

# News Update

TERM 2, Week 1

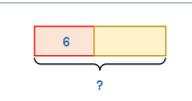
Dates for the Diary	
Maths Week Eng-land	Week com-mencing 9th Nov
Virtual Open Day for new parents	Wednesday 11th Nov 9.30am
Virtual Open Day for new parents	Wednesday 18th Nov 2.00pm and 5.00pm
Virtual Open Day for new parents	Wednesday 25th Nov 3.45pm
Year 6 Ancient Greek Day	Wednesday 25th Nov
Year 4 Amazon Day	Friday 4th Dec
Flu Vaccinations Years 1-6	Thurs 10th Dec
Last day of Term 2 for academy	Fri 18th Dec
Last day for Nursery children	Mon 21st Dec
CHRISTMAS BREAK	w/c 21st Dec
INSET DAY	Mon 4th Jan

### Academy update

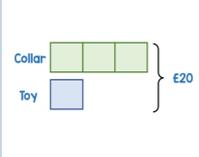
Welcome back, we hope you had a great half term break. We are continuing as normal in the academy during this second national lockdown and would like to assure all parents and carers that the safety of our pupils continues to be our first priority. We are sure that these new restrictions must be causing many of you anxiety and would like to re-iterate that if any pupils are finding the measures difficult our team are here to support you in any way that we can. Please can we remind all parents/carers that if your child is going to be absent from the academy you need to leave a message on the absence line before 9.30am with your child's name, class and reason for absence. Thank you.

BARVEMBER is here! We are posting a weekly bar model problem on our Twitter page each week and the pupils have been solving a range of bar model problems in the academy. Here are a few to have a go at this weekend. Remember that your child can hand their entries in to their class teacher or to Miss Reed on Monday.

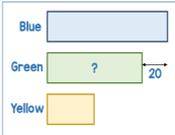
**1** Mo has 6 toy cars.  
  
Annie has 8 toy cars.  
How many toy cars do they have altogether?



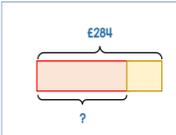
**2** A dog collar costs 3 times as much as a toy.  
The total cost of the collar and the toy is £20  
How much does the collar cost?



**3** There are some counters in a box.  
• There are 20 more blue counters than green counters.  
• There are half as many yellow counters as green counters.  
• There are 415 counters in total.  
How many green counters are there?



**4** The price of a washing machine increases by  $\frac{1}{4}$ .  
The cost of the washing machine is now £284  
How much did the washing machine cost before the increase?



### Christmas Card designs

We have again taken part in this very popular initiative. Pupils should all have brought home their delightful Christmas card designs this week. The children have loved designing their cards and there have been some fantastic ones again this year. Please ensure your order forms are returned to the office by the 12th November. Payment details will then be put on Parentpay.



Recognition Award winners for this week are:

- Reception—Arin and Stanley
- Year 1—Charlotte and Imogen
- Year 2— Isobel and Toby
- Year 3—Rio
- Year 4—Tyler and Charlie
- Year 5—Jesse and Lennon
- Year 6—Isabel and Sophie

Well done to everyone!



9TH TO 14TH NOVEMBER 2020

Maths Week England

#MathsWeekEngland



ROBSACK WOOD  
PRIMARY  
ACADEMY

Join our virtual  
**OPEN DAYS**

Wednesday 11 November 2020, 9.30am  
Wednesday 18 November 2020, 2pm and 5pm  
Wednesday 25 November 2020, 3.45pm

REGISTER TODAY

Bright Futures

University of Brighton  
Academies Trust

Our Eco-Warriors from Willow class (Amber, Jessica and Ollie) have shown great initiative and responsibility by creating a video to promote recycling and reduce waste in the academy. The children made the video without being asked and worked on it for several weeks. What they have created not only demonstrates their great knowledge and passion for our environment but it was also brilliantly produced. Well done to all three pupils!



### Safeguarding Update—Thinking about Christmas presents?

Make sure any games and tech gifts you give this Christmas are age appropriate

If you are giving computer games make sure to check the PEGI ratings which give the suggested appropriate age for use due in relation to language, violent and sexual content and moral ambiguity.

Popular now are Virtual Reality gifts, do beware there is an upper age limit of 13 for most headsets and make sure to check your privacy settings.



### Inclusion Update—Top tips

Here are four great ways where you, as a parent, can teach your child to have an inclusive attitude and approach:

- Be a role model
- Teach compassion
- Explain differences, don't ignore them.
- Use children's literature to explore different people/cultures/food/thoughts



### Pupil mental health and wellbeing—Top tips for Young People with anxiety

**Go through it!** It's normal to have anxious feelings from time to time, but quite often if you can push through, your confidence in yourself to manage difficult situations will grow. Every time you avoid a situation, your anxiety will grow.

**Recognise anxiety's 'voice' so you don't take it seriously!** A lot of people name the voice in their head that pops up with all the unhelpful thoughts. Giving it a funny name can help you challenge it. This is what they do in Harry Potter when they make the Boggart look ridiculous!

**Challenge the 'what ifs'** Sometimes that 'voice' has a 'what if...' answer for everything! But remember, thoughts are not real so reality check them. How many people has it happened to? What would you do if it did happen?

**Sleep!** You are more anxious when you are tired, but when you are anxious you can't sleep! Try just resting and trust your body to get the sleep it needs. No screens an hour before bed, close eyes and decide on a happy 'twilight-dream' to focus on.

**Activities** Being anxious can be lonely and you are focused on the future. Try doing things you enjoy with family and friends and focus on the moment you are in.

#### Where to find help

<https://www.nhs.uk/conditions/anxiety-disorders-in-children>

<https://www.childline.org.uk>

<https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-anxiety>

#### **10 minutes to let your mind wander (who knows where it might lead)?**

**Write down:**

1. **Two things you have never done but would love to try**
2. **One thing that might scare others but doesn't scare you**
3. **Three things about this time of year**
4. **Three little things that mean a lot**
5. **One thing you're thinking about, but not quite ready to talk about yet**