Hannah More Primary School Newsletter 7th June 2024



Hello everyone,

There has been a buzz around the school today as we celebrated the many cultures that are represented at Hannah More. There was a huge amount of respect for each other and the cultures and traditions that different communities have. It was great to see all the children dressed in clothes that represent their cultural identity. So many families have put a lot of work into gathering information to share with classes. During our assembly this morning we saw some examples from Year 1 where parents had worked with children to create posters to share. I want to thank all the adults who have come in to talk to the children and brought things for the celebration of food. Hopefully, we will manage to get some photos into the newsletter!

Next week, we have the KS2 Sports Days. On Wednesday, we go to Whitehall for the track races. We would appreciate some parents to walk with us as we have a number of staff that won't be able to walk this year. Please let the class teacher know if you can walk with the children. We will leave by 9.20. On Friday, we have the activities at school. This starts at 10 and will be finished by 11.30. There will be a number of fun group games and activities.

I have spoken to the children this week about behaviour on the playground. Many of our children are very physical and often play can get too rough. We need parents to support our messages that fighting is not allowed. If children are repeatedly being too rough, we might need to consider parents coming in to be with them at lunchtime or sending children home to eat. This is certainly not the majority. I would like to point out that we never have any problems with children in KS1!

Next week, the Year 1 children will have their phonic assessments. They are very good at their phonics and the assessment is something that they will have done many times already this year. Phonic teaching at Hannah More is strong and our children get a great start which launches them to become confident readers.

It is Family Swim again tomorrow. Mrs Barbour will be there with Nasro and I will be going again in a couple of weeks. I hope to see many of you at Sports Day next week or the week after. Have a great weekend.

Mr Hawkins

SPORTS DAYS

Wednesday 12th June 9am-12pm KS2 @ Whitehall Track Friday 14th June 10am-12pm KS2 @ school field Friday 21st June 10am-12pm KS1 @ school field

Year 6 Leavers Performance Weds 17th July @ 1:30pm With the weather getting warmer, please make sure on hot days children are coming to school with -sun hat -water bottle -suncream put on before school **RECEPTION** This week we started our new story 'The Paper Dolls'. We shared our own memories and wrote about things we remember. We also had a visit from Farmer Liz who brought us some eggs in an incubator and we learnt all about what will happen. We are very excited for them to hatch! At home practise reading your words and reading book - use your story voice!

This week we started reading our new class text 'The Smeds and The Smoos'. We made a fruit salad and wrote instructions for others to make it too. We also used descriptive language to create wanted posters. As well as this, we started our new enquiry 'Why were Christopher Columbus and Neil Armstrong courageous people?' and use picture sources and videos to find out about why Columbus is famous. We also learnt to partition numbers to 100. At home please help with phonics as we have the phonics assessment next week.

TEAL In maths we learnt about fractions. In English we started our new book 'Anna Hibiscus' and learnt more about using conjunctions to lengthen sentences and use more exciting adjectives. We also learnt about how different life was for children in the Victorian era. Please read with your child <u>5 times a week</u>. Use Bug Club - ask your teacher if you have forgotten your login. Practise your 2, 5 and 10 times table including doing them out of order.

SEAR 3 This week we researched the Amazon rainforest - we thought about what lives there, how it grows, where it is. In maths we continued looking at how to tell the time. In enquiry we were scientists and looked at the functions of a plant. Please read with your child at least <u>3 times a week and ask them questions about their reading</u>. Please complete the homework sheet.

This week Year 4 kept revising for their multiplication screening which is now only 6 days away. We also went to IntoUniversity centre to learn about different types of careers like palaeontologists, scientists and product designers. As authors we started our new text 'The Song of The Dolphin Boy', and as mathematicians we worked hard comparing angles and types of triangles. Please remember to practise for the times tables test on 13th June! It is only 6 days away now! 10 minutes a day on Times Tables Rock Stars can make all the difference. You will be tested on all of the times tables up to 12 x 12.

A Section of Year 6 were fantastic authors this week, writing a contrasting diary entry about the book 'Gorilla' by Anthony Brown. We were also engineers, learning all about forces and machines in preparation for our rocket launch next week! At home, please help your child with regular reading at home - it is so important that the children keep this up during the last term and into the holidays.

Reception: Abas

Gruffalo: Ayman BFG: Adia Woodpecker: Ahlam M

Year 5: Baktiar Year 4: Jamia and Zahra Year 6: Shay and Brayden

CULTURAL CELEBRATION DAY













THANK YOU TO THOSE WHO HELPED BY TALKING IN SCHOOL, DONATING FOOD AND HELPING PUT ON THE EVENT!

SEND COFFEE AFTERNOON WITH BRISTOL PARENT CARERS

Tues 18th June @ 2 - 3:30pm

Come along to chat with Bristol Parent Carers & school staff to find out about services available locally to support your family and children

Hala (School Nurse) and Paul (from MHST) will also be there - please come along to meet them!



Hannah More Primary School



Would you like your child to make

Some healthy sweet swaps?

We are here to help!

Our free healthy lifestyle programme can support families like yours make healthy habits. Help yourself to our sweet tips below.

Create a shopping list for the family, before going shopping.

2. Have a weekly sweet voucher. Your children choose when to "cash in" for a portion of sweets.

3. Use the NHS Food Scanner app to help find healthy swaps in the shops.

4. Try having a mix of fresh and dried fruits to help the sweet cravings, i.e. dried mango, bananas.

Families



0 Mix things up and make fruit more fun - try making fruit cocktails, smoothies or ice lollies.

• Look for healthy sweet treat recipes online. We might be biased but we think **beezeebodies.com/blog/category/recipes** is pretty good!

Like these tips and want to know more? Check out our website now. Scan the code _or click here to find out more



EVERYONE ACTIVE AND KIDS PASS

Everyone Active has teamed up with Kids Pass to offer families some fantastic benefits just by being an Everyone Active swim lesson member. This includes...

- Up to 40% off cinema tickets, 7 days a week
- Kids eat FREE deals
- Up to 57% off family days out including theme parks



• Up to 10% off holidays

Scan the QR code for more information on Kids Pass

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SPORT PASSPORT

Sport Passport, an interactive system that joins together children, teachers and parents in an online world. Children can follow along and view their progress in their swimming lessons, play games and collect online trophies. Parents are more aware of what their children are doing in lessons and can follow along and understand what their children are working on.

Teachers are able to use tablets to track students' progress, take attendance and demonstrate videos on the poolside. Can show poolside video clips of each outcome which will visually aid teaching. Gives the teacher more tools to offer reward and motivation.



Scan the QR code for more information on Sport Passport

> For more information on swimming lessons please visit **www.everyoneactive.com**

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JOIN OUR

AND CLAIM A

FREE' 6 MONTH

KIDS

every one ACTIVE



Swimming lessons are at the core of everything we do here at Everyone Active and they represent one of the most important services we offer to our members.

We help more than 170,000 children every year to learn this fantastic fun, life-saving skill. Not only is swimming great fun and a brilliant way to get active, but it's also a skill that could well save your life one day.

SO, WHY LEARN TO SWIM WITH US?

- We offer lessons for swimmers of all ages and abilities, with children's classes beginning from four months old
- All our teachers hold Swim England or equivalent qualifications
- Our lessons allow students to work towards attaining badges and certificates to highlight their progress
- Our swimming lessons run for 50 weeks of the year, seven days a week
- Students can enrol at any time
- Each class lasts at least half an hour
- Our teachers are DBS (Disclosure and Barring Service)-checked
- Free 6 month access to Kids Pass Whether it's day-trip adventures, cinema missions, or cosy bites to eat - it's never full price with Kids Pass Join the family-fun revolution!
- You can track your progress online with Sport Passport



OUR SWIMMING LESSON STAGES - WE HAVE 10 STAGES BEGINNING WITH ADULT AND CHILD LESSONS STARTING FROM ONLY 4 MONTHS OLD.

ADULT & CHILD LESSONS (4-36MONTHS) These classes are aimed at giving your child their first experience of the water, along with your guidance.

PRE-SCHOOL STAGE 1 If your child is over the age of three, not in full time education and hear't avum before, then this is the stage for them.

STAGE 1

If your child has started full time school and is nervour in the water, then this is the class we would suggest for them.

STAGE 2

This stage is for children who are in full time educatio and are confident in the water but have had no swim lesson experience.

STAGE 3 If your child can swim five metres on their front and back unsided, then they'll need to errol in o

Stage 3 lessons. STAGE 4

For slightly more advanced children, stage four teache your child some of the basic swimming techniques.

STAGE 5 Once your child can swim 20m on their front and back then it's time they enrol in the fifth stage of our learn-

then it's time they enrol in the fifth stage of our learn-to swim programme.

STAGE 6 This stage of our children's swimming lesson programme is where stroke technique begins to be more solidly implemented into the programme.

STAGE 7 After stage 6, this class is open to your child if they can competently swim 100 metres and demonstrating three

different strokes. STAGE 8 This class is aimed at children who are in the early

This class is aimed at children who are in the early stages of competitive swimming wishing to develop stamina and stroke technique.

STAGE 9

This stage delves even more deeply into teaching your child about speed and endurance. STAGE 10

Your child will learn how to execute correct race starts and turns, as well as swimming 1,500m in three different strokes.



LEARNING TO SWIM AS AN ADULT

If you had a bad experience when you were younger that's left you somewhat nervous of the water, or if you just never took the plunge and learnt as a child, it's never too late to learn to swim. As well as teaching those who are new to swimming, adult also help more able swimmers to improve their technique and stroke. Whatever your age or ability, our swimming teachers will help you progress.



ROOKIE LIFEGUARD

Once a swimmer has completed Stage 7, they may wish to learn the skills of lifesaving. Only available at certain centres.

WATER POLO

Following completion of Stage 7, the swimmer may like to learn the basic skills of water polo. Only available at certain centres.

ARTISTIC SWIMMING

On completion of Stage 7, there is an opportunity for swimmers to undertake synchronised swimming and learn the initial skills of this aquatic discipline. Only available at certain centres.

JUNIOR FITNESS

Having completed Stage 10, a swimmer may like to continue swimming as part of our junior programme to maintain their technique and stamina – this session will help swimmers to do this.



Scan the QR code for more information on children's swimming lessons

DIVING

This unique aquatic discipline is offered at a limited number of centres due to the facilities required. At our main diving centres, the children are able to start their learn to dive journey once they have completed Stage 3 of the Learn to Swim programme. In addition, other sites offer a taster of diving once the child has completed Stage 7.





ONE-TO-ONE SWIM LESSONS

Our individual classes cater for one or two students at a time. These are intended to help you or your children focus on a specific requirement or area for improvement. Sessions are open to all ages and abilities.



Scan the QR code for more information on one-to-one swimming lessons

CRASH COURSES

These intensive short courses run during school holiday periods and are designed to help your children develop their skills in a short space of time. They are open to everyone, including those already on our swimming lessons programme.



Scan the QR code for more information on swimming crash courses



A group for babies, toddlers, parents and carers to play and relax with a cuppa *Mums-to-be are also welcome to join us*

Monday Easton Community Centre

Wednesday Felix Road Adventure Playground

SUGGESTED DONATION OF ±2 PER SESSION

Contact Jaiya on jaiya@upourstreet.org.uk or call 01179 541 409



SEND Family Club Activity session

2nd Saturday of the month 13:30 to 15:30 at Felix Road Adventure Playground, BS5 0JW

> MONTHLY STAY AND PLAY SESSIONS LED BY PARENTS, FOR CHILDREN WITH ADDITIONAL NEEDS AND THEIR SIBLINGS.



FIND OUT MORE CALL Ollie: 07810506980 EMAIL ollie@upourstreet.org.uk WEBSITE eastsidecommunitytrust.org.uk



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SUNDAYS + special events 1 TO 2PM (2 to 5pm open access) at Felix Road Adventure Playground

Every Sunday and at special events we have a quiet hour for children who need calm and a more relaxed environment to play in. These sessions are aimed at children with sensory and additional needs who may find an open access session overwhelming or maybe just need a bit of space to get comfortable before we open the gates to everyone else.

During this hour you can expect:

The gate will be closed - this is to give families the confidence that their child can play freely without fear of running out into the road

A playworker will be on the gate to welcome you and your child/ren

For more information contact Ollie ollie@upourstreet.org.uk / 07810 506 980

Celebrating 25 YEARS of IKEA Bristol

15th & 16th June **—** 11_{am} - 4pm IKEA Bristol Outdoor Car Park

Family Fun Fair, games, prizes, face painting, candy floss & more!

IKEA Family Swe-Dish Friday 14th June • ★ • ★ • ★ • ★ • Family activities throughout the store for all our IKEA Family members!



Family

EASTSIDE REPAIR CAFE

Repair Cafe Easton Community Centre

Come along to Eastside Repair Cafe where we'll be repairing much-loved items in need of some tlc.

Bring along small electrical items, textiles and furniture. Enjoy a cuppa, learn new skills, and share yours.

1st Saturday of the month, 10am to 1pm

Contact details

Email - vic@upourstreet.org.uk Facebook group search - Bristol Repair Cafes Lead by local volunteers supported by Eastside Community Trust







The Coexist Community Kitchen & Trinity Community Arts is excited to present

Gardening & Cooking

We will be cooking delicious things on fire, making pickles, oils, chutneys and sharing lunch together after a morning of planting, sowing chopping and cooking!

Six sessions Tuesday's at 10am - 1pm 28th May - 2nd July Open to age 18+ Bus fares can be covered Must commit to all six sessions



Get in touch

Mindfulness for Bristol Parents of SEND Children



Pause•Soften•Connect•Be

A Mindfulness Course for parents and carers living in Bristol, which looks at how to be with the stress and worry that comes from being in the role of a parent or carer of a child with additional needs.

This ten-week course allows us to notice how we habitually react when under stress and how practising mindfulness techniques can help us to regulate our emotions more effectively, including becoming more resilient during stress. With practise, we become more able to pause, soften, connect with our breath and be with difficulties in the moment. As a result, we may find we are able to respond more calmly and skilfully.

Evidence shows that when under stress, parenting skills are found to collapse. With Mindfulness for Parents, it's the parents' own stress and suffering, that is the primary focus of the training rather than the problem behaviour of the child.

Mindfulness for Parents/Carers supports you to:

- Reduce stress
- Reduce harmful intergenerational patterns of stressed-out parenting
- Improve emotional regulation
- Improve family communication and relationships

Online Mindfulness for Bristol Parents of SEND Children: Day: Tuesdays 9.30 am – 12 noon Dates: 24th September – 3rd December 2024 (Term time only)

Via: Online Zoom Cost: FREE Book: Call Claire-Louise on 07949399633 Contact: <u>mpcp.bristol@gmail.com</u> Website: <u>https://www.mpcp.info</u>





Practice speaking English • Improve your confidence
Meet new people • Term times only • Enjoy fun activities •

WEDNESDAYS 14:00-15:00

IN THE COMMUNITY ROOM

STARTS 17/04/2024

FREE Speaking classes in Bristol | No need to enrol-just turn up!



www.esolcc.org or contact Aggie on: conversationclubs@bristol.gov.uk 07768500673

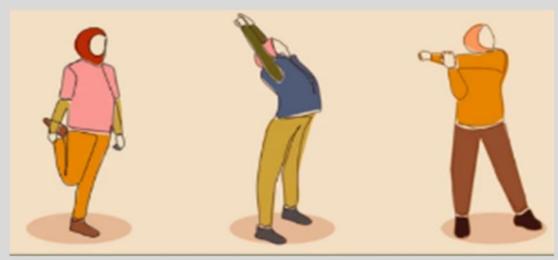
PILATES & FITNESS mixed group with tutor Mark Tuesday evenings @ 6:30-7:30

This welcoming class is open to those at any level. With over 20 years of experience teaching Pilates, Mark will challenge everyone at their own level. Pilates improves physical strength, flexibility, and posture and can be enjoyed by people of all ages and abilities.



Sessions are on Tuesdays in the Community Room. Parking is available if needed.

For more information, email friendsofhannahmore@gmail.com You will need to complete a short health questionnaire at the first session.



WINDRUSH solution SATURDAY 22ND JUNE HANNAH MORE PRIMARY SCHOOL, BS2 OLT DROP IN ANYTIME BETWEEN 10:30-1:30



Come and create a postcard to send to a friend. Learn about the Windrush generation and try some creative writing.

WITH ARTISTS LAURA AND JAZZ, AND POET SHANI

A FREE event, everyone is welcome. Refreshments available!

For more information: friendsofhannahmore@gmail.com



Department for Levelling Up, Housing & Communities



Family Swim Sessions for Hannah More families Saturdays 6 -7pm

Come and enjoy a swim at Easton pool for only £1 per person!



May 11 and 25 June 8 and 22 July 13 and 20

- Tickets available from the Monday before each swim.
- Children under 8 must have an adult in the water with them
- One adult can bring 2 children under 8