

The Magic of Mathematics!



Boost Problem-Solving Skills

Maths teaches children how to think logically and solve problems. Whether they are working out how to share toys equally or figuring out the best way to save up for something special, mathematical thinking helps them make smart decisions.



Make Maths Fun

Games, puzzles, and hands-on activities make learning maths enjoyable. Apps, board games, and simple challenges - like estimating how many steps to the door - can turn everyday moments into learning opportunities.



A Lifelong Advantage

Strong maths skills open doors in the future, from academic success to career opportunities. Encouraging curiosity and a positive attitude toward maths **now** will benefit children for life.

So, next time you count apples at the store or help with homework, remember: you're not just teaching maths, you're shaping a confident, capable problem-solver!



Stars of the Week!

Congratulations to all our 'Stars of the Week' for showing the Conway Values.

NUR: Huzaifah

RAL: Azlan

RS: Aiza

1A: Sambou

1D: Matei

2K: Ayub

2R: Shafe

3B: Laith

3S: Haadiya

4HK: Naumaan

4N: Issa

5A: Maleeha

5S: Obaid

6A: Aniya

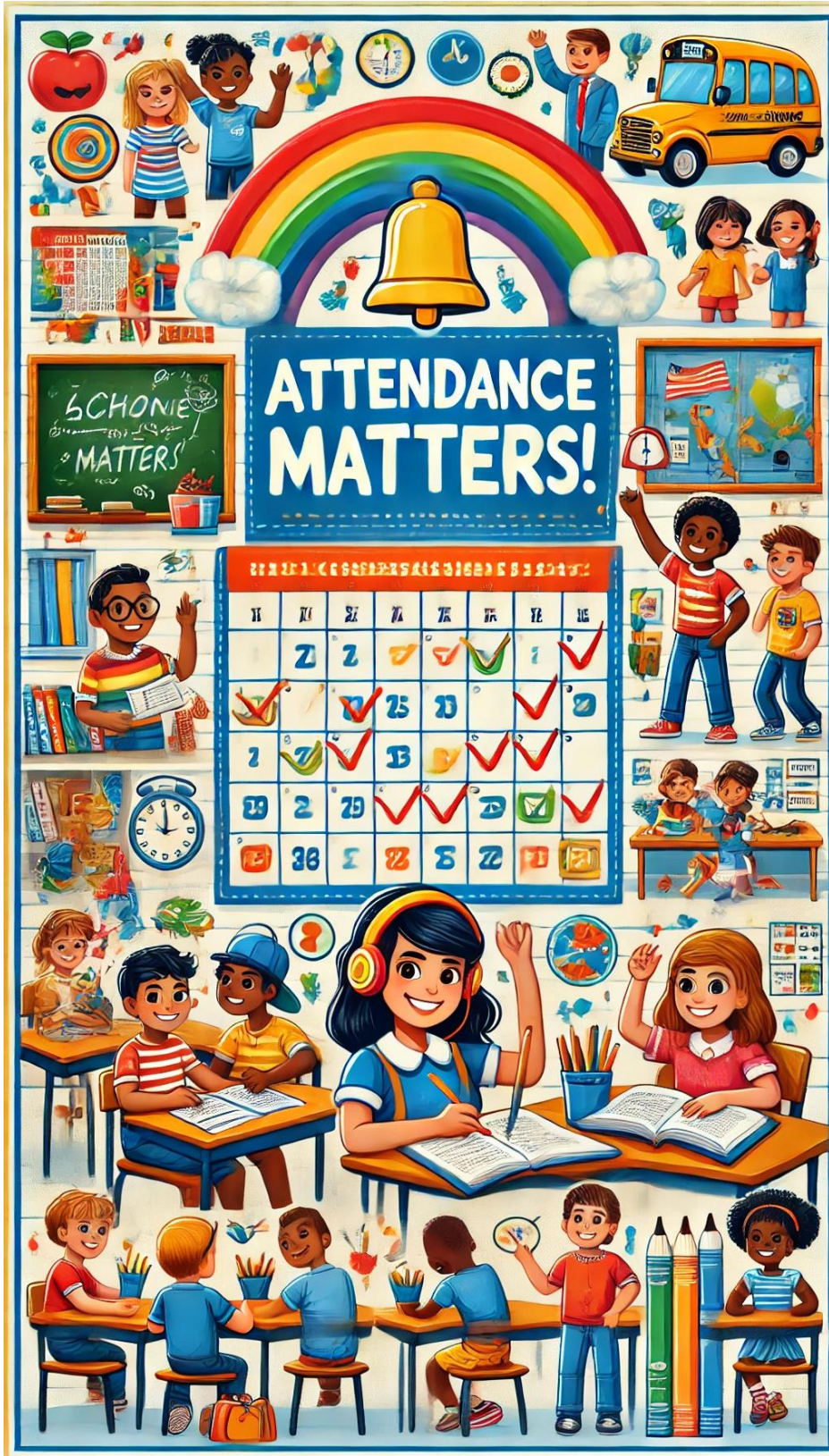
6D: Sophia

6W: Humayra



Pupil Attendance

Special congratulations to class 2R for being top of the leaderboard for 4 weeks in a row! Miss Rukhsar is Unstoppable!



This week's class attendance:

1D: 80%

1A: 93%

2R: 97%

2K: 95%

3S: 90%

3B: 93%

4HK: 94%

4N: 93%

5S: 95%

5A: 87%

6D: 90%

6A: 85%

Conway Creepy Crawlies!



10 Top Tips for Parents and Educators

SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings visibly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.

6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Gillett is Associate Vice-Principal for Personal Development at Perilstone Grammar School and works on secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



WakeUp
Wednesday

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College



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Ambition



Resilience



Respect