



Next Week in Year 1

Week Beginning 12th October 2020



This week we will be focusing on our sense of hearing!

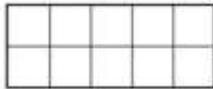
What we will be doing in school

Maths- Place Value

This week we are continuing our work on addition. We will use 'tens frames' this week, to build on from 'part whole models'. We will continue to identify both numbers in an addition sentence as 2 parts of a whole. Children will develop their confidence in creating and recording addition sentences with growing independent, using the strategies taught.

Draw counters and complete the number sentences.

There are 5 and 4 .



How many are there **altogether**?

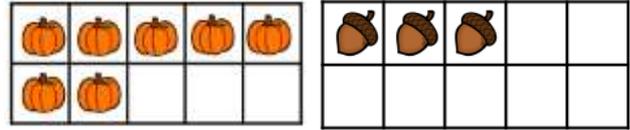
$$\square + \square = \square \quad \square = \square + \square$$

Children will learn that the equals symbol can move and that we can also write the addition sentence starting with this symbol, such as:

$$5 + 4 = 9$$

$$9 = 5 + 4$$

How you can help at home



What could you fill your tens frames with to create different addition sentences?

Keep spotting those signs of autumn! Could you collect 2 groups of different objects and add them together?

What will your addition sentence look like? Can you write it using the equals sign at the beginning of the sentence?

$$\square + \square = \square$$

$$\square = \square + \square$$

English- Polar Bear, Polar Bear, what do you hear?

Poor old Nellie has to walk through our great big playground every day so she can pop to the loo at lunchtime. Our playground is full of the sounds of children's joy whilst playing together, but sometimes this can be a little too loud for Nellie! This week English and Science will combine so the children can make Nellie some super ear defenders for when she goes on her lunchtime walk! The children will be writing a letter to Mrs Grimes, explaining why Nellie needs ear defenders and what materials we will need to buy to make them!

The children will also be reading Polar Bear, Polar Bear, what do you hear? And they will be creating their own animal masks for our wonderful animal carnival in the playground on Friday afternoon! Nellie will definitely need ear defenders for that!

Try doing some mindfulness at home, where you and your child close their eyes and do nothing but listen to the world around you. Maybe you can hear the rain on the window, the wind blowing through the trees, perhaps your next door neighbour is playing some music. Whatever you hear in this time, ask you children to write it down: "I can hear...."





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Phonics

We will introduce the children to new Phase 3 sounds:
ur, ow, oi, ear

These sounds will be taught alongside words of the week. We will add a new word of the week every week, and we would advise that you work on recognising these within reading sessions, as well as learning to spell them correctly.

This week the word will be:

you

Please continue to use the taught Phonics sounds when decoding words with your children as they read.

Top Tip - If you look in the middle of your reading records, you will find both phonics sounds and words that you can practice reading with your child.

Try to practice writing the words of the week at home.

Topic- Super Senses

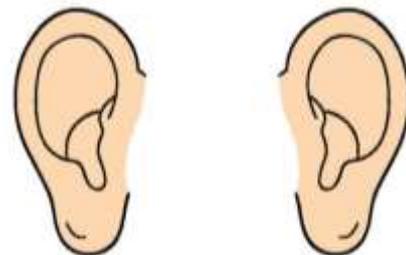
Science: We will be focussing on the last of our five senses this week. The sense of hearing. The children will look at which body part we use to hear and also the different ways in which hearing can be helpful in our day to day lives. The children will then get to conduct an interesting sound-based experiment. They will be looking to see which material would make the best sound proofing for Nellie to wear on her walk through a noisy, fun filled playground

The children will also be lucky to have some visitors to our school this week. One to help us learn more about our sense of hearing and another to teach us all about African drumming and how to create our own drumming sounds to hear!

Computing: We will continue to work with Beebots. We will look to see if we can program the Beebots to follow paths we create.

Art: The children will continue their final Kandinsky piece. They will look to cut out shapes from card and stick onto their backgrounds as the finish their piece.

What sounds can you hear in your house? How about outside? What are making those sounds? How would you describe them?





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PE: During this half term children will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. In our first week our main objective will be balancing, and moving with control.

In our second PE lesson we will be doing some Yoga, focusing on mindfulness and body awareness. In this first lesson we will be looking at controlled movement and flexibility.

All PE sessions for all Year One classes will take place on Tuesday and Thursday

Have a great weekend!

The Year 1 Team

School Reading Books:

Just a gentle reminder: We are still really short on our stock of reading books post lockdown! If you have any left at home from the summer, please do pop them in your child's book bag. Thank you.

Foodbank Donations:

At Stillness Infant School, we regularly support Lewisham Foodbank by collecting the items they need. This term, they have asked if we can collect **toothpaste, toothbrushes, shower gel and soap**. These items can be any size/pack from any shop (Lidl and Aldi do great products and maybe you could buy two or more items instead of a more expensive Sainsbury's or Waitrose item!) Also, items can be for adults or children. Please give your donation to your child to bring into school. We will be collecting these items all term.

After school collection:

Please make sure that children have coats (preferably with a hood) as the weather changes. The children do have to wait for some time in the playground at pick-up time, and may get very wet if they only have a fleece! Please also remember not to double park at collection time as this really blocks the road and could easily lead to an accident. Thank you for helping us to keep your children safe.

October Weekend Walks:

As part of our TFL STARS school travel plan, Zara will suggest a local walk each month to get you out and about enjoying the area we live in. This October, why not go on an Autumn nature walk and find some autumnal treasure such as conkers and acorns as well as feathers and bark. Maybe you could do some counting or art with your finds whilst enjoying a well earned hot chocolate!



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This Saturday is World Mental Health Day. Sadly, at this time, we are also in a global pandemic, that has impacted life in a way that has challenged our social, emotional and mental wellbeing.

We are presented with a time where looking after our mental health is so important and it is being influenced by social, cultural, environmental and commercial factors. The pandemic can be scary and has varying effects on people, with guidelines that separate us, not only from our friends and family, but also from society and regular social activities. We are having to spend a lot more time at home and this can present its own challenges, for those who live alone and for those who live with others that might not be used to spending so much time together.

During the many changes and challenges that continue to present themselves, there are things that we can do to keep our mind healthy.

Daily routine is important and although this has changed in many ways, you can create a new routine that will also prioritise taking care of yourself. Perhaps build in to the routine things like reading, exercise and a daily walk, or trying some relaxation practises. Writing a timetable might help. Eating, sleeping enough, moving and staying hydrated are part of everyday life that are sometimes forgotten about if you are feeling low.

Keep connected with others. Although the way we do this has changed greatly, it is valuable to try and keep in touch. We are naturally social beings and function better with the company of others. Most of us need a balance of being on our own and being with others, although this can be more of a challenge when we are forced to be on our own. Seek support and give support to others when needed. Keeping in touch with friends and family by phone, texting, email or even social media can help. Building a circle of support for when times are hard. Support can be practical or emotional and as small as sending a text each morning to check up on each other.



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Recognise when you feel distress. We all feel vulnerable or overwhelmed in times of stress and the current pandemic may make you, at times, feel more vulnerable, especially to the effects of what is happening in our environment. Acknowledge your feelings and know that it is ok to feel that way. Be aware of how you feel on a daily basis and try to seek reassurance from others, as well as giving reassurance, which can be mutually beneficial. Realise that many people may be feeling the same way and that there are places that you can seek support. Sometimes it may be hard to explain worries but do not suffer in silence. Try to reach out or even write things down. Getting it out can be helpful so maybe keeping a journal or blogging can help. Know that you are worthy of support and remember to be kind to yourself.

Try to be in the moment. It's not unusual to have things that have happened in the past affect how we are now. We may spend a lot of time thinking about the past or worrying about what is going to happen tomorrow and how the future will be. Both are valuable and help us to understand our lives but it can be helpful to try and live in the present. A helpful thing to do might be to gather a toolkit of activities that will help you when you are feeling low. This could be having some music that you find relaxing and soothing, a mindful YouTube video, some mindful colouring or drawing or doing something creative that you enjoy. Write these choices down or place a note in a box that you know will be there when you need to use it.

Try to do something nice for yourself each day. Even the small things can bring us moments of calm and relaxation. Even in London we can notice the nature around us and go out for walks in nature. Relaxing in a warm bath, lighting some candles or watching a good movie can be nurturing. Keep a note of the things that you like to do. Also, some people find it helpful to write down things that they are grateful for.

Below are some ideas of places to reach out to that give support. Remember to ask for help if you need it and be kind to yourself.

Samaritans. To talk about anything that is upsetting you.

24 hours a day, 365 days a year.

Call: 116 123 (free from any phone) or email jo@samaritans.org

The Mix. If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm-11pm)



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Campaign Against Living Miserably (CALM). For males aged 15 to 35

Call: 0800 58 58 58 (5pm–midnight every day) or use their [webchat service](#)

SANEline. If you're experiencing a mental health problem or supporting someone else, call 0300 304 7000 (4.30pm–10.30pm every day).

Sydenham Garden, wellbeing centre utilising its gardens, nature reserves and activity rooms. Call 020 8291 1650 email: info@sydenhamgarden.org.uk

The following websites might also help:

List of helplines on NHS website:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Improving Access to Psychological Therapies, a Lewisham Service

<https://slam-iapt.nhs.uk/lewisham/welcome-to-iapt-lewisham/>