



Class Newsletter

St Stephen, Summer Term 2019



WELCOME BACK! Thank you for all your help and support over the last two terms & also throughout your child's primary school life. As ever the summer term is packed with exciting events & challenging activities, including the sacrament of Confirmation, Sports Day, Year 6 Towers trip, Leavers' Assembly & SATs. As you know, it is now **just a week** away from these Year 6 tests and it is vital that you give your child as much support as possible during this period. **Your children are working hard and if they continue to so, they should not worry about these tests.** Over the next week, the children will need to get an appropriate amount of sleep so that they can work to the best of their ability – so bedtime before 9.00 pm is a good idea.

YEAR 6 TESTS & HOMEWORK

All of the children completed their homework that I gave them to do over the Easter break. Thank you for helping with this work: the children said they enjoyed doing it. Please encourage your child to complete their homework. Each piece should take no longer than half an hour per evening and will help them to consolidate the skills learnt in class. Passwords for the **SPAG.com** website have been given to all of the pupils, which they can use to revise specific areas of spelling, punctuation and grammar.

MUSIC

The children will be working together on the theme of 'Reflect, Rewind & Replay' and learning the song 'Dancing in the Street'. However, will not be teaching the children any dance moves from the Mick Jagger & David Bowie video!



RE

This term we will be learning about Easter, Pentecost, celebrating the life of Mary & the saints, marriage & the sacrament of Holy Orders.

The children will also be taking their **Confirmation on the 11th June** this term.

Confirmation preparation:

- Make sure to choose a sponsor to witness your child's Confirmation;
- Have available information on your child's Baptism (date & church).

DATES FOR YOUR DIARY

SATs: Monday 13th – Thursday 16th May

Year 6 Leavers' Assembly: 9.15 am Thursday 18th July

Leaver's Mass 9.15 am Friday 19th July



LITERACY

We will be looking closely at a variety of different fiction books (including 'Once/Then' & 'The Bridge to Terabithia') and doing a variety of written tasks that will contribute towards their final writing assessment. Literacy homework will mainly consist of spellings, grammar/punctuation skills, regular reading & online SATs revision. Any additional reading practice done at home will improve your child's vocabulary & fluency. To give your child a variety of texts to read I suggest that you share school newsletters and appropriate newspaper/Internet reports with them. Try and help your children to be aware of national and international news by logging on to this website: <http://www.bbc.co.uk/newsround>

HISTORY & SCIENCE

In History, the children will be studying Ancient Civilisations this term. Our Science topic this term is: animals and their habitats, & the life cycle of humans/animals. The children might like to bring in articles from the internet, which will be of benefit for research purposes.

MATHS

During this term, we will be working on a wide variety of Maths concepts and the early part of the term will consist of revision for the upcoming SATs. The learning of times tables (& any other mental strategies) will greatly increase your child's mental agility. Homework will be set on MyMaths, & the usual Friday MNP Maths sheet attached to the Marvellous Me text that I send.

PE

In P.E., we will be doing gymnastics (counter balance), & in Games: Athletics Skills and Heats for intra competition. In Swimming, in the second half of term, we will be looking at 'Stroke Technique' & 'Rescue & Survival'. Please try your best to provide your child with the correct uniform for P.E. & that they remember to bring it in on a Tuesday (P.E.) & Thursday (Games).

ART

The topic this term is 'Talking Textiles' where we will be teaching the children how to use textile techniques to create artwork based on a well-known story. Any home teaching/practise of sewing/needlework will be of great benefit.

ICT & DT

We will be doing work on: *Digital Artists* & *Digital Publisher*, where the children will be creating their own adventure story. In DT we will be designing and making bread.



Once again thanks for all your help and support over the year & any feedback on this letter would be welcome.

Thanks Mr D. Flanagan & St. Stephen's Class

SATS Week Timetable and Top Tips

DATE	ACTIVITY
MON 13 TH MAY	ENGLISH GRAMMAR, PUNCTUATION & SPELLING TEST
TUE 14 TH MAY	READING TEST
WED 15 TH MAY	MATHEMATICS: PAPER 1 -arithmetic PAPER 2 - reasoning
THU 16 TH MAY	Mathematics: PAPER 3: reasoning

1. **Sleep** – Try to be in bed by 8.30/9pm. 10-11 year olds need 9hr 30-9hrs 45minutes sleep each night. Lack of sleep will massively reduce your brain speed and how well you do in the exams.
2. **Drink water** – 90% of your brain is water and being just 2% dehydrated will reduce your brain performance. Keep sipping water throughout the day and during the exams.
3. **Get active** – After you have finished a hard day of exams, take some time off to run around, kick a football, or however you enjoy being active. Exercise encourages your brain to work at its best by causing nerve cells to multiply and strengthen their interconnections. It also creates a better blood flow to your brain and helps you to sleep better.
4. **Eat your veg** – Approximately 60% of your brain is made up of fats and Omega-3 fats are an essential part of that. Our bodies do not naturally produce Omega 3, so we need to get them from our diet. Foods like oily fish, avocados, green leafy vegetables (e.g. kale, broccoli and cauliflower) are all good sources.
5. **Breathe it in** – Fresh air will help your brain and body to function well. So get out go for a walk, cycle, trampoline... Don't just veg out on the sofa.
6. **Eat well** – Our bodies and brains need the right mix of vitamins and minerals to work at their best. So, during the exam week, keep it healthy. Then, when they are over, ask your parents to make or buy your favourite meal to celebrate!
7. **Get the best start** – Even if you don't normally eat much for breakfast, during SATS week, make sure you do. Things like porridge, Weetabix and brown toast, will help your body to burn energy slowly and steadily. If you eat things like chocolate or biscuits, your energy levels will rise quickly but then dip and make you feel tired, probably about halfway through your first test! In an experiment, when children who hadn't eaten breakfast for a while began to eat breakfast, their results went up an entire grade (on average). Breakfast is probably the most important meal of the day.
8. **No stress** — Don't about the SATS. They are important, but they will not affect your future job.
9. **Think positive** — You can do it! Believe in yourself and you will do great!
10. **Enjoy** – Enjoy the SATS and do your best!



Thanks, Mr Flanagan