



Welcome to Owl Class



September 2019

Welcome back! I hope you have had a lovely Summer holiday. The children are settling in well to their new class!

Our topic this term is 'All About Me' and 'Down Memory Lane'. During our work on 'All About Me' the children will be building a family tree and writing a short auto-biography. It would be lovely if you could send in photographs of your child when they were a baby and growing up to help them see how they have changed. 'Down Memory Lane' will be a comparison of modern life to living in the past. This will encompass, toys, houses and clothes. It would be lovely if you could talk to your child about your childhood and their grandparents too. What was different? What is the same? When I was young there were only three TV channels and no computers or mobile phones!

For Forest School please send warm clothes that you don't mind getting dirty and suitable footwear, preferably wellies. Our first session is on **Thursday 12th September**.

Homework will be sent home regularly, so please look out for it in your child's bag. There will also be work on Education City that your child will be able to access in the coming weeks. Reading books are sent home every night, please read with your child regularly. And write in their reading diary.

Thank you for sending PE kits in if you already have done so. For PE please send shorts, t-shirt pumps or trainers. We have PE outdoors all year round so it would be a good idea to send joggers too.

We will be introducing the children to 'Mindfulness'. We start each day with some basic yoga stretches and breathing. The children enjoy this, as it calms them down and helps to get their mind focused ready for learning. We give the children other opportunities throughout the day to focus their minds and to teach them new yoga positions or techniques to help combat stress or anxiety. So far we have learnt; Balloon breathing, Gorilla, Child's pose, Mountain and Turtle pose.

We look forward to working with you and your child this year! Mrs Guest, Miss Hedgecock, Miss O'Connell and Miss Coates.