



# Wellington Weekly



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## FEATURES THIS WEEK

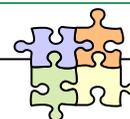


**LEAD STORY**  
Mental Health

**DATES FOR YOUR DIARY**



**QUIZZES & PUZZLES**



On Tuesday it was Mental Health Awareness Day and the World Federation of Mental Health shared what can be done to ensure that people with mental health problems can live with dignity.

Emerald Class gave us lots of handy tips on how to have a healthy mind and body. Mr. Laming rewrote the lyrics to a famous Beatles song which Year 5 sang really well.

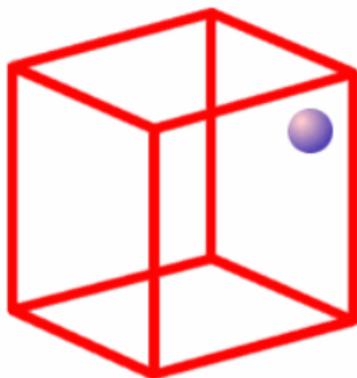
Thank you Emerald Class; your assembly was entertaining and informative!

**Bikeability** - Year 6 have been busy with Bikeability this week. It's about gaining practical skills and understanding how to cycle on today's roads. Bikeability gives everyone the skills and confidence for all kinds of cycling.

Well done to everyone who took part in the training.

## Illusions!

Keep your eyes on the dot.  
Is it in front or in back of the cube?



Ask a friend and see if they agree!

## Family learning links

## Sports IMPACT

Years 1 and 2 have had Sport Impact during their PE lessons. They have been learning all about coordination and this is the ability to move two or more body parts under control, smoothly and quickly. Here are some ways coordination can be practised -

- Stand facing each other and throw and catch balls between yourselves.
- Bouncing a ball on a bat whilst standing still.
- **What can you do?**

You need to have good balance too...**how many ways can you practise balancing?**



## Maths homework on line

Yesterday, most of us received on line maths homework through MyMaths. Did you know MyMaths is available 24 hours a day, 7 days a week from school or from home? It helps us to learn maths through a variety of activities and games. If you have problems downloading the app you will need to access MyMaths on your tablet or iPad, download the Puffin Academy App from the Apple or Android store to your device. Once downloaded, the quickest way to access MyMaths is to open the Puffin Academy browser and search for MyMaths in the search bar.



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