

# ROOM 1 LEARNING LOWDOWN

26<sup>h</sup> April 2024





# THIS WEEK'S LEARNING NEWS

This week in Room 1 we have been looking at all areas of our Health. We developed strategies to help us feel calm. We looked at different ways of keeping safe and active. As well as physical health we also discussed mental health and the importance of being kind to ourselves and others.

Bankhead will SOAR!



# ASK US ABOUT..

Breathing techniques we can use when we feel upset or overwhelmed. We also made our own sandwiches!

## WHAT WAS CHALLENGING

Some of us found it tricky to spread the butter. Some of us found some yoga moves a little difficult.

SUCCESS - OPPORTUNITY - ACTIVE -

# NEXT STEPS/TARGETS

Next week we will begin looking at Our Senses in Science. We will be beginning to use a new reading scheme in class and individual books will come home shortly.

## IMPORTANT INFORMATION

An important letter will be coming home next week regarding our RSHP work this term.



# PHOTO GALLERY

