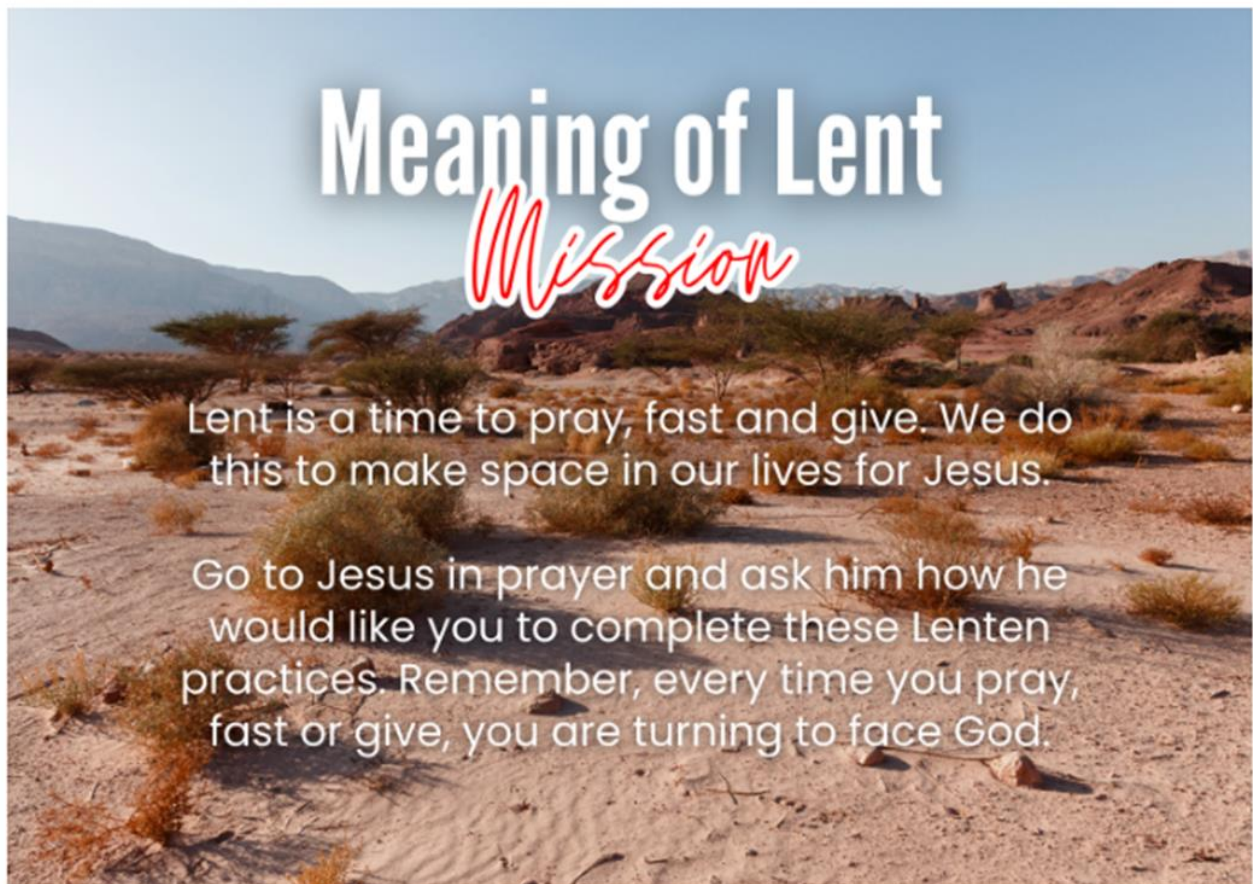


Year 4 Update

Friday 16th February 2024

RE Mission of the Week:

We will be setting a religious based mission for you each week from now on. Each week, we send children out with a 'Mark 10 Mission.' As we encounter Jesus, he invites us to live our lives differently. The weekly mission is a suggestion of how we can do just that.



Five Ways to Wellbeing



GIVE

In the week that Lent begins, think about a Lenten promise. It might be to say a special prayer for someone every day. It might be to do one kind or helpful thing each day. It might be to learn one new thing every day during Lent.



Additional Information:

Homework:

This week there will be no maths, Rosary or spelling homework.

Please make sure to keep up with your reading and ensure to practise times tables using times tables rockstars.

Please see below a 'Wellbeing Grid' for some ideas for the half term holiday.

<p>Create your own mindfulness colouring and then enjoy colouring it in.</p> 	<p>Listen to some relaxing music. Try a Disney piano playlist.</p> 	<p>Play some board games with your family. It is important to spend time and have fun with the people you love.</p> 	<p>Ask an adult if you can go for a walk together. Fresh air and exercise really help to improve your mood!</p> 
<p>Bake something delicious</p> 	<h1>Mental Wellbeing Activity Grid</h1>		<p>Spend some time reading a book for your own enjoyment. Curl up, get cosy and see where the story takes you!</p> 
 <p>Try some meditation with the help of these Go Noodle Videos.</p>	<p>MINDFULNESS 5-4-3-2-1!</p> <p>THINK ABOUT:</p> <ul style="list-style-type: none">- 5 THINGS YOU CAN SEE- 4 THINGS YOU CAN TOUCH- 3 THINGS YOU CAN HEAR- 2 THINGS YOU CAN SMELL- 1 THING YOU CAN TASTE 	<p>Create your own glitter jar</p>  <ol style="list-style-type: none">1. Find a jar or plastic bottle. Decorate it if you like.2. Fill up $\frac{3}{4}$ of the jar/bottle with water. Next add clear glue, food colouring and glitter.3. Seal the lid tightly and enjoy watching the glitter glide around. <p>Always ask an adult before trying this activity.</p>	<p>Build-a-Skill</p>  <p>This may be something that you have already tried, or it could be something completely new.</p> <p>This could be the start of an exciting journey! One day you could be a world-famous baker, artist, or computer coder!</p>

PE Kits

PE kits will be sent home to be washed over the half term. Please make sure that your child has their PE kit in school on the first day back. This must include **grey** joggers and trainers as we will continue to do outside PE.

Spare

Children are allowed to bring a spare pair of clothes in which ensures they are able to play on the grass at lunchtimes so that their school uniforms don't get muddy. Please ensure that any clothes sent in are clearly named so that it avoids them being lost or misplaced.

Donations of spares are hugely appreciated. This allows children to play out at all times. If you have any old clothes such as hoodies, joggers, t-shirts or jumpers, please send them in with your child to be added to the school collection.

Dates for your Diary

<u>Monday 19th February- Friday 23rd February</u>	Half Term
<u>Monday 26th February</u>	Staff training day
<u>Tuesday 27th February</u>	Children return to school
<u>Monday 4th March</u>	Year 4 School trip to the Verulamium Museum.
<u>Wednesday 6th March</u>	Images School Art Exhibition- Padua
<u>Thursday 7th March</u>	Images School Art Exhibition- Lisbon Foodbank donations to be collected.
<u>Thursday 7th March</u>	World Book Day. 'Cosy and Comfortable Day'- children can wear pyjamas, a onesie or an oodie for a donation to Children with Cancer UK.
<u>Tuesday 12th March</u>	Parents' Evening 6pm-9pm
<u>Wednesday 13th March</u>	Parents' Evening 3:50pm-6:30pm Whole School Photograph Day
<u>Wednesday 20th March</u>	Year 4 Padua Assembly 9:15am
<u>Wednesday 27th March</u>	Year 4 Lisbon Assembly 9:15am
<u>Thursday 28th March</u>	Term ends at 1:30pm

We hope you all have a lovely half term.

Abbie and Orla 😊