



Year 6 Newsletter
April 2024

This half term the children will be completing their end of KS2 SATs tests. They have been working towards these all year and we are very proud of all their progress. We know that this week can be stressful for the children, but we have prepared the children all year with mock tests and these are no different! We only ask that the children try their best.

Following the SATs, we are going to have a treat morning at the beach and then a fun afternoon in school on Friday 17th May.

SATS BREAKFAST

During SATS week, we shall be inviting the children into school for a light SATS breakfast. Each day, the children are welcome in from 8.15 to have cereal and toast and chat with their friends. We found last year this was an excellent way to ensure the children felt settled and calm before sitting the tests.

This half term's learning-

English writing- Three Little Pigs
(discussion text)

English reading- SATs revision

Maths- Shape, SATs revision

Science- Light

History- Maafa

Geography- Frozen Kingdoms

Computing- Filming and editing

DT- Make do and Mend

RE- Hinduism

PSHE- My beliefs

RSE- Healthy online relationships

PE- Yoga, Athletics

Games- Tennis, Rounders

Homework:

- *Reading- We would like children to read at home daily with it recorded in their diaries 4 times.*
- *Times tables Rockstars 3 times per week. All children should have been given their login letters to TTRockstars but please let us know if they didn't and we will reprint them.*
- *Homework- Homework is set on a Thursday and is due back the following Thursday. The children have a piece of grammar, reading and maths to complete. If they need any help, please encourage them to ask us early on in the week and we will organise some support for them!*

Key Dates-

Friday 19th April- London Trip meeting after school

Monday 22nd April- Sit and See from 2.45

SATS WEEK

Monday 13th May- Grammar, Punctuation and Spelling

Tuesday 14th May- Reading

Wednesday 15th May- Maths paper 1 and 2

Thursday 16th May- Maths paper 3

Friday 17th May- Treat day including a special beach school visit.

London residential- Tuesday 21st May- Friday 24th May



My Staying Calm Checklist

Start with getting a good night's sleep.

Repeat to yourself that you are prepared, relaxed and ready.

Listen to a favourite, happy song in the morning to start your day in a positive mood.

Switch off any distractions when you are working such as phones, TVs and music.

Keep drinking water and have regular healthy snacks.

Try writing anything down that is worrying you before you get into bed.

Use a positive affirmation in the mornings to help boost a growth mindset.

Talk to an adult about your feelings.

Try mindful breathing.

Read your favourite book the night before.

Try other relaxation techniques such as, mindful colouring or meditation for a few minutes.

Make your bedroom a calm space.

Think about all the times when you have been worried about something and you have overcome it. Focus on that feeling.

Think about SATS as an opportunity rather than a test.

Use a worry box or designated worry time to help manage any worries.

Count to ten slowly and then repeat if needed.

Splash your face with cold water.

Think about where you are happiest and imagine that you are there.

Get a bath or shower the night before to help you relax and feel refreshed.

Clench and unclench your fists. Think about how your body feels when your fists are tight and then think about how it feels when they are relaxed. Try to keep your body relaxed.



Brain Break Breathing



Bubble Breaths

Breathe in deeply and form a bubble in your mouth. Your cheeks should be puffed out. Blow your bubble out of your mouth and push it away from you by blowing out hard and strong. Do this slowly and picture your bubble floating away. Keep breathing in and out deeply. Close your eyes and think about where else your bubble could go. Can you blow it far away? Can you blow it to a friend? Imagine your bubble is returning to you. Open your mouth and catch it for next time. Repeat.



Brain Break Breathing

Waves on the Ocean Breaths

Lie back gently on the floor with your feet out in front of you. Place your hands on your stomach. Breathe in through your nose and feel your hands rise up. As you slowly exhale, feel your hands go back down. Pretend that your stomach is a wave in the ocean and your hands are a sailboat. Each time you breathe in, the sailboat goes up on the waves, and each time you breathe out, the sailboat goes down on the waves. Repeat.



Brain Break Breathing

Balloon Breaths

Sit comfortably on the floor with your legs crossed in front of you. Imagine that there is a big balloon in your belly. Place your hands over your belly. Take a big deep breath in, sitting up straight, and make your belly puff out as if it was a balloon filling with air. Then slowly exhale like you are letting the air out of a balloon a little at a time. As you let the air out, slowly roll your shoulders and bend forward. Repeat.

