



Mindfulness quote of the week:  
I can be brave and step out of my comfort zone.

Hello everyone and thank you so much for sending in cakes and coming to our coffee afternoon to raise money for Macmillan. It was lovely to see you all and chat with you.



This week's stars of the week have made great progress in their maths and English! They have been so kind and helpful to others and made our classroom have an extra row of sparkles around it!

Miss Jones and Miss Smith are delighted with you!

In English this week, the children have begun writing about character feelings in *Goodnight Mr Tom*. I am so pleased with their work and so excited for you to come and see it next month at parents evening. In maths the children have learnt how to round 4 and 5 digit numbers. During R.E the children learnt the 10 commandments which God gave to Moses and made their own stone template designs. Within art, we learnt the different elements of landscape paintings and practised cutting up images and labelling them.

**Maths and English Homework** will be given out on Monday and is due in on Friday. If children struggle with any part of this, please stop completing it and send it in to me with a little note so that I can help them.

**Please can you send in your consent for the children to go to the library if you haven't already sent it in.**

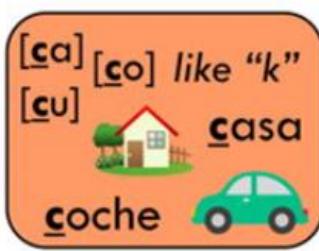
**Please can you let me know if your child has any allergies, dietary requirements, or special requirements in school, which you need to share with me. You should be able to do this in the messaging part of seesaw.**

**Please can you complete your photo consent form if I haven't already received it and send it in to me.**

Have a lovely weekend together! Kind regards Miss Jones & Miss Smith

Hola

This weeks Spanish is some phonics.



## Help Kids Balance Their Media Lives

education®

From phones and tablets to streaming movies and YouTube, tech and media are everywhere. Kids love easy access to shows, games, and information. Parents and caregivers love that kids can learn on the go (and stay busy when dinner's cooking). But it's easy to overdo it when the phone never stops pinging and the next episode plays automatically. Families can keep media and tech use in check by following a few simple practices.

### Check out these 5 tips



#### Create screen-free times and zones.

Help kids take breaks from tech by limiting screen time in bedrooms, during study time, or at the dinner table.



#### Try parental controls.

Set content limits that make sense for your family. Alongside conversations about healthy media habits, use features such as content filtering, privacy settings, and time limits offered by the apps and platforms your family uses to help manage access and exposure to media.



#### Establish clear family rules.

Decide together what kind of media and tech is OK -- and when it's OK to use it. A family media plan can help get everyone on the same page.



#### Watch and play together.

Choose quality, age-appropriate media to enjoy with your kids. Visit [commonsensemedia.org](http://commonsensemedia.org) to find shows, games, and more.



#### Help kids identify healthy behaviors.

Practice talking about feelings -- both physical and emotional -- during screen and non-screen activities.