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## 20th May 2022

The month of May seems to be going very quickly and finally the sun has come out for us and it is easier to be outside.

The children are enjoying fencing in PE – we are one of the very few schools to offer fencing and the children get a lot out of it. It is a way for them to learn strategy and defensive skills and apply these to a new way of moving and being active. On Thursday afternoons the children keep active doing rugby and Commando Joe's – lots of reasoning and problem solving happens as they go. Nursery managed to find some puddles to splash in despite the warm weather!



We hope to have a great day this Friday on the island carrying out investigations on beach around rocks (linked to our science work) as well as our geography fieldwork about Holy Island village, what is it like to visit and considering whether Holy Island is too busy?! Photos and videos will follow on the website shortly!

## St Bede service – Lowick next Wednesday morning 10.30am

Next week we have a church service in Lowick to celebrate the Northern Saints and St Bede in particular. The children will have readings and their own prayers to share as well as songs to sing. **We hope you can join us at 10.30am Wednesday 25<sup>th</sup> May** for a short (half hour) service **at St Johns in Lowick.**



## Reminder – parents / families invited for a picnic on Friday next week (27<sup>th</sup> May from 12pm)

Please remember we are having our Platinum Jubilee picnic at lunchtime on Friday next week. The school will provide a picnic lunch for the children but visitors will need to bring their own. We hope you can stay afterwards for an afternoon of den building / monument building with the children. You are all very welcome to join us and we look forward to seeing you!

## Parents Questionnaire

The summary of our recent parent / carers survey can be seen on our website in the news section or see the link below. Thank you to everyone who contributed their views. [https://www.lowickholylislandschools.org.uk/website/results from the parents carers questionnaire/608896](https://www.lowickholylislandschools.org.uk/website/results%20from%20the%20parents%20carers%20questionnaire/608896)

## Managing stress and anxiety

Mrs Strangeways and Mrs Simpson have refreshed their Thrive practitioner training last week focusing on managing stress and anxiety. As part of the training we considered what we can do day to day around school to help children feel calm and reduce stress.

One of things we are doing are regular moments to be calm, breathing exercises, opportunities to express themselves using art and crafts and listening to any concerns and talking through worries. We also recognise the importance of being outside and how nature can help children's wellbeing and good mental health.

One of our breathing exercises is the star hand which takes only a few minutes and is very effective.

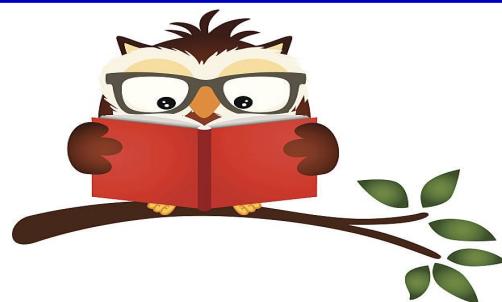


## Year 4 transition

We have a year 4 transition afternoon at St Cuthbert's in Berwick on Thursday afternoon (26<sup>th</sup> May). Can year 4 children bring a packed lunch or order a grab and go as we will go across in time for the year 4s from several local first schools to eat lunch together before doing activities in the afternoon.

## Reading update

As well as the reading book your child brings home which is pitched at their reading ability level, you may find they bring home extra book/s from the library about something they are interested in. These may be above what they can read on their own at the moment, so we hope you will read these to and with your children so that they continue to grow their love of reading and their curiosity about the world.



## School Money

We will be going live with the new cashless School money app on Monday 6<sup>th</sup> June, when we return after half term. Please look out for a text message you will receive with your log in details. Please can all outstanding fees be paid up to date next week so we can make the transition without overlapping payments, this is very important. If you have any questions or you are unable to start using card payments please contact Mrs Telfer in the School office.



## Spellings

Year 1— ir digraph Eg - girl, whirl, twirl

Year 2—more homophones Eg- too, to, two

Year 3— prefixes - sub Eg submarine, submerge

Year 4— A selection of commonly misspelled words

## Dates to remember...

- \* **Wednesday 25<sup>th</sup> May**—Lowick Church Service St Bede 10.30am
- \* **Thursday 26<sup>th</sup> May**—Year 4 transition afternoon at St Cuthberts in Berwick
- \* **Friday 27<sup>th</sup> May**—Jubilee picnic & den/monument building  
Break up for half term
- \* **Monday 6<sup>th</sup> June** –Return to School