



# THE HARMONY TRUST

## Westwood Academy



Miss Wimperis says... Eid Mubarak! I hope all of the families celebrating Eid had a wonderful day on Thursday!

We have places available in our Nursery for September 2021, if your children was born between 1<sup>st</sup> September 2017 and 31<sup>st</sup> August 2018. Please apply at the school office.

### Eid Celebrations

On Tuesday 18th May, we will be celebrating Eid in school. Your children may come dressed in their Eid clothes and will be given a special lunch. If your child would like a school dinner on this day, please purchase one via parent pay.



#### Funded 6 Week Online Mindful Parenting Courses

These sessions have been fully funded by the Greater Manchester Perinatal & PIMH Peer Support Grant.

Mindful parenting is all about learning how to respond rather than react to the things our children do and say.

The course will teach you mindfulness theory and skills, helping you navigate difficult emotions & challenging situations, and also helping your children manage those in a better way.

Sessions take place online on a Thursday evening at 8pm

#### What do our courses cover?

- Week 1 - Pausing, how to respond rather than react and minimise autopilot
- Week 2 - Being & Doing mode, how to create more space for you and your children
- Week 3 - Working with our thoughts
- Week 4 - Acceptance - how to accept unpleasant experiences and accept our children the way they are
- Week 5 - Understanding the negativity bias and working with the inner-critic
- Week 6 - Self-kindness and connection - how to create a better connection with ourselves and our children



Delivered by mum of two & mindfulness instructor Stani

Working together in collaboration with Oldham Libraries

To self refer go to <https://bookwhen.com/relax-with-lucy-mindful-parenting>



## Mindful Parenting Courses

### Word of the week

Monoitor means to have the knowledge or perception of a fact.



Attendance Champions!

Well done Year 3!

76% attendance!!

Principal: Miss S Wimperis

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Stars of the week

Year group	Stars of the week	Reason for the award
Nursery	All of Nursery	For working together to make a beautiful butterfly display in our classroom.
Reception	Mikaeel Arhaam	For showing resilience when reading. He has been working really hard to use his phonics to read words confidently. For being a super friend and being kind by looking after others in his class.
Year 1	Samiaul Suhana	For performing the first verse of the rhyme with the actions to the group. For fluently being able to perform the whole rhyme with actions in front of her group
Year 2	Zubaydah Ahyan	For being expert learners - logging onto Purple Mash and myON regularly and completing all projects.
Year 3	Sajidul Kiran	For resilience and bravery in swimming. For being workwise and creating a super shape poem.
Year 4	Sadia Eshan	For writing a super persuasive leaflet. For being a super mathematician.
Year 5	Kawsar Thamim	Both boys for making huge progress on playing their brass instrument and trying their best and being resilient to sing high notes in music.
Year 6	Asma Fehzaan	For excellent results in her Reading and Maths practice tests. For a fantastic first week at Westwood - showing great behaviour and hard work.

What has each class been learning about this week?

**EYFS-** In English we have been reading non fiction books all about butterflies. In Maths, we have been working hard to recognise and order numbers.

**Year 1-** In English we have been learning our own rhyme about a penguins adventure. In Maths we have been grouping and sharing.

**Year 2-** In English we have been writing in role for the story, ' Harry and the Jaggedy Daggers' . In Maths we have been finding a half and a quarter of numbers and shapes.

**Year 3-** In English we have been creating our own Egyptian shape poems. In maths we have been counting up in and finding 10ths and have begun to recognise equivalent fractions.

**Year 4-** This week in English, we have been writing a letter of complaint. In Maths, we have been learning about written methods of multiplication and division.

**Year 5-** This week in English, we have been writing a newspaper report about the crime Stanley Yelnats has committed. In Maths, we have been learning about money and how to find change.

**Year 6-** In English this week Year 6 have been planning a newspaper report about the 3 little pigs and The Big Bad Wolf. Maths this week has been spent comparing and ordering fractions.