of what you love about them. You could revisit some photos and videos on your phone or computer of special times you've shared. Chat about the importance of finding time to do what they love; underline that it's an important part of who they are.

2 Promote Their Passions

It's different for all of us, but every child has something which ignites their passions and brings them joy. Perhaps they love music and you could introduce them to a music-making app? Or if they enjoy taking photos or making videos, use this week to set a photography or video competition at home, with some fun categories.

3 Support Their Interests

Some children seem to know instinctively what interests them and what they enjoy doing; others can be less decisive about hobbies. Spend some time this week sharing their interests and doing something connected to it together. You could make a short Lego film to post on your Instagram, a vlog about baking that you share with relatives, or just play with them on their favourite video game.

4 Help Them Help Others

Some children love to express themselves through activities which help others. Perhaps your local area's Facebook group has a community project that your family could get involved with – even as a one-off; it doesn't have to be a long-term commitment. Depending on your child's age, you could introduce them to online fundraising (such as sites like JustGiving, for example) and how it can make a difference to less fortunate people.

5 Enable Emotional Expression

Children sometimes need help in articulating how they're feeling and in beginning to understand how to manage their emotions. A safe, healthy way for your child to explore their feelings is to let them conduct an activity – like listening to a story, or creating some art – and discuss with them afterwards how it made them feel. There are lots of stories available on YouTube, while Audible is streaming children's audiobooks free of charge while schools are closed. YouTube also has a plethora of fun art tutorials (if you log in on an adult's account, remember to adjust your settings first to block inappropriate content and stop potentially unsuitable material auto-playing).

6 Let Them Stay Connected

The online world is a fantastic space for staying in contact with those who we can't be with right now. Young people are often very comfortable using social media to express themselves and stay connected by sharing their ideas, thoughts and feelings with friends. But bear in mind that most social media platforms require a child to be at least 13 before they should access it (WhatsApp is 16). Remind your child that, while it's OK to express who we are on social media, they should still always think before posting – and that their self-worth is never measured by their number of likes, friends or followers.

7 Coach 'Safe Sharing'

As part of expressing themselves, your child may want to share something online that they've created – like a funny video, a sketch, a meme or a dance. If they're too young to have their own social media, you could use your own account to share it with selected people who you trust. Emphasise the importance of only sharing content with people that your child knows well, like family and friends. This type of conversation is also useful for introducing young people to the risks and challenges that can come when expressing ourselves to a wider online audience of strangers.

Meet Our Expert

Anna Batesman is passionate about placing prevention 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.



About Children's Mental Health Week

Around three children in every primary school class has a mental health problem. Many more struggle with challenges from bullying to bereavement. Now in its seventh year, Children's Mental Health Week shines a spotlight on the importance of young people's mental health – and it's never seemed more relevant than it does in 2021.

Find out more at www.childrensmentalhealthweek.org.uk

Read Write Inc



Supporting early reading



Fred the frog helps children to read. He can say sounds in words, but he can't say the whole word, so children have to help him.

To help children read, Fred (the teacher or grown-up at home) says the sounds and then the children say the word.

Use Fred Talk throughout the day to help children practise blending sounds together. Here are some ideas for games you



Fred says...

1. Say: Fred says put your hands on your h-ea-d. Ask children to repeat. Pause to allow children to jump in with the whole word and do the action.
2. Say: h-e-d, head. Ask children to repeat.

Repeat with: b-a-ck, t-u-m, l-e-g, h-a-n-d, f-oo-t, kn-ee, r-u-n, s-k-i-p, h-o-p, s-t-o-p

Fred I spy

1. Say: Fred says 'I spy something r-e-d' Ask children to repeat. Pause to allow children to 'jump-in' with the whole word and point to something red.
2. Say: r-e-d, red. Ask children to repeat.

Repeat with: b-l-ue, g-r-ee-n, b-l-a-ck, b-r-ow-n

Fred's fridge

Milk m-i-l-k, juice -j-ui-ce; cream c-r-ea-m; eggs e-gg-s; corn c-or-n; pear p-ear;
peas p-ea-s; leek l-ee-k

Fred's wardrobe

Scarf s-c-ar-f; hat h-a-t; coat c-oa-t; socks s-o-ck-s; shorts sh-or-t-s; dress d-r-e-ss; skirt s-k-ir-t