

# Room 5 News

Term 4, Week 1

Hampstead Primary School

## Term Overview

During the first week of this term, we will be looking at resilience skills. Resilience and wellbeing are essential for both academic and social development. Children who are confident, resilient and emotionally intelligent perform better academically, and these skills can contribute to the maintenance of healthy relationships and responsible lifestyles. We will look specifically at using humour in a helpful way, recognizing our own strengths and limitations, using empathy, using leadership skills, and setting SMART goals. You can support your child by letting them know when you see them demonstrating these skills in their daily life. This topic links strongly with our learning in the **Keeping Safe: Child Protection Curriculum**, with this term's focus being on *Protective Strate-*

*gies*. Please chat to your kids about their learning in this.

In **Mathematics**, we are focusing particularly on fractions, decimals and percentages, as well as chance.

In **English**, students have chosen to study the novel *I am Sasha*, reading from a digital copy, while listening to the audiobook. In writing, we will be working on Narratives. During our Guided Reading groups, we will be learning about different types of Natural Disasters, which will further support the Science learning. We will also be strengthening our 'During Reading Strategies' that good readers use.

Students will be looking at Growth and Development as part of **Health and PE**, and we will develop our Cricket skills. **The Arts** will continue to be run by a specialist teacher and students will be looking at the area of *Visual Arts*, while in **Science**, students



**Room 5 students demonstrating their leadership skills by running a Science lesson in Room 2**

will explore how change to an object's motion is caused involving balanced and unbalanced forces. Through investigations about natural disasters they will test their ideas to understand these factors that involve energy and force. **Design and Technologies** will see students complete a project they started last term in which they designed a device that could project a tennis ball 1m.

## Homework and Humanities and Social Sciences (HASS)

For homework, students will be working on a Business and Economics Project. After looking over the year 6/7 Australian Curriculum Achievement Standard, students discussed what they would like to do to demonstrate they have achieved what is expected.

They decided to create their own product, business or event. They have a series of questions set to ensure they cover what they need to, and they must also design an advertisement that they will share with the class. They do not need

access to a computer to complete this project, but it may be helpful if they do. Their question responses are due **30/10**, the advertisement is due **6/11** and the budget is due **12/11**. They will cover the learning in class and be able to respond to the questions accordingly.

## Strategies to Build Resilience in Children

1. Let them experience disappointment so they know sadness doesn't last forever.
2. Validate their fears and help them to make plans to do things, even if they're scared.
3. Let them take (reasonable) risks and let them experience natural consequences.
4. Encourage them to try new things, make mistakes, and learn from these mistakes.
5. Give them opportunities to make their own decisions and help them problem solve.
6. Tell stories of people who faced hard times, persisted, and became stronger as a result.
7. Reframe challenges as short term problems and opportunities for learning.
8. Remind them that although we can't control everything that happens to us, we *can* control how we respond.