

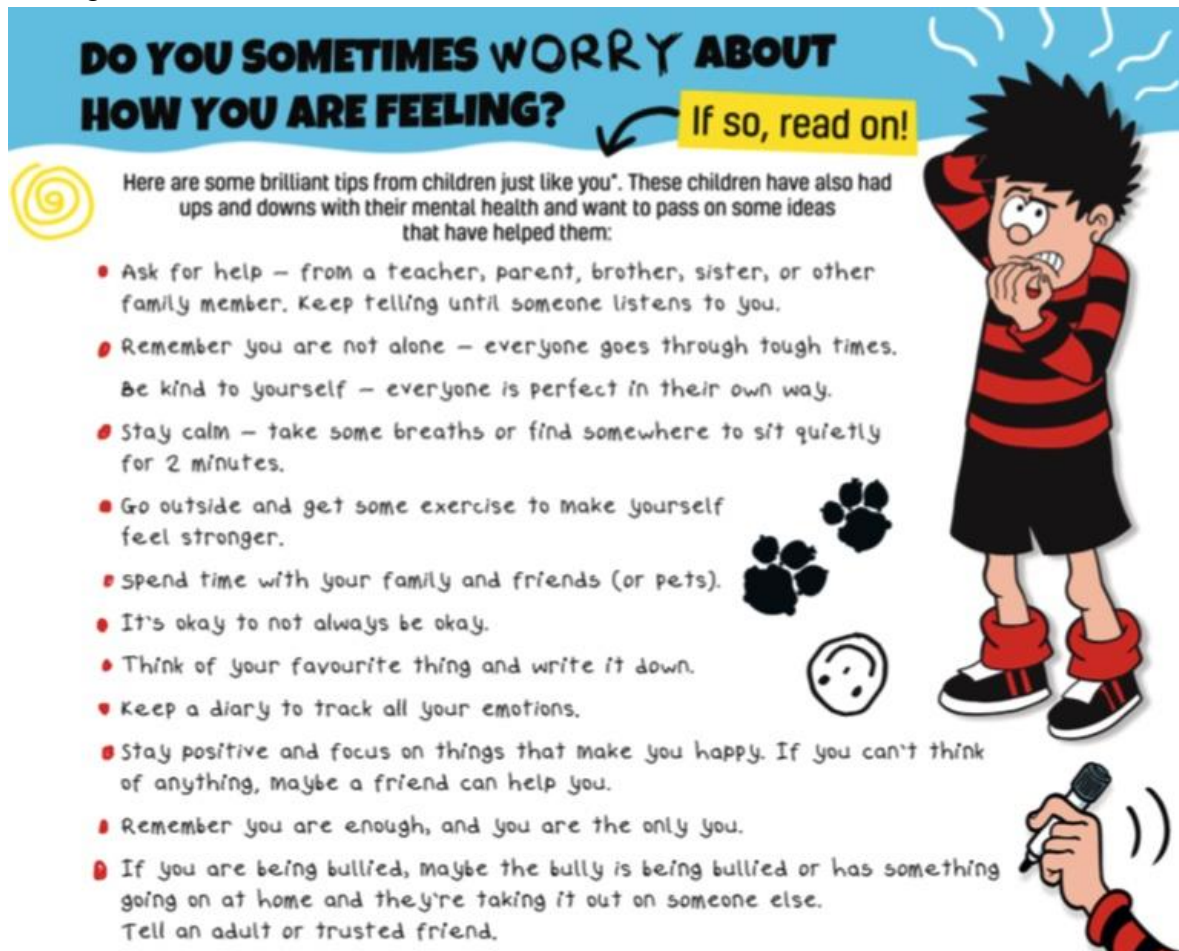
## Weekly Learning Letter

Date: Week ending 9<sup>th</sup> February 2024

### This week in Year 2:

We have been focusing on Children's Mental Health Week. This year's theme is 'My Voice Matters'. My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves.

Here are some strategies to help your child when they worry about how they are feeling:



**DO YOU SOMETIMES WORRY ABOUT HOW YOU ARE FEELING?** If so, read on!

Here are some brilliant tips from children just like you\*. These children have also had ups and downs with their mental health and want to pass on some ideas that have helped them:

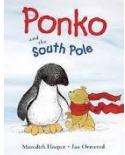
- Ask for help – from a teacher, parent, brother, sister, or other family member. Keep telling until someone listens to you.
- Remember you are not alone – everyone goes through tough times. Be kind to yourself – everyone is perfect in their own way.
- Stay calm – take some breaths or find somewhere to sit quietly for 2 minutes.
- Go outside and get some exercise to make yourself feel stronger.
- Spend time with your family and friends (or pets).
- It's okay to not always be okay.
- Think of your favourite thing and write it down.
- Keep a diary to track all your emotions.
- Stay positive and focus on things that make you happy. If you can't think of anything, maybe a friend can help you.
- Remember you are enough, and you are the only you.
- If you are being bullied, maybe the bully is being bullied or has something going on at home and they're taking it out on someone else. Tell an adult or trusted friend.

\*Illustration of a boy looking worried, a hand holding a microphone, and a small smiley face.

Kate's classes visited Dulwich College to learn about the James Caird. This was the boat that Sir Ernest Shackleton used to cross the Southern Ocean. Thank you to all our parent helpers.

## Weekly Learning Letter

### English:



In English we finished writing our own version of 'Ponko and the South Pole'. The children wrote brilliant stories which entertained the reader.

### Phonics / Spellings:

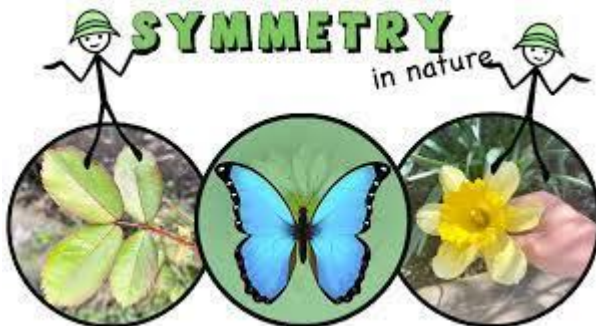
We will be focussing on these words which we sometimes make mistakes with:

- shouted
- wanted
- called
- asked
- pulled
- jumped

### Maths / Number:

We have been learning about lines of symmetry and exploring the properties of 3-D shapes.

Go for a walk and look for symmetry in nature.



What objects have lines of symmetry?

Is there more than one line of symmetry?

Can you create a picture that is symmetrical?

## **Weekly Learning Letter**

### Reading:

Remember to read every night (someone can read to you, you can read, or you can take it in turns). Who is your favourite character? Are there any wondrous words for you to collect? You could try to use it in your own story.



### Home learning ideas:

Go for a walk of your local area and look for things you haven't noticed before. Take a sketchbook with you to record what you found.

Can you find any signs of spring?

How will the plants and trees change over the next few weeks/months?

### Forthcoming events / trips:

Educational visit to Greenwich Maritime Museum

- **Friday 8<sup>th</sup> March 2024** – Shona's and Sarah's Class
- **Friday 22<sup>nd</sup> March 2024** – Kate's Class

### School website: School website

Please do [visit our website](#), you can find details of forthcoming events on the [calendar](#) (& you can subscribe to your child/ren's year group so it will auto update your calendar), as well as photos of learning activities including educational visits in the [photo gallery](#), read all about recent events and sporting achievements in the [school news](#) section and much, much more!

Happy learning!

Kate, Sarah and Shona