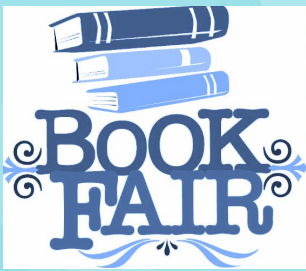




Primary Newsletter

T1 Week 5

September 2023



We are delighted to announce that we will be holding a Book Fair at AAESS from Monday 2nd October to Thursday 5th October from 7.00am - 3.30pm each day in the main hall. Further details will be shared during next week.



Parent Workshops

We really value your continued support in working together to ensure your child makes the best progress. To provide you with information about the curriculum subjects, ways we teach or give advice about how best to support your child in their learning journey, please click on the link below to find out about the parent curriculum workshops scheduled for this term.

[Term 1 - Primary Parent Workshops](#)

It is impossible to get the home-school communication balance right to suit everyone. However, the use of email is our main form of communication with parents. All letters, newsletters, forms etc are sent by email as we try to reduce paper usage as much as possible. It is therefore crucial that the registration department and class teachers have the correct email address for you.



All class teachers have a school email address for contact. The learning pathways are published each week on the school website and provide links to their email addresses.

When contacting staff please remember they have family time outside of school too. Staff are expected to read emails daily (Sunday - Thursday) and respond within 24 hours. They may choose to read or respond outside of school hours but please do not expect it. Please also bear in mind that they will be teaching or in meetings during the school day (7.30am - 3.20pm) so will not be able to respond straight away.

News from

Learning Support

ADHD (attention deficit hyperactivity disorder)



[The Wonderfulness of Me Poem](#)

[ADHD Advice](#)

ADHD (attention deficit hyperactivity disorder) is a neurological disorder that impacts the parts of the brain that help us plan, focus on, and execute tasks. Children with ADHD have trouble with impulse-control, focusing, and organisation. Neuroscience, brain imaging, and clinical research tell us a few important things:

ADHD is not a behaviour disorder.

ADHD is not a mental illness.

ADHD is not a specific learning disability.

ADHD is, instead, a developmental impairment of the brain's self-management system.

Supporting

Well-being

AAESS is currently running a **Well-being Challenge** until **Friday 30th September**. During this time, we challenge students and their families to take some time each day to put themselves first and take care of their well-being. In school, we will be talking about the different challenges and how to ensure we take good care of ourselves. We look forward to the children sharing some of their experiences in completing the challenges outlined on the next page.

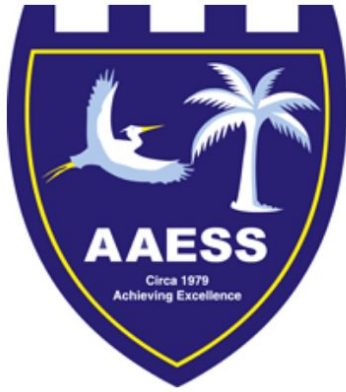


[AAESS Counselling Service](#)

Supporting

Well-being

Continued



20 DAY

AAESS Wellbeing Challenge Sep 11th-Sep 30th

Start reading a new book

Listen to your favourite song

Write down 5 things that make you happy

Do something creative

Go for a walk

Watch your favourite show

Clean a room in your house

Bake a yummy treat

Make a list of things that you like about yourself

Go to bed 30 minutes earlier

Play a board game with someone

Exercise for 30 minutes.

Complete mindful colouring

Engage in some mindful breathing

Give someone a compliment

No technology an hour before bed

Make homemade food

Meet up with a friend

Write down things you are grateful for

Try and learn a new skill

Send some pictures to your teacher

Take some time each day to take care of your wellbeing.

Photos from Preschool

Another good week playing with friends and exploring their different learning environments.



Photos from FS2

FS2 were very excited to meet our hedgehogs in the grow zone area and have enthusiastically started to learn a story about 3 little hedgehogs.



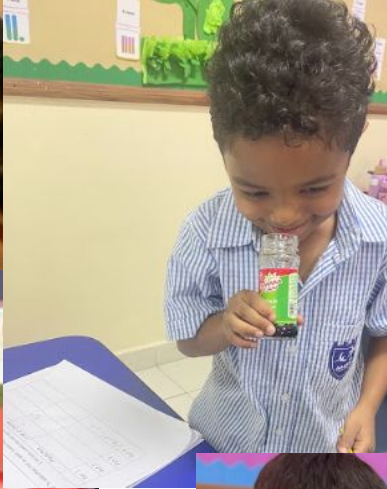
Photos from Year 1

Our Year 1 students have continued to enjoy their Nature Club sessions in the sustainability garden and have had great fun in their science lessons learning more about the human body.



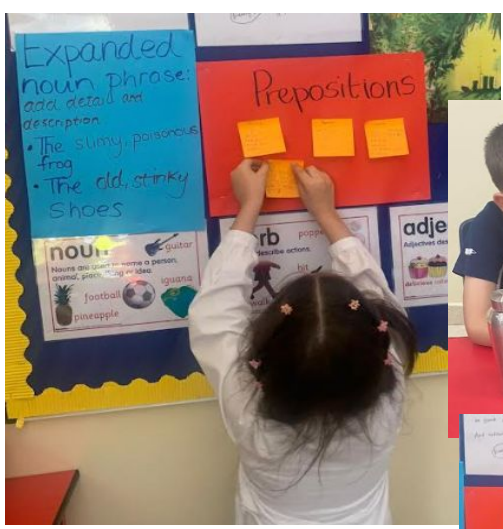
Photos from Year 2

Year 2 have had a busy week of learning and using their senses to taste, smell and hear.



Photos from Year 3

Year 3 have enjoyed travelling around the world from the comfort of their classrooms and considering ways to stay healthy.



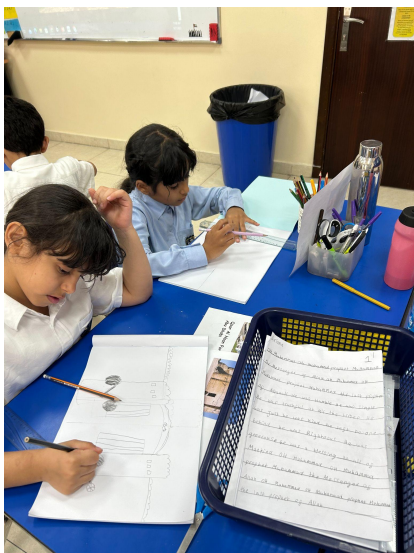
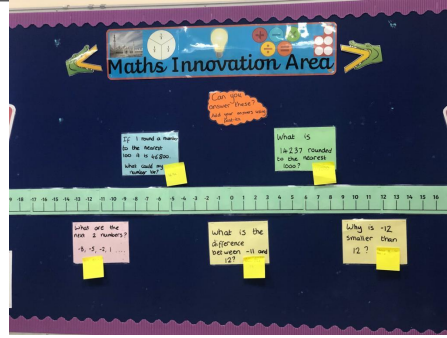
Photos from Year 4

Practical maths lessons in Year 4 have helped them to gain a better understanding when comparing numbers.



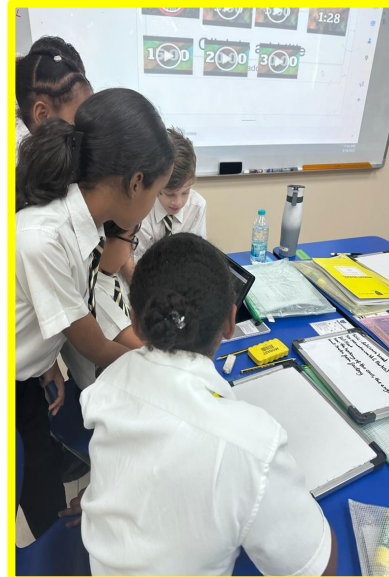
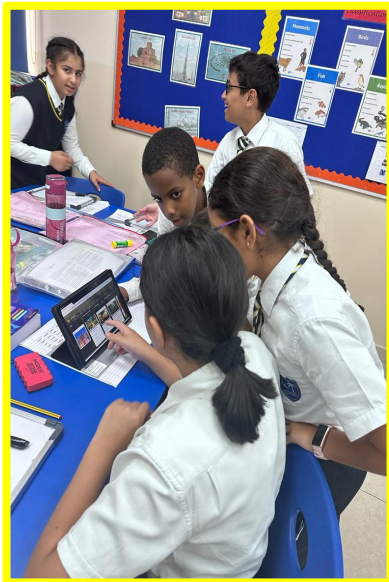
Photos from Year 5

Year 5 have enjoyed visiting the sustainability and caring for the animals. They have also continued to develop their research skills to find out more about each of the emirates.



Photos from Year 6

Year 6 have been busy creating the actions to their Talk 4 Writing model text and using the Padlet App in their English lessons.



WELLNESS FRIDAY



...Nothing beats a bit of healthy competition!