

We're Year Two – How Do You Do?

The term continues apace, as does the children's learning!

We look forward to our phone consultations with you all in the last week of this half term, if you haven't arranged an appointment, please contact the Office.

Thanks for your amazing response to the Christmas Cards, best we've ever had!

Subject	How You Can Help at Home
<p>English – Zoolab Recount and Bee Research</p> <p>Next week we'll be doing some writing following on from our visit from Zoolab last week. The children will jog their memories with some pictures of the visit and spend some time coming up with some appropriate adjectives to bring their writing to life. Then later in the week the children will start thinking about the question we're going to wrap our topic up with 'Why is it important to protect bees?' They'll be doing some research, before starting drafting a letter that outlines their views.</p>  <p>If we die, we're taking you with us.</p>	<p>Why not get the research ball rolling by looking in to why it's important to protect bees this weekend? You could do a little internet research in why it's important and what we could do to help those plucky little pollinators.</p> 
<p>Maths – Comparing and Ordering</p> <p>The children will be comparing groups of objects and numbers and expressing what they find in words; fewer, greater, less than, more than – as well as symbols; <, > and =.</p> 	<p>Can your child compare and order? If you give them groups of objects to compare, such as Lego bricks or (drum roll) our old friend dried pasta, do they order each group into straight lines or sets to make counting easier? Can they use words such as, fewer/less than or greater/more than, to describe the groups?</p> <p>Use a bit of their allocated screen time to play these fun ordering games!</p> <p>https://www.topmarks.co.uk/maths-games/5-7-years/ordering-and-sequencing</p>
<p>Science – Frankenstein Bug!</p> <p>Next week the children will be drawing on their learning this last half term to create a Frankenstein Bug! It will be two different creatures spliced together, other than this just being fun, it will help the children think about animal adaptation for different environments; which habitats might their new creature be suited to?</p> 	<p>Pick two creatures and imagine they were one creature. What would the new creature be good at? For example, a butterfly and an elephant! Draw a picture of the creature, label it and bring it in to school!</p>

(Boris Karloff, the best of the early Frankensteins, was a local lad, born in Forrest Hill Road, just by Peckham Rye Park and Common.)

Art – Bug Picture

Art will be a chance for anyone one who hasn't to finished off their bug to do so and for anyone that has, a chance to evaluate the different stages of the process and their skills, an important part of developing as an artist.



Continue encouraging them to draw what they see as accurately as they can and not in a stylised manner. Send in anything they put to paper!

Follow along this drawing tutorial. Bring your picture to school!

<https://www.youtube.com/watch?v=X8-lrd3VowI>

Phonics

We're jumping back into Phase 3 next week, we'll be hitting up 'qu' as in queen, 'sh' as in shut, 'ch' as in chop and 'th' as in thump. Sounds that the children should know well, but with the phonics checks on the horizon, another go round – especially seeing them in 'alien' words will be of benefit.



How many of these sounds can your child spot in the books they read this weekend? Can they spot any other digraphs (two letters that make one sound) that make the same sounds?

Extra afternoon Phonics – Sound Families

We'll be at the 'ai' family – 'ai' as in rain, 'ay' as in play and 'a_e' as in cake.



How many of the different ways of making the 'igh' sound can your child spot where they're reading their books?

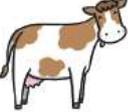
Words of the Week

Words of the week -

This week's words are: love, put, were, they.

Can your child spell these words from memory? Can they come up with any sentences featuring these words?

My Phase 3 Sound Mat

j 	v 	w 	x 	y 	z 	zz 	qu 		
ch 	sh 	th 	ng 	ai 	ee 	igh 	oa 		
oo 	oo 	ar 	or 	ur 	ow 	oi 	ear 		
air 	ure 	er 						*Pure	

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!



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.

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)

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/>