

# Year 1 Newsletter 11.02.22

## We're Almost Halfway There!

Well done to our lovely year 1 children who have worked so hard for the last term and a half. We have made it to half-way through the year- we cannot believe it! The children have produced some exceptional work and we are very proud of them.



## Housekeeping

PE kits will go home next week for their half termly wash and dry. Please can you ensure that they come back into school for PE on Tuesday morning after half term. Please take the opportunity to check how your children's trainers fit, as they are often starting to pinch by this time in the year.

We know how much the children enjoy 'Show and Tell' but ask that the children only bring in one item per half term and it is restricted to achievements (e.g. swimming badge) or something that they have put effort into making.

New spelling lists will be sent home before the end of term and the new word lists will be added to Edshed for children who wish to use the games to help them practise.

The children's reading and phonic knowledge will be assessed after the holidays and we will let you know their new reading day as soon as we can. We really appreciate all the hard work you and your children have put into reading this half term, lots of practise at home really does make a big difference.

## Zoolab



morning was had by all.

We had a fabulous visit last week from Zoolab. Rob brought in lots of different animals for us to look at, hold and touch. He told us so many interesting facts and we learned a lot! The children were fabulous and so brave when the animals came round. They had so many interesting questions to ask too and showed real interest in each of the animals, we particularly enjoyed watching how they moved. A great



## Safer Internet Day

Tuesday was Safer Internet Day and as part of the day we listened to the story of 'Digiduck and The Magic Castle'. Through this story we learned about the importance of creating strong passwords and not sharing them with others. It also highlighted the problem of free games which allow in app purchases and the importance of always checking with an adult. We also created posters to show our understanding of how to stay safe online.

## Mental Health Week

If you feel angry, upset,  
stressed, anxious  
or worried then  
CALM YOURSELF  
WITH  
5 STAR  
BREATHING



We have been talking to the children this week about mental health and the different strategies they can use to support themselves. We have particularly enjoyed star breathing techniques which help us to focus on our breath and to feel calm and ready to learn. We have also had the opportunity to try some yoga, created our own dream catchers, listened to calming music and we did some fabulous singing in our forest area. In Year 1 we teach the children about the zones

of regulation. When we are in the green zone we are in the best place to learn. However, we all have times when we might slip into the blue zone (where we feel tired, sad, poorly) or the yellow zone (where we can be a little overexcited, frustrated, wiggly, upset). Occasionally we can move from the yellow zone into the red zone (where we might feel angry, shout or hit or be frightened) but the important thing is to provide children with the tools to help them to regulate themselves. Some of the tools we suggest for the children include breathing techniques, having a walk, talking to an adult, having a drink, counting, drawing or writing, going to a calm place. If you would like to know more about this please do ask.

## Curriculum

In DT this term we have been finding out about windmills and have discovered that they have 3 main parts—a structure, an axle and a turbine. We have designed our own windmills and used nets to create some of the parts. This week we were very excited as we added the mechanism to our structure and tested our windmills to see if they worked. We discovered that sometimes we had to make slight adjustments to make them work more effectively but we were incredibly proud of our results. Look out for the finished products next week.

In History we have continued learning about great explorers including the achievements of Neil Armstrong. We then worked like real scientists and engineers as we created rocket mice from different materials and tested them to see which ones could fly the highest when fired from the top of an empty bottle. It was a lot of fun and allowed us the opportunity to apply our materials knowledge from earlier in



## Pupil Progress Meetings

Thank you all for booking your slots for the upcoming Pupil Progress Meetings next week and after the half term holiday. We are looking forward to explaining how your child is progressing in regard to their different subjects as well as their attitude to learning and their ability to act cooperatively within the class.

## Dates for your Diary

Parent Consultations—Tuesday 15th February and Wednesday 16th February (morning only). Tuesday 1st March and Wednesday 2nd March (morning only)

Last day of term—Friday 18th February

Children return to school—Monday 28th February