

Dear Parent/Carer.

Welcome to P5! I am delighted to be teaching P5. This newsletter summarises what we will be learning in class up until the October holidays. I am looking forward to us making this a successful and enjoyable year together. If you have any questions or concerns, please do not hesitate to contact me either by talking to me at the end of the day or via email.

Mr Liddle

HEALTH AND WELL BEING



This term our Building Resilience focus will be 'Look on the bright side'. See the parent/carers details overleaf.

We will also continue to work on awareness of our emotions using the zones of regulation.

The **ZONES** of Regulation®

BLUE ZONE	GREEN ZONE	YELLOW ZONE	RED ZONE
Sad Sick Tired Bored Moving Slowly	Happy Calm Feeling Okay Focused Ready to Learn	Frustrated Worried Silly/Playfully Excited Loss of Some Control	Mad/Angry Terrified Yelling/Howling Biting Out of Control

P5 do not use Online Learning Journals – instead we use OneNote. The pupils will bring home logins so you can access it later in the term.

Important Dates:

- **29th August** – LPPC Welcome Picnic on the Links
- **10th September** – One Planet Picnic Celebration (pupils only)
- **11th September** – Meet the Teacher Open Classroom Session (details to follow)
- **15th September** – Pupils off for September Monday holiday
- **29th September** – Nasal Flu Immunisations
- **10th October** - Celebration Assembly and Term Ends

NUMERACY AND MATHEMATICS



In Numeracy and Maths, we will be working on place value and writing/reading large numbers. We will be practising our times tables and using mental and written strategies for addition, subtraction.

In Beyond Number, we will be looking at patterns and relationships, and chance and uncertainty.

PE



P5 will have P.E on a Tuesday and Thursday. We will have swimming on a Monday until Mid-November.

Physical Education is indoors, however, we will continue to use the Links whilst the weather is good. Pupils must bring indoor shoes as well as suitable shoes for use outside. This term we will focus on fitness and cardio. Please ensure your child brings swimwear, goggles, swimming cap and a towel for swimming on a Monday.

INTERDISCIPLINARY SKILLS FOCUS



This term our main topic focus will be Science as we explore Space. We will begin by researching the solar system, then P5 will decide which areas of this topic interest them most as a class which will then decide the direction that the topic will go in. If we finish the space topic before the end of term, we will then explore energy sources and renewable and non-renewable energy.



LITERACY AND ENGLISH

In Literacy and English, we will look at functional writing which will focus on our Science topics. Sentence structure, punctuation and up levelling vocabulary will continue to be a key focus of our writing lessons.

We will continue to read and discuss books in small groups in class. P5 will continue investigating a weekly spelling pattern and focus on practising the spelling of common words.

We will be making use of our wonderful school library. **Our Library Day is Wednesday. Please remember to bring your book back.**

HOME LEARNING ACTIVITIES

Our home learning grid lets pupils choose the time that best suits them and their family to complete learning tasks at home. Choose one or two tasks from the grid to complete each week.

As well as **daily reading**, we encourage pupils to regularly practise basic numeracy and spelling skills challenges that we have set for them on the Sumdog website.

You can help your child this term by encouraging them to read a range of texts at home, including novels, magazines, comics, newspapers, leaflets etc. Discuss novels, stories and even films and television programmes together.

Key spelling words will be shared each week. Those who speak a language other than English at home could discuss the meaning of these words in their first language.

OTHER Information

- Please support your child to arrive on time each day. We start at 8:50am and finish at 3.15pm (12:25pm Friday).
- If your child takes a school lunch - free or paid for - you **MUST** order your child's lunch from the Wednesday before the following week. **No order = no meal** and you will be called and asked to bring lunch in for your child.
- No fizzy juice in school at all please and ideally a healthy snack for break.
- No toys in school please.
- Your child is welcome to bring in a filled water bottle each day.
- All children are expected to wear school colours. Financial support is available if this will be a challenge, please ask.
- **PLEASE make sure all your child's belongings are clearly marked with their name as the school cannot accept any liability for lost items.** Staff will initial school sweatshirts in permanent marker if there is no way to identify it as your child's.
- Please ensure we also have your most up-to-date contact phone number. If you change numbers, let us know immediately.
- Please subscribe to our school website, www.leithprimary.org.uk where the main school newsletters are posted
- Please ensure admin@leith-pri.edin.sch.uk is a 'trusted sender' so emails not get delivered to your junk mail box.
- Please ensure you can access ParentPay as trip permissions are now given this way

HOW TO CONTACT THE TEACHER

You can get in touch with me via my school E-mail address:



calum.liddle@leith-pri.edin.sch.uk

Any urgent messages should be passed on through the school office number **0131 554 4844** as normal.

Text messages can be sent to the school text account on **07860 029 682**

Look on the Bright Side

We can all look at the same situation from different perspectives. Sometimes the way we think about things that happen to us, can have a bigger impact on our wellbeing than the event itself.

When we get stuck in the negative, research has found that questioning and challenging some of our thinking or focusing on the positive things in our life or what we are grateful for can be a helpful way to change our mood. Resilient people are not immune to change, misfortune or adversity. They are better able to make sense of their experiences, by finding meaning and perspective in order to help them to move forward.



In this unit, Skipper overhears an unkind comment about him. The comments go round and round in his head and he starts to believe that they may be true. Using his 'Helpful, Thinking Helmet' he is able to question these thoughts and find ways to feel better.

In this unit, we will be learning that:

- The way you think can affect the way you feel.
- There are different ways of looking at the same thing.
- Focusing on what you are grateful for can help.

Talk it Over:

Talk to your child about the things you are grateful for in your life.

Family Task:

Create your own Memory Jar of things that you are grateful for. Your jar will help you to build and remember memories to help you through difficult times and help you to savour the positive moments in your life.

Key Book: 'Tiger, Tiger, is it true?' by Byron Katie