

Friday 2nd October 2020

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Healthy Lifestyles Week

As part of Healthy Lifestyles Week, we have been helping the children to understand that good health is a state of complete physical, mental and social wellbeing. Through a range of activities, workshop and discussions the children have

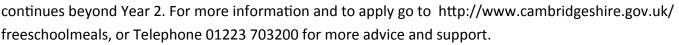
been thinking about how to keep every part of their body and mind healthy. The active workshops with 'Fit for Kids' and assemblies with Jo Wicks kept everyone focused on their physical health whilst discussions on self-care and mental health encouraged the children to be open about their feelings and develop strategies to cope with the ups and downs we all encounter in life.



Free School Meals

Did you know that if your child is eligible for Free School Meals you could save £450 for each primary age child? In addition school will receive extra Pupil Premium funding.

If your child is in receipt of universal infant free school meals (where your child is in Reception, Year 1 or Year 2), but you believe you many be eligible for free school meals, we also recommend you apply because the free school meal provision





Bikeability



Year 6 donned their helmets and high-visibility jackets this week as they braved the rain to complete their Level 2 Bikeability course. Working with instructors from Outspoken the children perfected the skills they need to cycle safely on the roads. From how to identify and respond to hazards, negotiating junctions and crossroads to understanding signs, signals and road markings, the children faced a range of challenges before taking their tests. In addition to keeping the children safe and promoting the physical benefits of cycling it was wonderful to see the children's selfconfidence and thinking skills grow as the week progressed.



We must keep on protecting each other.











Headteacher Roll of Honour

Millie in Aquila Class—Millie has been a fantastic role model for others this week. She has demonstrated what a caring and kind person she is by helping a new member of her class to settle in and feel a part of the Monkfield Park family.

Lydia in Yellow Class—from her very first day in Yellow Class, Lydia has impressed us all with her huge energy and enthusiasm for her learning. Thank you for working so hard.



We are now using the Readiwriter spelling program as part of our spelling studies at school. Readiwriter is an education program developed with teachers across the globe to help children improve their spelling knowledge.

Your child has access to Readiwriter at school and home—they simply sign in with their Readiwriter username and password (which are the same as their Mathletics password) using any compatible computer or mobile device.

The extra Readiwriter practise at home can make all the difference to your child's progress. Encourage them to achieve a weekly target of 1000 points to earn a certificate, building through bronze, silver and gold across the school year. Go for gold!

Engagement is at the heart of Readiwriter Spelling. Through the student console your child has access to a hug range of tools and activities. Activities such as Syllable Sushi, Magic Boxes and Look, Say, Cover, Write, Check are designed to captivate your child's interest. It is slightly different to the Mathletics program in that it gives children the independence to select the games and activities which they find motivating based on the spelling list assigned to them by their class teacher.

Sign in with your child to start exploring what Readiwriter has to offer:

- 1 Visit login.readiwriter.com
- **2** Explore all the engaging activities and games.
- **3** Check out 'My Progress' for your child's activity results and certificates.

To view a list of your child's spellings which they have been set for the week by their teacher simply:

- select the master section
- select the look, say, cover, write, check option, to see the list.

Sentence Starters

Ask your Reception child to act out what they would like to be when they grow up.

Ask your Year 1 child why it's important to do a warm-up before exercise.

Ask your Year 2 child to explain how they could split the number 37.

Ask your Year 3 child to explain how to double a number.

Ask your Year 4 child to explain the system the Romans used for writing numbers.

Ask your Year 5 child to name the mountain range in South America and some of the countries it runs through.

Ask your Year 6 child to explain the features of a blog.

FORTHCOMING DATES 2020 to 2021

These dates may be subject to change if there are changes in Government and Local Authority guidance over the coming months. We hope to be able to produce a more extensive list as the term progresses. Currently it is planned to hold meetings and events via zoom.

9th October at 9am—Cygnus Class assembly

12th October—Individual school photographs

13th October 5-7.30pm—Parent consultation evening

22nd October 4—6. 30 pm—Parent consultation evening

26th-30th October-HALF TERM

2nd November—Children return to school

13th November at 9am—Indigo Class assembly

w/c 16th November—Anti bullying week

16th November—Flu vaccinations

8th December at 10am—Year 3 & 4 Carol Concert

9th December at 2pm—Year 3 & 4 Carol Concert

10th December at 2pm—Year 1 Nativity

10th December at 6pm—Year 3 & 4 Carol Concert

11th December at 10am—Year 1 Nativity

18th December—LAST DAY OF TERM

19th December—1st January 2021—CHRISTMAS BREAK

4th January Children return to school

Mental Health Awareness

Throughout Healthy Lifestyles Week we have been using the excellent materials produced by the Anna Freud Centre to support the children in beginning conversations about mental health. If you would like to access these materials to help you discuss these important issues with your child, they can be accessed through the links below.

https://www.annafreud.org/on-my-mind/self-care/

https://www.youtube.com/watch?v=oz1S66_pYTw

You can find further information and a wealth of useful resources by visiting the Anna Freud website.

https://www.annafreud.org/parents-and-carers/

