



Wordsworth Primary School Newsletter

Dear Parents and children- What a busy half term it has been again, it feels like it has flown by. We know you are all getting tired now, so we wish you a lovely peaceful half term break.

Year R had a brilliant time when the Teddy Bears Hospital came to visit! The children learned about healthy eating, parts of the body, keeping safe at home as well as all about the types of people they may see in a hospital, the equipment they may encounter and some of the things that may happen when they are there. The children all asked questions and listened really well to the team of volunteers!



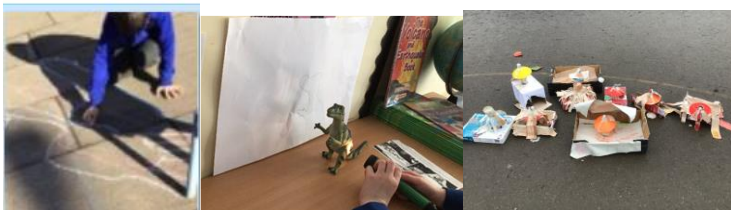
Year 1 have been learning about freestanding structures and toy parks in Design Technology. They visited St. James Park on a lovely sunny Winter's day to help them understand how the structures in the park are fitted together and what materials they are made of. Thank you to all of the parents who supported us with this trip.



Year 2 have had lots of fun investigating materials in our science lessons. We have carried out investigations to see which balls are the most bouncy and why. They have also investigated which materials are the most suitable for wrapping presents by testing their durability and flexibility!

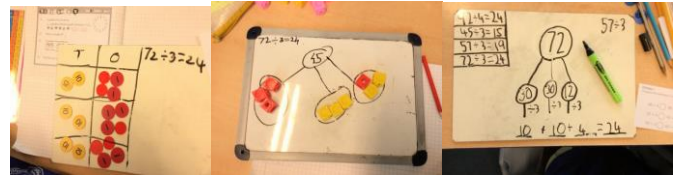


Year 3 have had great fun investigating shadow sizes in Science— how do shadows get bigger or smaller? Meanwhile In Geography they have been learning about volcanoes and enjoyed designing, making and exploding their own.



Spring 1 2023

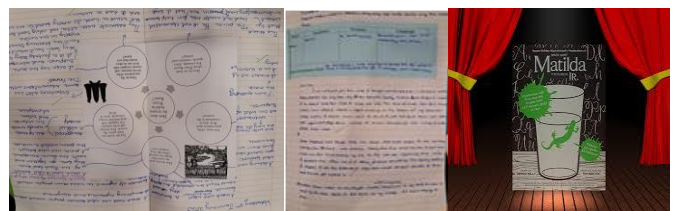
Year 4 have been working super hard learning about division in Maths. They have used counters and cubes to help them understand long division. They have also been really excited to learn about omelettes in Design Technology as they have tried lots of different flavor combinations and are looking forward to making them next half term.



Year 5 have been looking at landscapes in Art, learning about rules artists follow to compose their paintings. The children have enjoyed applying this knowledge to their own landscapes. In Science the children particularly enjoyed separating salt from the solutions that they had made. It was fascinating to observe this over the course of a week. 5HB and 5L have now finished their swimming lessons- we are so proud of the determination and effort all of the children showed and the progress they have made.



Year 6 have worked exceptionally hard in all subject areas - showing particular resilience in their practice SATS. In English, they have focused on creating tension and deeply exploring scary texts to start writing their own (truly terrifying) stories. In Art, the children have excelled in their superhero, comic book drawings paying attention to shape, tone and proportion. Meanwhile, in Geography, they have looked at the features of Brazil. It was great to cap off the term with a visit to Upper Shirley High to watch their fantastic performance of Matilda! It may have inspired some budding performers at Wordsworth looking ahead to our end of year performance...



Well done to all our Year teams for working so hard!

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Positive Mental Health

This week was **Children's Mental Health Week** and the theme this year was '**Let's Connect**'.

Let's Connect is about making meaningful connections. Humans thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health. We have explored wellbeing in our assemblies and class reflection times this week and will be returning to learn more about our emotions and mental health through our PSHE curriculum in Summer 1.



Of course, it is normal to feel angry, sad, worried or stressed sometimes. However, if your child is struggling to cope with those feelings, they might need further support. Look out for:

- Sudden changes in behaviour
- Negative thoughts and low self-esteem
- Increased arguing and fighting
- Sleep problems
- Avoiding school or staying with you all the time
- Aches and pains

If you have any worries or concerns about your child- please talk to us and we will do all we can to support. Below are some useful websites, offering further advice, support and resources.

www.reminds.co.uk

<https://www.childrensmentalhealthweek.org.uk/families/>

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















<https://www.mind.org.uk/information-support/for-children-and-young-people/information-for-parents/>

5 steps to mental wellbeing

Evidence suggests there are 5 steps we can take to improve our mental health and wellbeing...

1. **Connect with other people.** Good relationships are important for your mental wellbeing to help build a sense of belonging and self-worth, provide emotional support and give you an opportunity to share positive experiences.
2. **Be physically active.** Being active is not only great for your physical health and fitness, evidence shows it can raise your self-esteem, help you set goals or challenges to achieve and cause chemical changes in your brain to help positively change your mood.
3. **Learn new skills.** Research shows doing this can build self-confidence and raise self-esteem, help you find a sense of purpose and help you connect with others.
4. **Give to others.** Acts of Kindness can improve your mental wellbeing by creating positive feelings and a sense of reward, giving you a sense of purpose and helping you connect with other people. Over the page is a kindness calendar which you may want to use or adapt for over half term.
5. **Pay attention to the present moment.** This includes your thoughts and feelings, your body and the world around you. Some people call this awareness 'mindfulness' Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

Seven days of kindness calendar

	MON	TUES	WED	THURS	FRI	SAT	SUN
BEING KIND TO OTHERS	 REMIND A FRIEND OR FAMILY MEMBER OF A NICE MEMORY YOU HAVE TOGETHER	 HELP TIDY UP	 TELL SOMEONE A JOKE	 BE KIND, PATIENT AND SHARING WITH YOUR BROTHER/ SISTER/ CLASSMATE	 GIVE 3 COMPLIMENTS TODAY	 MAKE A CARD OR GIFT FOR SOMEONE	 ASK A LOVED ONE HOW THEY ARE AND LISTEN CAREFULLY
BEING KIND TO MYSELF	 WRITE DOWN 3 THINGS YOU'RE PROUD OF (SMALL OR BIG!)	 LISTEN TO A SONG THAT MAKES YOU FEEL HAPPY	 TRY OUT A MINDFULNESS ACTIVITY (TRY ONE OF OURS!)	 GIVE YOURSELF 3 COMPLIMENTS	 EAT SOME OF YOUR FAVOURITE FOOD	 SPEND SOME TIME ON YOUR FAVOURITE HOBBY	 PLAY A FUN GAME WITH YOUR FRIENDS OR FAMILY

More ideas for being kind to others:

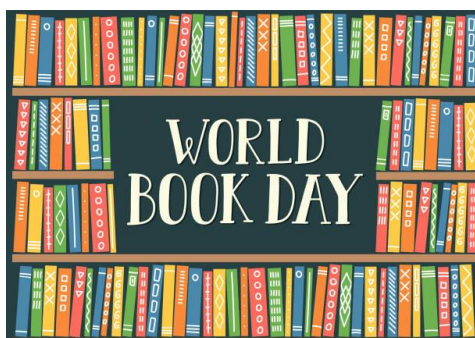
- Sit with someone who looks lonely. Be friendly to a child you are not normally friends with. Have a nice conversation with a loved one. Ask a family member if they would like a drink. Share a snack with a family member or friend. Write your teacher or a friend a note or a poem about why you like them. Clear the table after dinner without being asked. Pick up three pieces of litter when you go to the park. Smile and say hello to people you pass on the way to and from school. Draw a picture for a loved one.

More ideas for being kind to yourself:

- Do some gentle exercise. Read your favourite book or watch your favourite film. Go for a walk. Play with your pet. Write down 3 things you are grateful for. Spend some time in nature. Do some arts and crafts. Have a dance party/ dance in your kitchen. Wear your favourite outfit.



**Monday 6th
March**



**What is your
favourite
book?**

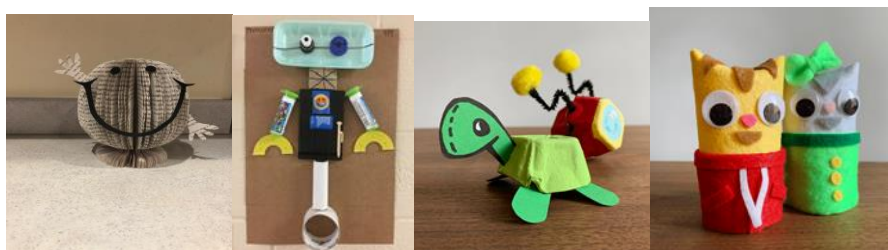
This year, we will be celebrating World Book Day in school on Monday 6th March!

Our theme will be: **Let's Connect Through Books!** We do not want any unneeded expense for our families and therefore **we will not be asking children to dress up.** Instead, we are setting three challenges for children and families to take part in before the day if they wish to. You can do one, two or all three of the challenges...Good Luck!

Challenge 1: Take a photo of extreme reading and post on google classroom. This can be a photo of you reading or being read to anywhere unusual or interesting! Obviously, we want you to stay safe when doing this!



Challenge 2: Make a book character out of recycled materials and bring into school on Monday 6th March to add to our display!



Challenge 3: Make a scene from a book in a box and bring into school on Monday 6th March to add to our display!

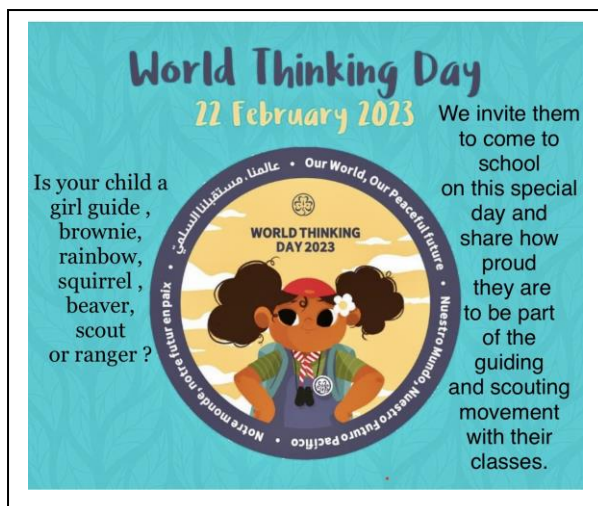


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World Thinking Day

Each year on 22nd of February, members of the Girl Guide and Scout movements celebrate World Thinking Day. It's a day when they think of each other and give thanks and appreciation for international Friendships. The 22nd of February was chosen as the date for 'World Thinking Day' because it was the mutual birthday of Lord Baden-Powell, founder of the Boy Scout Movement, and his wife Olave who served as the World Chief Guide.

One of the traditions of Thinking Day is that members of the Guiding and Scouting movements wear their uniforms to show others that they are part of the movement. If your child is a member and would like to wear their uniform to school on this day they are most welcome to.



Re:Minds Event: Transition to Adulthood Fair

This event is for young people with additional needs, parents/carers and professionals. Whilst RE:Minds focus on Neurodiversity and mental health issues, they want the fair to be aimed at any young person with additional needs.

10am-2pm Friday 24th March 2023

Transition to Adulthood Fair

St James Road Methodist Church, St James Road, Southampton, SO155HE

A free event for young people with additional needs, parents/carers and professionals to find out more about what is available in Southampton once you turn 18

Hall A - Stalls

here you can talk to a variety of local organisations about how they support young people

Hall B - speakers -

10.30 - Shentons Legal Team

11.15 - Adult Mental Health Services

12.00 - SARC - speaking about benefits

12.45 - Preparation for Adulthood Team & Social Care team from SCC

Room 7

A chance to talk to each speaker and get 1:1 advice



info@reminds.org.uk



An invitation to...

Transition to Adulthood Fair

10am-2pm Friday 24th March 2023

St James Road Methodist Church, St James Road, Shirley, Southampton, SO155HE

This fair is for young people, parents/carers & professionals to find out more about what is available in the city when a young person with additional needs becomes an adult.

- Stalls from organisations across the city
- Speakers on: education, social care, benefits, legal rights and the transition process
- 1:1 advice from all speakers



info@reminds.org.uk



Notices:

- A reminder to look out for our new weekly pin board, Year group newsletters, our website which is regularly updated and our new official Facebook page. <https://www.facebook.com/people/Wordsworth-Primary-School/100088332707387/> Please contact us directly if you have any queries or concerns, we will be more than happy to help.
- Well done to our children at Wordsworth who strive to attend school daily. We have over 356 children who have improved attendance and are 95% or above. This is great to see!
- School reopens at the usual time on Monday 20th February.
- May we take this opportunity to wish you a wonderful half term ☺



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