



# Two Rivers Primary School News

## Diary Dates:

**Friday 6<sup>th</sup> March**  
World Book Day

**Monday 9<sup>th</sup> – Friday 13<sup>th</sup> March**  
Science Week

**Friday 13<sup>th</sup> March**  
**NON UNIFORM**  
Mothers Day Crafts  
Morning KS2  
Mothers Day Music  
Session KS1 and Sensory

**Friday 20<sup>th</sup> March**  
Easter Disco

**Monday 23<sup>rd</sup> March – Friday 27<sup>th</sup> March**  
Bunny Bounce Week

**Friday 27<sup>th</sup> March**  
Last day of term

**Monday 30<sup>th</sup> March – Friday 10<sup>th</sup> April**  
Easter Holidays

**Monday 13<sup>th</sup> April**  
Return to School

**You will receive more information about these events nearer to the time.**



## Issue 7 February 2026

### Headteacher's message

Dear Parents and Carers,

February has been a wonderfully busy and fun month for all of our learners. The children have fully embraced their Spring Term topics, showing great enthusiasm, curiosity, and creativity in their work. It has been a joy to see them so engaged in their learning.

We have also been fortunate to take part in a number of enriching out-of-school visits, including the much-loved trip to Ash End House Farm. These experiences continue to broaden our children's understanding of the world and make their learning truly memorable.

You may also notice that Endeavour Multi Academy Trust, of which we are proudly a part, has recently updated its branding. We are pleased to be aligned with this refreshed identity as the Trust continues to grow and strengthen.

A heartfelt thank you to all families who attended Parents' Evening. Your involvement and support make such a difference. We were especially delighted by the overwhelmingly positive response to the idea of arranging activities during the summer holiday. We are now planning these opportunities, and full details will be shared with you over the coming weeks.

Thank you, as always, for your continued support.

Warm regards,

Laura Slinn





## Early Years

This month, we continued to have lots of fun with our Spring 1 Transport topic. We enjoyed lots of activities linked to different forms of transport, including planes, boats and diggers.





The children have also been expressing themselves through musical activities, including taking turns to experience playing sounds on the keyboard and practicing playing different instruments in different ways.



We also enjoyed our first trip out of school, to a soft play centre. Lots of fun was had by all, with favourite activities being the ball pit and slides! It was lovely to see the children exploring a new environment and developing their gross motor skills with confidence.



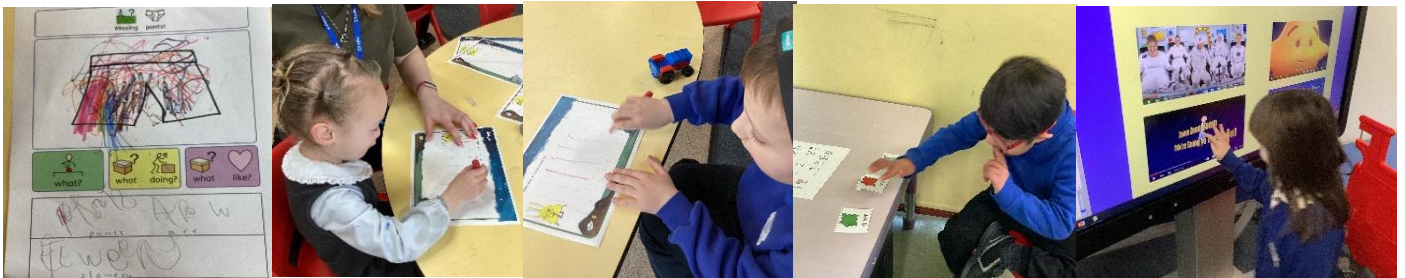


# Red 1&3



## English

We worked together to create posters for some missing pants after the mischievous aliens from our story *Aliens Love Underpants* made off with them. Some children used colourful semantics to sequence their sentences and selected adjectives to describe the pants in their posters, whilst others copied alien patterns. In Red 1, we explored various sensory stories and communicated choices.



## Maths

We explored *symmetry*, using mirrors to match images and create their own symmetrical patterns. Red 1 explored days of the week and making groups of one and lots.





## Design Technology

The children completed their junk-model rockets. They decorated their creations with paint, glitter, and foil, using communication boards to make choices about the materials they wanted to use.



## Topic

We also launched our exciting new topic, *Knight Fever*, with a lively medieval banquet. The children enjoyed dressing up and taking part in balloon jousting—a fantastic start to our next adventure!





## Red 2

This month we went on our first community visit out on the mini bus! We went down to the EYFS centre, where we had lots of fun exploring their big outside space!



We have also started using a new area of the school for our outdoor learning provision. Red 2 Have enjoyed being able to use the Trim trail and have access to a larger playground.....and mud kitchen!

In Art &DT Red 2 have created some lovely toilet roll tube bird feeders, which then went out into the schools forest school area!





## Yellow 1



During this month the children have been continuing to learn about amazing animals, and the children know so many facts, we were so impressed! We finished off our topic with a visit to Twycross Zoo where we had a workshop about animals and got to feel some of the textures of the animals' fur, skin, and scales as well as learn about their habitats. We also enjoyed seeing the giraffes, monkeys, butterflies and zebras and of course finishing off with the Gruffalo trail



In our English lessons we have been writing our own stories based on the story 'The Three Billy Goats Gruff'. The children worked on descriptions of characters, setting and an event that happened. Some of our class have been challenging themselves to add in alliteration, onomatopoeia and similes! The children also did some excellent drama based on the story and enjoyed retelling this in their own way.





Gymnastics has been our PE topic, the children have been practicing their balance skills, rolling and jumping. They have shown excellent control and fantastic listening skill in order to copy the movements.



Our new topic for this half term is 'Out of this World' and this week we enjoyed our Wow Starter. During the day we did some space themed drama and movement, art jobs and read a sensory story.





## Yellow 2



### Special Days

This Month we have celebrated lots of special days- we have enjoyed our celebrations of Valentine's Day, Pancake Day, Chinese New Year and Ramadan.



### To the Moon and Back

This Month we have concluded our learning for our topic 'To the Moon and Back', we have enjoyed exploring space through sensory experiences and songs.





## Yellow 3



Yellow 3 have had a February full of fun and learning! We finished our topic of Amazing Animals with a trip to the zoo and had the most wonderful day! After half term, we started our new topic which is Out of this World and we are now enjoying all things to do with space, planets, rockets and aliens!

In English we enjoyed the story of the Three Billy Goats Gruff and made our own stick puppets to retell the story. We used colourful semantics to make our own sentences about who, what and where. Our favourite sentence was about the grumpy troll who lived under the bridge and this changed to grumpy Jane & Jordan who lived under the bridge!



In maths we have been busy exploring time and the features of a clock and then 2D and 3D shapes and symmetry. We enjoyed making paper plate clocks and telling the time to the hour. We also learnt about lots of different shapes – counting how many sides they have and whether they are 2D or 3D. Number Day was lots of fun and we did lots of activities to do with the number 5 – although our favourite number has to be 67!





Our trip to Twycross Zoo was lots of fun. We started with a talk with a zoo keeper and had to guess lots of animals from pictures and other clues – like skin and feathers. We then explored Gruffalo Discovery Land looking for characters from the book and seeing some real life animals along the way. Our favourite animals were the monkeys and giraffes.



In RE we looked at the Creation story and found out what God made over seven days. We then used our imagination to think about what we would like to create...



Children have also enjoyed learning how to play table cricket in the hall and some even received certificates!





## Yellow 4

This half term we have loved learning all about animals. During our community visits and end of term trip we enjoyed going to the pet shop and to Ash End Farm.



In PE we loved finishing our topic of gymnastics by exploring the different equipment!





## Blue 1



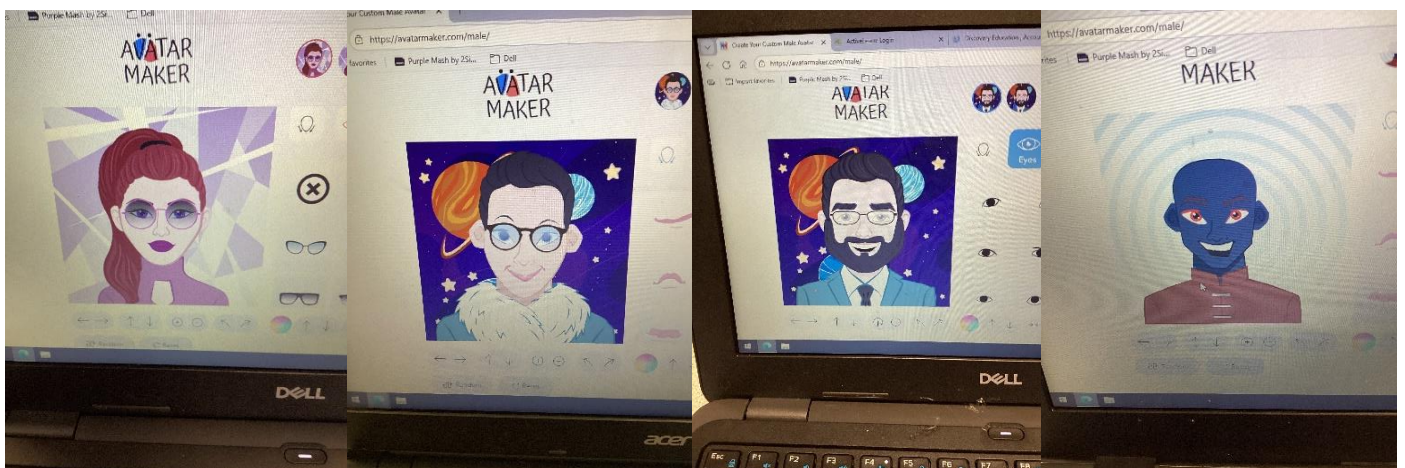
### Out of this world Art

This half term we have been looking at the famous Artist Peter Thorpe's work. We used his style to create our own art. We looked at warm and cold colours and how Peter used the contrast to make his foreground or background pop. Peter always had space age rockets in his images so we created our own and used bright colours. For our final piece we used chalk to create our own out of this world art.



### Safer Internet Day

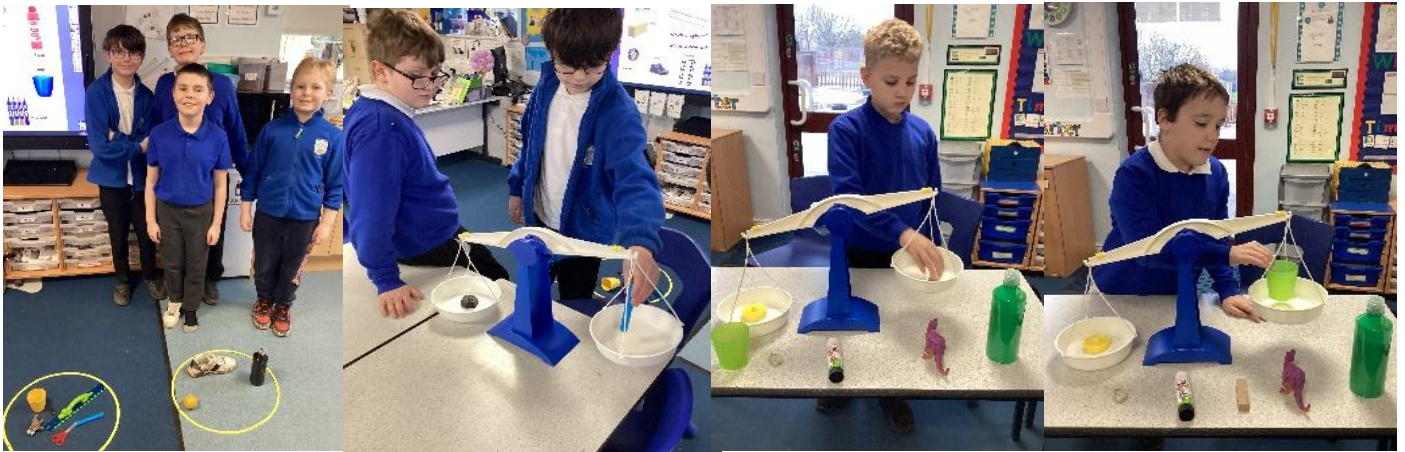
On Tuesday 10<sup>th</sup> we observed Safer Internet day. We focused this year on the pros and cons of AI and how AI is being used around us. We had lots of discussions about the way AI could make our online use unsafe and how we, as digital natives, could keep ourselves safe. To protect our identity, we made our own humanoid Avatars. We hope you can't guess who we are!





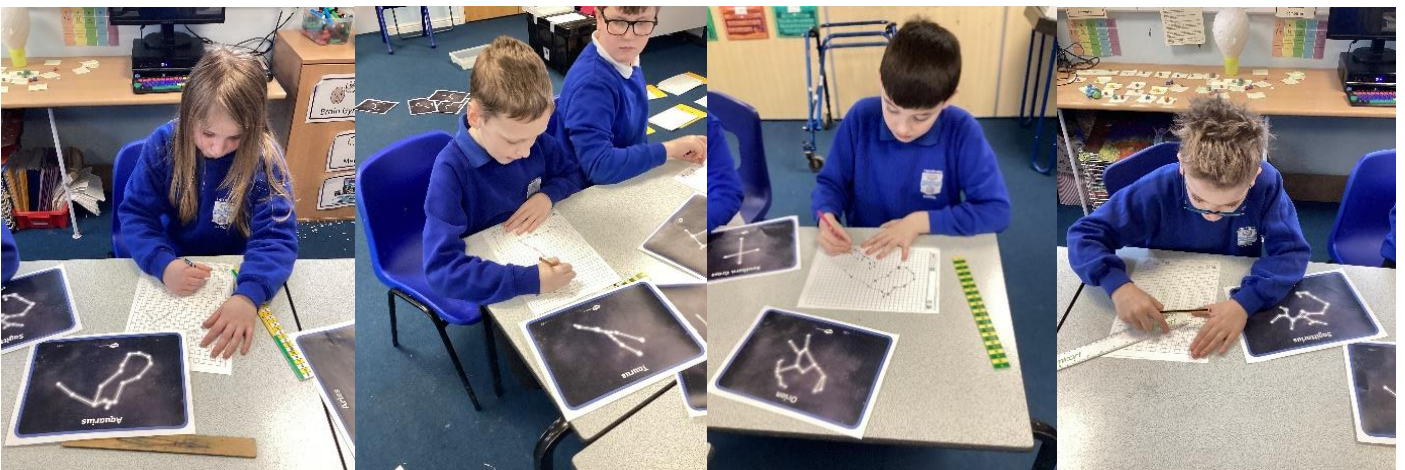
## Weight

We love Maths in Blue 1, as part of our shape, space and measure topic we looked at Weight. We had to solve problems using the balance scales and 1kg, 500g and 200g weights. We solved problems using trial and error as well as finding all possible answers.



## Crazy Constellations

In Geography we have been learning about how people over thousands of years have used the stars to guide their way. We looked at compasses and how to find the 4 points as well as maps of the night sky. As part of learning more about our galaxy we looked at the constellations. We tried to name them, then tried to draw them by plotting the stars. We all loved this job and could talk about the stories linked to the different constellations from different countries, cultures and myths.





## Blue 2

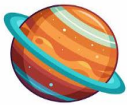


This month Blue 2 spent their time learning about different places – Arctic, Jungle, China, India and Space. We tasted new foods, investigated warm and cold and had fun pretending to be an astronaut!

We continue to have fun on our community visits to Pooley Park and enjoy being out in the community with our friends.

We also had fun making chocolate crispie cakes especially tasting the chocolate afterwards





## Blue 3



Last half term we completed our trip to the space centre. Some of our favourite parts included going in the lift to have a sky-high view of the rocket, watching about space in the planetarium and the interactive floor.



This half term our topic is Royals . We have started by looking at the present Royals, drawing our own castle and decorating our own crown.





In Maths Blue 3 have started to use balance scales to find the heaviest and lightest object and objects which weigh the same.



Blue 3 have started to explore different maps in Geography. We have used maps to find different countries and have also used a map of the school to mark of each place we have found around school.

Blue 3 have also started to make fires in forest school. We have explored what we need to make



a fire, how to start a fire and how to put the fire out.



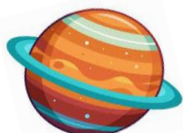
# Blue 4



Blue 4 have enjoyed their topic of space 5,4,3,2,1. They enjoyed activities such as making balloon aliens, space ship biscuits and launching their own rockets with a countdown.



In Science we look at space and all the different planets in our solar system. We looked at the order that the planets went in and found out some facts about the planets including if they were rocky or gassy planets and if they were hot or cold.





We celebrated number day at school where all the children enjoyed dressing up in their favourite number clothing. This year's theme was high five so we completed lots of activities for this. We were able to do a high five board game, use playdough to create numbers and do some addition and subtraction colour by numbers.



We're proud to support the NSPCC's

# Number Day 2026





## Safe and Well News with Richard and Sue

Our names are:



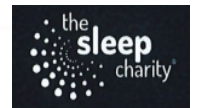
**Richard Bryan,**  
Designated Safeguarding  
Lead



**Sue Forest,**  
Family Liaison

February is Children's Sleep Awareness Month and 80% of children with Special Educational Needs and Disabilities have sleep issues. We thought we would share with you some useful sleep advice from The Sleep Charity that may help if your child struggles to drop off or stay asleep.

## SUPPORTING BETTER SLEEP FOR CHILDREN WITH SEND



### GENTLE, PRACTICAL TIPS FOR PARENTS AND CARERS

Sleep can be especially tricky for children with additional needs. Whether it's sensory sensitivities, anxiety or changes in routine, many **SEND children** need extra support to settle and sleep well. Here are some helpful ideas to try at home:

#### Start with a Predictable Routine

Children with SEND often feel more secure with structure.

- Use a **visual schedule** or **picture cards** to show the bedtime steps
- Include **calming activities** like a warm bath, massage or quiet play unless these cause upset or dysregulation
- End with a **familiar story or song**
- **Stick to the same bedtime and wake-up time** every day – even weekends

#### Create a Calming Sleep Environment

The bedroom should feel safe and soothing.

- Keep the room **cool, quiet and dimly lit**
- Use **white noise or soft music** if silence is unsettling
- Let your child **choose comforting items** like a favourite blanket or toy
- **Remove distractions** like clutter, bright lights or noisy electronics





## Support Sensory Needs

Some children are more sensitive to touch, sound or light.

- **Use calming scents** if your child enjoys smells
- Offer a gentle hand or foot massage to **help them relax** or a deep tissue massage if they need some proprioceptive input to **help them feel more secure**
- **Try weighted blankets or compression sheets** (if safe and appropriate)

## Limit Screens Before Bed

Screens can overstimulate the brain and delay sleep.

- **Turn off screens at least 1 hour before** bedtime and keep out of the bedroom if possible
- Can be useful to **give a warning or set time** when devices will need to be switched off
- **Replace screen time with calming activities** like drawing, puzzles or audiobooks. Switch to a sensory wind-down if this is more appropriate

## Watch Food, Drink & Medication

Some foods and medications can affect sleep.

- **Avoid caffeine** (like cola or chocolate) in the afternoon or evening
- **Offer a light snack** like toast or banana if they're hungry
- **Speak to your GP or paediatrician** if you think medication is affecting sleep

## If They Struggle to Fall Asleep

It's okay if sleep doesn't come easily – stay calm and consistent.

- **Try breathing exercises or guided relaxation**
- Use a **"worry box"** or journal to help them let go of anxious thoughts
- Encourage them to **stay in bed and rest**, even if they're not asleep yet
- Listening to a **gentle story or music can give them something else to focus on** if they describe having a 'busy brain' that won't switch off. Remember to keep it going all through the night though!

## Work Together and Be Kind to Yourself

You know your child best. What works for one family might not work for another – and that's okay.

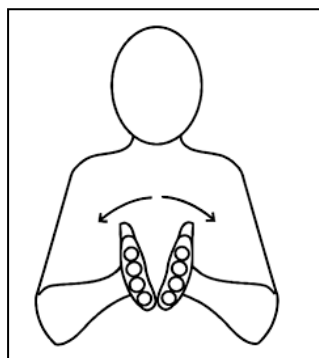
- **Keep a sleep diary to spot patterns**
- **Talk to your child's school or support team for ideas**
- **Be patient with yourself** – small changes can make a big difference over time

For more information or advice, contact us at [info@thesleepcharity.org.uk](mailto:info@thesleepcharity.org.uk) or visit [thesleepcharity.org.uk](http://thesleepcharity.org.uk)





## Sign of the Week



Book

You can see how to do the sign here:

<https://www.youtube.com/@makatoncharity>

## Whole Class Attendance

Group	% Attend
PURPLE	95.61
RED 1	97.22
RED 2	96.21
RED 3	97.95
YELLOW 1	89.58
YELLOW 2	97.5
YELLOW 3	96.18
YELLOW 4	98.33
BLUE 1	95.31
BLUE 2	91.25
BLUE 3	94.7
BLUE 4	88.1

**Congratulations to:**

**Yellow 4**



**You have the best**

**Attendance for February**



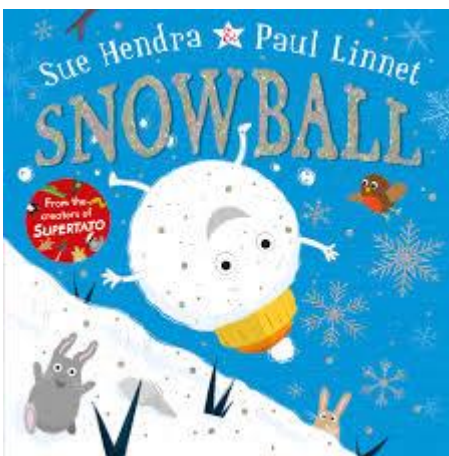


## RECOMMENDED READS



# Library

The recommended read for this month is;

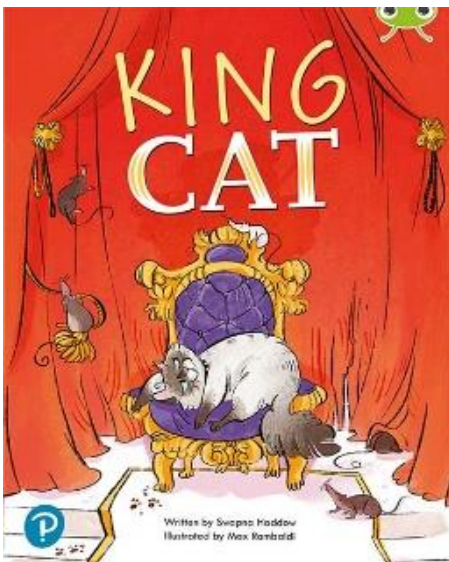


Snowball Paul Linnet & Sue Hendra

Fans of the Supertato books will be pleased to see the award-winning picture book duo return this Christmas with a hilarious wintertime story full of snow-themed giggles and frolics. The story has a festive setting (complete with robins and Christmas lights in the illustrations) without overtly referring to Christmas itself. Snowball feels a little lonely, gazing down at the nearby town below and longing for a bit more fun. With a 'jiggy, jig, jig' he sets off down the hillside. Snowball underestimates the steepness of the slope and begins to skid and tumble. Rolling faster and faster, he gathers more snow (not to mention a random assortment of other items) as he goes and things soon begin to...well, snowball out of control.

<https://www.youtube.com/watch?v=2q4mXrfkyO>

The recommended Bug club reading corner book for this month is;



by Swapna Haddow, illustrated by Max Rambaldi

When the queen dies, she leaves the throne to her beloved cat with the command 'King Cat must sit upon the throne'. The cat, however, makes a terrible job of being king: it is, after all, a cat! The peasantry starts to despair until a royal adviser finds Catan, a distant heir to the throne who is much more suited to the job. By shortening his name, the new King Cat can reign fairly and graciously – with the queen's cat napping by his side.

<https://www.activelearnprimary.co.uk/resource/986861>



 myHappyMind

It's fantastic to hear that Two Rivers School is putting such a strong focus on the well-being of its students. When we feel calm and happy, we can do our best work, so making mental health a priority is really important.

The MyHappyMinds programme is a brilliant idea, especially with support from the NHS. It's great that there's also a parents' app, with free activities, breathing exercises, and songs that can help children at home.

At school, students are encouraged to use these techniques throughout the day. This could be taking a few deep breaths before starting a task, using calming activities when they feel upset, or learning how to express their feelings in a positive way. It's all about helping children feel good, so they're ready to learn and be their best! Do you think the students enjoy using these techniques in school?

To access the myHappyMind resources you can scan the QR code

Alternatively follow the link to the website;  
<https://www.learn.myhappymind.org/Customer-Parents-Resources-Activation-Code>

**Authentication Code: 146201**

**Download  
your FREE  
Parent App**





## How a Digital Detox Supports Your Child's Mental Health

A digital detox can be really helpful for your child's mental wellbeing — and the good news is that it doesn't mean 'no screens ever.' It's simply about creating healthy boundaries and giving their brain a chance to rest. Here's how stepping back from screens can support your child in a calm, positive and manageable way.



### 1. Reduces Stress and Emotional Overload

- Fast-paced content and constant notifications can leave children feeling overwhelmed.
- A break from screens helps their nervous system reset, reducing stress and irritability.

### 2. Improves Sleep

- Screens — especially before bed — can delay the release of melatonin, making it harder for children to fall asleep.
- Better sleep leads to improved mood, stronger concentration, and fewer emotional outbursts.



### 3. Boosts Focus and Attention

- Digital platforms are designed to grab and hold attention, which can make it harder for children to focus on slower-paced tasks.
- Time away from screens can help rebuild patience, improve concentration, and support learning.

### 4. Supports Positive Self-Esteem

- Reducing screen time limits exposure to comparison culture and unrealistic online images.
- This can help children feel more confident and secure, especially as they grow and develop their identity.

### 5. Encourages Real-World Social Skills

- With fewer screens, children naturally talk more with family and friends.
- They have more time for creative play, hobbies, and face-to-face interactions — all important for emotional development.

### 6. Helps with Regulation and Behaviour

- Many parents notice fewer meltdowns and calmer behaviour when screen time is balanced.
- Children often cooperate better and manage emotions more easily with regular screen-free breaks.

## Screen-Free Activities for Primary SEND Children

### Sensory-Friendly Activities

- Playdough or therapy putty – squeeze, roll, cut, hide small objects inside



- Kinetic sand – soothing and low-mess
- Water play – pouring, scooping, measuring
- Sensory bins (rice, pasta, oats, pom-poms, water beads – supervised use)
- Bubble blowing
- Weighted blanket rest
- Breathing games: “smell the flower, blow the
- Mini stretching routine



candle”



### Creative Expression

- Large-scale painting with rollers
- Sticker collages
- Colour-by-number sheets
- Dot markers
- Simple craft kits with pre-cut shapes



### Gross Motor Activities

- Indoor obstacle course
- Animal walks (bear crawl, crab walk, frog jumps)
- Balloon games (keep it up, balloon tennis)
- Throwing/catching with soft balls
- Scooter board races or balance trails



### Structured, Low-Demand Learning

- Matching games (colours, shapes, pictures)
- Large piece puzzles
- Sorting tasks (buttons, blocks, Lego colours)
- Turn-taking games with simple rules
- Memory pairs using familiar pictures



### Communication & Social Play

- Role-play shop with pretend money
- Tea party or café play
- Puppets for storytelling
- Emotion stones – choose a face and describe the feeling



- Simple choice boards for non-verbal pupils

### Outdoor & Nature-Based Activities

- Nature scavenger hunt (smooth, rough, round, red...)',
- Chalk drawing on pavement
- Gardening (digging, watering, planting)
- Collecting sticks and building tiny dens
- Swinging, climbing, sliding

### Quiet Time Activities

- Fidget toys
- Weighted lap cushion
- Audio stories
- Soft toy sorting
- Picture or sensory books
- Calm corner with cushions



<https://qr.link/7DvcPy>

Scan Me to get to A Whole New World Sensory Massage!





# Non uniform day

Friday 13th March

Please send in a chocolate prize that  
we can use on the tombola stall at  
the Easter disco which is on

Friday 20th March

At Wilnecote Working Men's Club

7pm - 9pm



# Easter Disco

Friday 20th March 2026

Wilnecote Working Men's Club

Hockley Rd

Wilnecote

B77 5EE

7.00pm – 9pm

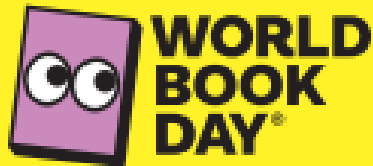


Adults £4

Child £2

Family Ticket (2 Adults & 2 Children) £10

*We look forward to seeing you and thank you  
for your support*



# We're celebrating World Book Day & you're invited!

**When:**

Friday 6th March

**Where:**

Two Rivers

**How we're celebrating:**

Dress up as your favourite book character. We will be celebrating Julia Donaldson stories!

**Contact:**

Demi or Fran on class Dojo with any questions.

Sponsored by



**The reading for fun charity**

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