

Dear Parents/Carers,

We have had another busy week at Riverside. Here is just one tiny part of the learning from each year group:

Year 6 have been learning all about Shackleton's journey to Antarctica and developing their Geography skills.

Year 5 have been learning about the physical and human features of London and looking at how the population has changed over time.

Year 4 have been practising their tennis skills in PE.

Year 3 have made stone age jewellery out of clay as part of their History topic.

Year 2 have been talking about healthy eating and have planned a healthy sandwich ready to make next week.

Year 1 have looked at their senses this week in Science and enjoyed some fun investigations into them.

Reception have learnt about autumn and have used their creative skills to make autumn

Nursery have been looking at environmental sounds and went on a listening walk around the school grounds.

Next week we are looking forward to our Harvest Assembly. If you are able to, please send in a donation for this by Tuesday 11th October.

Please make sure you book an appointment for parents evening. If you have any problems with the online system, please phone the school office.

I hope you all have a wonderful weekend.

Yours sincerely,

Mrs Robson **Head of School**

THANK YOU

I would like to say

a huge thank you to

Tony Lorenzo

Bakery and Café for

sponsoring our

reading vending

machine and filling

it up with lots of

lovely new books.

PROUD MOMENT...

I was extremely proud of our Year 6 pupils last weekend when they visited Kingswood Residential Centre for a weekend of exciting adventure activities. I visited them on Saturday and they showed fantastic behaviour and attitudes which were commented on by staff at the site. They supported and encouraged each other to have a go at new experiences and enjoyed challenging themselves. Even the staff enjoyed the

challenges too! Well done Owls Class!





Term 1 2022 Week 5

Friday 7th October

Attendance

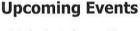
The classes with the best

attendance this week are:

> **Badgers** Seals Squirrels



WELL DONE!



- 12th October-Harvest Festival
- 19th October—Parents Evening 4pm-6pm
- 20th October-Parents Evening 4pm-8pm





Be Mindful

Mindfulness means
noticing what is happening
right now. What can you
see? What can you hear? How
does your body feel? What
are you thinking? Take
time throughout the
day to notice what
is happening in the
moment.

How are you feeling today? Whether it's a good or a not-so-good feeling, take time to tell someone close to you. It isn't always easy to describe how you feel but it can help to talk about it.

Talk about It!

Healthy Body, Healthy Mind

Physical activity, getting enough rest and eating a balanced diet all help to keep your mind healthy as well as your body.

We Are All Unique

Remember – you are one of a kind. No one in the whole world is the same as you. Think of three things that make you special.

Be Kind

Being kind and
taking care of your
friends and loved ones
helps them to feel happy,
and can make you feel
happier too!

Ask for Help

y, feel happy all the time. It's ok to feel sad.

If you ever need someone to talk to, tell a trusted adult like your parent or carer, or grown-up at school.

Make Time
for Fun
Playing and
spending time doing
hobbies you really enjoy is
a great way to keep your
mind healthy and
happy!



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