

# How you can help at home

## Literacy

Please support your child by:

### Reading

- Helping them to blend unfamiliar words.
- Practising reading to improve fluency.
- Discussing the plot, characters or information in the book.

### Phonics and Spelling

- Helping them to make words using the phoneme word makers or magnetic letters.
- Helping them to compose and write sentences using their common words.
- Encouraging them to read their sentences to make sure they make sense.

## Numeracy and Maths

### Time

- Look at and discuss calendars, timetables and clocks.
- Practise Telling the Time using one of the interactive Topmarks games.

[Topmarks 'Telling the Time'](#)

### Measure

- Compare the heights of people in your family, weights of objects at home, and amounts containers hold.
- Practise measuring in centimetres.

[Topmarks 'Measure'](#)

## Important Information

Every child brings a lot to school each day. Please **label any belongings clearly** so that, if lost, they can be returned to the right person!

Please support your child to be ready for school by:

- Sending their reading folder and reading record jotter to school every day.
- Sending PE kit on a Monday (these will be worn to go home on a Wednesday).
- Provide a filled water bottle and a healthy snack. This could be fruit, crisps or biscuits but **not** sweets.
- Providing **appropriate outdoor clothing**, particularly on our Secret Garden day (Thursday). (Wellies are advisable this term)
- Providing swimming kit on a Monday.
- Promoting and practising independence with organising belongings and getting dressed.
- Please discourage your child from bringing toys to school.

## Zones of Regulation

We will be learning about the Zones of Regulation. This is a framework to help children to understand and regulate their emotions, as well as be supportive of peers who are finding this tricky at the moment.

The four Zones are:

- **The Blue Zone** – low energy state with emotions like sad, sick, tired or bored
- **The Green Zone** – a state of focus and calm, with emotions like happy, content, proud or relaxed
- **The Yellow Zone** – higher energy with some loss of control like feeling silly, excited, worried or embarrassed
- **The Red Zone** – very high state of energy with no control like being furious, panicked, terrified or overjoyed.

Children learn that they will naturally find themselves within all four Zones at different times and that there is no “bad” Zone. They will learn that there are ways to regulate the Zone they are in to better achieve happiness and success in school. The school will share our learning focus each week on our school Facebook page so that families can learn along with us.

## Literacy

Spelling and Phonics - We will continue to recognise an increasing number of common words and learn new sounds every week. We will use what we have learned to help us in reading and writing.

## Reading

We will use our knowledge of phonics and decoding skills to try to read with more fluency and expression.

We will be encouraged to complete follow up tasks with greater independence. This means we will need to use our books to find and check our answers.

## Writing

We will develop our writing skills by continuing to:

- Punctuate sentences with capital letters, full stops, and where appropriate, question marks and exclamation marks.
- Spell most common words correctly and use phonic knowledge to sound out tricky words.
- Present all work neatly (finger spaces, neat handwriting).
- Use different openers and connectives.

## Listening and Talking

We will take our turn in group discussions. We will listen and respond to some ideas and questions in the group.

## Heart of Scotland

We will begin the term with a mini topic exploring the culture and heritage of Scotland. The learning is split into 2 components – poetry and culture. To develop an appreciation of the richness and breadth of Scotland's language children will select a poem, to study, learning about its meaning before reciting it to the other classes.

As part of the topic Primary 3 will also look at the people of Scotland, their traditions, and customs.

## Vikings

Through our Vikings topic we will learn the importance of community. As well as being fierce raiders Vikings were explorers, traders, farmers, and craftspeople. We will use a variety of resources to find out about their houses, home life and jobs. We will compare daily life in Viking times with our lives today.

## P3 Curriculum Overview

January – March 2023

### STEM

Our STEM focus this term is Science. We will be learning:

- To describe the pattern of movement and changes in the moon over time.
- That the sun's movement across the sky is related to day and night
- To compare the movements of the Earth, Moon and Sun to the length of a day, month and year.
- That depending on the season, the tilt of the Earth on its axis changes the number of daylight hours over the course of a year.

### Science Week

During the last few weeks of term, we will be exploring 'Sound'.

Through a range of hands-on experiments and activities we will find different ways of producing sound from vibrations, and will learn how to change the pitch of a sound.

### Health and Wellbeing:

**Zones of Regulation** - We will be learning about the Zones of Regulation. This is a framework to help children to understand and regulate their emotions, as well as be supportive of peers who are finding this tricky at the moment. Please see page 1 for more information.

**Safe Week** – We will learn about staying safe online and at home.

**PE** – In PE we are working on our fitness and developing skills through invasion games.

## Numeracy

In numeracy we will continue to develop confidence and a strong foundation of number knowledge while increasing the challenge to our thinking at our level.

We will further expand our number sense and skills through a range of numeracy topics (such as number word sequences, numerals, addition and subtraction, multiplication, and division).

This will be done through teacher time, games, written follow up tasks and partner work.

### Fractions

We will be learning to:

- Explain what a fraction is
- Find, recognise and name fractions (halves and quarters)
- Use the terminology 'numerator' (how many parts?) and 'denominator' (how many parts altogether?)

### Time

We will be learning:

- To tell the time using o'clock, half past, quarter to and quarter past.
- To use digital and analogue clocks.
- The number of days in a week, months in the year and minutes in an hour.
- To use a calendar to plan events.

### Measure

We will be learning:

- To measure and record length, height, weight and capacity using standard and non-standard units (e.g. centimetres, metres, hands and other objects).
- To estimate and compare using language such as taller, smaller, shorter, lighter, heavier.
- To estimate then measure the areas of a variety of simple 2D shapes to the nearest square.