

## Welcome Back!

I hope you all had an enjoyable summer.



### Your child will need:

Blue handwriting pen and a pencil

PE kits to be in school all the time.

Library books in on Mondays.

### Names on clothes

Even though your children are getting older, names on clothes are still needed! Please ensure that clothes are labelled clearly. This helps us return them to their owners—Thank you!

I do hope that your child has a happy and successful year.

If you have any concerns, please do not hesitate to come and discuss them.

I look forward to working with you.

Emma Read



# Newsletter

## Year 5

## Autumn Term 2017

### What will we be doing this term?

#### Maths

It is important that your child knows his/her number bonds to 100 and times tables to x12; they need to rehearse these regularly at home. Children also have a mental maths target, a copy of which you will find in their homework book.

#### Homework

Homework will be given out on Thursday, and should be returned by the following Monday. There will usually be topic, grammar, maths and talk homework. Spellings will also be given out on Thursday. As well as weekly homework, children should read for a

sustained, quiet period of at least 15 minutes a day. I will collect reading records in on Mondays to check. Children who do not complete their homework or return their reading record may be kept in at lunch time.

#### Topic News!

As part of our topic on food, we will be doing cooking at some point.

If there are any Parents / Carers who would like to share any hidden talents they may have, we would be very grateful!

#### Harmondsworth Mile

Children will be participating in regular exercise in the form of walking and/or running a mile. This can be walked, jogged or run and is a non competitive activity. We've already had a go and children have been very positive about the experience!

#### Volunteers

If anybody has any spare time and would be willing to come in and hear readers, please call in at the office. A DBS check would be required which can be arranged at the office.

Many thanks!

### **Our brains are like cars - without fuel they don't work!**

Many children suffer a mid morning 'low' at about 11.15 a.m. This can be overcome by making sure your child has a sensible breakfast before coming to school (or at Breakfast Club) and by eating a healthy snack at break time. They can either bring a piece of fruit to school with them or purchase fruit from the fruit trolley for 20p. Also, did you know that, by the time you begin to feel thirsty, 20% of your brain power has already shut down? I would rather teach children, whose brains are working at 100%!! So please also try to ensure your child brings water to school **every day**. Thank you.

#### Mindfulness

As a school we will be focusing on developing mindfulness in the classroom. There is an emerging body of research that indicates **mindfulness** can help **children** improve their abilities to pay attention, to calm down when they are upset and to make better decisions. In short, it helps with emotional regulation and cognitive focus :)