

Upper 1 Learning Update

Welcome back to another new school year. I hope that you all had a good summer break. In this leaflet you will find information about our planned learning for the next term and how you can support this at home. Home learning does not have to mean lots of extra work. However, if you have an awareness of the topics your young person (YP) is learning about then it will be easier to discuss these at home. If you have any questions please do not hesitate to get in touch.

What we will do in school	What you could do together at home
<p><u>PSHE and Life Skills</u> This half term will be studying self-awareness - feeling good about ourselves, taking risks. Managing our feelings - relaxing, coping with anxiety and standing up for ourselves. We will also be raising awareness of mental health issues.</p>	<p>Be ready to answer any questions your child may have about our PSHE . Encourage your YP to discuss their feelings and recognise when they have dealt with a situation well.</p>
<p><u>English</u> This half term our topic is 'All About Me'. We will be reading the book ' Bill's New Frock' and evaluating it. We will look at the diaries of Anne Frank and Samuel Pepys and write our own recounts and diary entries.</p>	<p>Talk to your YP about any books they like. Encourage them to find a blog online or follow a famous person's twitter feed to note how people recount what they have been up to. If your YP is feeling adventurous they could keep a diary!</p>

Numeracy

This term we will be studying data, time, money and measure.

Encourage your YP to notice what time of day they do certain things. How to read both analogue and digital clocks and estimate how long it will take them to do certain tasks or travel distances.

Humanities

We will be studying our local area as a Geography unit this half term. We will focus on the human and physical features of our locality and will visit some of these features.

Talk about what they like in Milton Keynes and ask them to explain why.

Science/ DT/PE

We will be considering what makes us healthy. We will look at a healthy balanced diet and why and how we exercise. In cookery we will be making healthy meals.

Talk about what foods you eat at home. Discuss healthy alternatives where possible.

ICT

This term we will be producing our own games using the Scratch package.

Encourage children to talk to you about the games they play and explain why they like them

PE- PE lessons are every Monday. Please make sure kit is in school.

Swimming- Swimming is every Friday this half term. Please bring trunks, a towel and any toiletries needed.

Forest Schools- These lessons will be every Tuesday. Please make sure your YP has long trousers, a waterproof coat and outdoor shoes in school.



Home School Book

We will try to write in the home-school book to let you know anything significant about your YP's day.

Please feel free to write what your child has been up to at home, any new achievements and any concerns or questions you may have. If your child has missed breakfast, or had a bad night's sleep - please let us know so that we can care for them accordingly. I am happy to email you our weekly newsletter if you would prefer it in an electronic form. I can be contacted on the school email system if you would prefer to email me at karen.lewis@walnuts.milton-

keynes.sch.uk. If you contact me by email please note that I do not always get a chance to check emails before school starts or during the school day but usually check them after school.

Thank you for reading this information. I am looking forward to meeting you at Parent's evening on the 24th September and will be confirming appointment times soon. Please do not hesitate to contact me if necessary in the meantime,

Best Wishes,

Karen and the Upper 1 team.