



# Super Hero Class

Autumn term 1, 2020

Dear Parents,

Welcome to the first newsletter for the Super Hero Class 2020.

Everyone has settled back into their learning and we are now looking forward to an action packed half term. Please see the attached topic web that explains some of the activities your child will be working on. The topic web is not an exhaustive list, but is a good starting point to help your child get back into the routine of school and our daily challenges. The children are very excited about their choice of class name and have already requested to do some work around super heroes – so watch this space!

I am delighted to welcome Miss Morgan Abbott into Super Heroes class this year. Miss Abbott is an apprentice TA and is looking forward to getting to know all the 'super heroes' during the next few weeks. We are also lucky enough to have Mrs Gena Lawrey helping in our class a few mornings a week; she will be doing forest school with us. Mrs Sherrill Ellery will also be helping in our class at the end of the week.

## **Seesaw:**

You should all now be connected to your child's seesaw account and be able to see their work when it is posted; let me know if you are unable to access your account.

## **Forest School:**

This will happen every Tuesday morning. Please ensure your child has wellies and a change of clothes at school on this day – the easiest thing to do is to leave them at school. We are going to be learning fire building skills (plus learning all the safety rules about building and making fires) and whittling wood. We will also enjoy singing songs around the campfire and drinking hot chocolate!

## **PE:**

Our PE sessions are every Monday afternoon, but please ensure that your child has their PE kit in school every day. PE will also take place on some Wednesday afternoons (see below for more details).

### **Wednesday afternoons:**

Every Wednesday afternoon your child will be involved in a carousel of activities which will rotate on a three week rota. The activities for this afternoon are:

- PE which is led by a professional sports coach and Mrs Ball
- Art and crafts, led by Mrs Westlake and Miss Abbott
- Circle time and team building games led by Mrs Lawrey

### **Health and Well-being:**

Nanstallon School is committed to ensuring that all our children are healthy and active. In 'Super Heroes' class we are continuing to do our daily 'Jumpstart Jonny' routines, which includes a cool down yoga session. Over time, we will be developing and improving our yoga moves.

We have also started meditation and Tia Chi sessions after lunchtimes to help everyone be calm, peaceful and feel a sense of well-being and happiness.

### **Contact:**

Please remember that I am always available to speak with you should you have any questions or concerns regarding your child. Please feel free to speak with me after school or, contact me via seesaw to ask your question or request a time to meet. I can also be emailed at: [mwinch@nanstallon.cornwall.sch.uk](mailto:mwinch@nanstallon.cornwall.sch.uk); or if you prefer, you can ring the school office and I will return your call as soon as I am able to.

Thank you.

I'm really looking forward to a jam packed, fun filled year with the wonderful 'Super Heroes'.

Take care everyone and keep smiling 😊

Best Wishes,

Myra Winch