

Dear Parent/Carer

We have had a great first term in P4 and are looking forward to challenging ourselves with new and exciting learning this term. This newsletter gives an outline of what we will be focusing on until the Winter break. As always, if you have any questions, please send me a message on Online Learning Journals

Mr Kidd & Mrs Clarkson

## HEALTH AND WELL BEING



This term our Building Resilience focus will be **'Be Kind to Others'**. See parent/carers details overleaf.

We will continue the next part of the Relationship, Sexual Health and Parenthood program. We will be covering *'How Human Life Begins: Pregnancy and Birth.'* All resources are available on [www.rshp.scot](http://www.rshp.scot) if you wish to review them.

## Important Dates:

- **10<sup>th</sup> – 14<sup>th</sup> Nov** – Anti Bullying Week
- **12<sup>th</sup> November** – LPPC meeting at 6.15pm
- **19<sup>th</sup> & 21<sup>st</sup> Nov** – Parent-Teacher Consultations  
<https://forms.office.com/e/L8aWLW2Zft>
- **11<sup>th</sup> Dec** - Open Classroom 2.30pm – 3.00pm
- **12<sup>th</sup> Dec** – LPPC Christmas Fair 12pm – 2pm
- **19<sup>th</sup> Dec** - Term Ends (usual times)
- **6<sup>th</sup> Jan** - Pupils start back

## NUMERACY AND MATHEMATICS



In Numeracy we will work on the four operations (addition, subtraction, multiplication and division).

In Maths, we will focus on Information Handling, learning how to collect, analyse and use data.

## PE

**Tuesdays (basketball)**  
**Fridays (Multisport)**



Pupils may bring in a gym bag with jogging bottoms, a t-shirt and trainers or wear suitable shoes on PE days.

## French



This term we are focusing on:  
Days  
Months  
Colours  
Family  
Numbers

## INTERDISCIPLINARY SKILLS FOCUS



Following on from our work on weather and natural environments, we will learn about energy sources and sustainability, thinking about different types of energy in the context of climate change and the Sustainable Development Goals. We will also be exploring local and world geography based on their responses to our child-led planning activity.

## LITERACY AND ENGLISH

We will focus on extending our skills in functional writing with letters, reports and instructions. We will continue to take creative inspiration from a variety of picture books.

In listening and talking, our focus will be on identifying and discussing the purpose and main ideas of spoken text.

We will continue investigating a weekly spelling pattern and also focus on the spelling of common words.

We are encouraging neat consistent, presentation with joined handwriting.

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.

## OTHER Information

- Please help your child 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 Pokemon cards or toys 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.
- Make sure to keep up to date with child's learning via Learning Journals.  
[parentzone.yourlearningjournals.co.uk](http://parentzone.yourlearningjournals.co.uk)
- Please ensure you read the main LPS newsletter as this will contain important dates and information. This will be emailed to your inbox and on the website. Please make sure we are a 'trusted sender' so it does not get delivered to your junk mail box.  
[www.leithprimary.org.uk](http://www.leithprimary.org.uk)

## HOW TO CONTACT THE TEACHER

You can get in touch with me via Online Learning Journals.



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**

## Be Kind to Others

It is always lovely to be on the receiving end of a thank you or a kind act. However we know that kindness also benefits the giver as well as the receiver. When we are kind, it strengthens our connections with others. Sadly, when we are not treated kindly or are isolated from others this can have a detrimental impact on our wellbeing.

Through this unit we will help the children to recognise the importance of being kind to ourselves and others. Interestingly, one of the hardest people to be kind to is often ourselves and yet, self-compassion is associated with enhanced motivation, better ability to cope with difficulties, greater wellbeing and reduced anxiety and depression.



Skipper will teach the children about being a 'bucket filler'. They will learn that everyone carries an invisible bucket that holds our good thoughts and feelings. When our buckets are full, we feel **up** and when our buckets are empty, we feel **down**. We can be bucket fillers and bucket dippers through our actions, words and behaviour.

### In this unit, we will be learning that:

- Kindness makes a difference to ourselves and others
- Being unkind hurts others, and it hurts us too
- It is important to be kind to ourselves

### Talk it Over:

Share with your child any acts of kindness you have shown recently to help others.

### Family Task:

Try to do an extra **act of kindness** every day, e.g. offer to help someone who is struggling, pay a compliment or make someone smile. Share ways you have been kind with your class.

**Key Book:** 'Have you filled a bucket today?' by Carol McCloud