



ST COLUMBA'S FAMILY LEARNING NEWSLETTER

FEBRUARY
EDITION

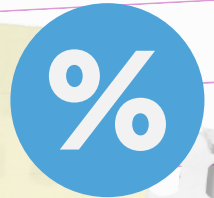
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Thank you to our S1-3 families who managed to join one of our Family Learning Evenings last term. We hope the skills you learned were both useful and enjoyable.

Our next family learning event will take place on Wednesday 20th March 2024. Keep an eye on your inbox for more information!

February Numeracy Focus



SCAN THE QR
CODES OR CLICK
FOR MORE
INFORMATION



S1 pupils have recently been working on fractions and both S1 & S2 will soon be working on percentages.

Fractions, decimals, and percentages are involved in daily life, playing crucial roles in various aspects of personal, academic and social experiences. A solid understanding of these concepts equips pupils with essential life skills that they can apply in diverse situations, both inside and outside of the classroom. e.g. Money Management, Healthy Living, Politics, Science & Sports.



PERCENTAGES
WITHOUT A
CALCULATOR



FRACTION
OF A
QUANTITY

BUILDING YOUR META-SKILLS

FEBRUARY FOCUS: ORGANISATION

GEN+

Our pupils have been engaging with the Gen+ Meta-skills programme this year, with a focus on Communication, Organisation and Resilience.

Meta-skills are transferable skills that can be applied across a range of contexts and are desirable for future employment and education opportunities beyond school. As part of the Organisation block, we have discovered how to organise our physical space and our time.

ORGANISING BAGS & BEDROOMS:



As an example of how to organise their physical space, we challenged pupils to sort their school bags. You won't believe some of the things we found - 1 person had 6 water bottles!

Why not encourage your child to apply the 3Rs to their school bags and bedrooms:

- R** Required: Regularly identify what items they actually need
- R** Recharge: What items are not required but might help to recharge and support wellbeing.
- R** Redundant: Encourage pupils to throw away old items they no longer need.

STUDY STRATEGIES:

Time management is important when preparing for exams and assessments. Here are 2 useful strategies we have been learning about that may support studying:

- Pomodoro Method: Break work into short intervals with planned breaks e.g. study for 25 minutes then have a 5 minute break, then repeat.
- Eat that Frog: Prioritise and start with the task you least want to do.

Assistive Technology

February Focus: Reading Coach

Reading Coach

Reading Coach can be used to improve independence and confidence in reading. It is only accessible online on word, OneNote and in teams.

Steps to follow.....

Step 1. Log in to OneNote, Open up Word. Then click on the "Waffle" at the top left hand side of the screen and open up Word Online.

Step 2. Open any Word document or copy and paste in text you want to read (in a Word document).

Step 3. Click on the "View" tab at the top of the screen and select Immersive Reader.

Step 4. Click on the "Read Aloud" button on the right of the screen. It will count down for you to start reading. Read the passage out loud.

Step 5. Click on the microphone button at the bottom of the page. Read the passage out loud.

Step 6. When you have finished a reading report will be produced to tell you more about your reading skills. You can use this to practice words that you found tricky!

Step 7. Immersive reader can be used to translate a document into another language and you can practice your reading in that language!

Reading Coach can be used to improve independence and confidence in reading. It is only accessible online on word, OneNote and in teams.

This is an excellent tool to help with language development and is particularly useful for young readers and people with Dyslexia.

Click the image to find out more!

Importance of Sleep

Our bodies get an opportunity to do 'maintenance work' when we sleep and information we have learned that day moves from 'short-term' memory into our 'long-term' memory. Our bodies also release hormones which fight off infections (colds, flu etc...), as well as developing a growth hormone which plays a part in stimulating muscle growth and breakdown of fat. As sleep can significantly affect our mood, growth and Health and Wellbeing, it is vital that we aim for at least 8 hours to let our bodies do all of this important work!



LEARNING ABOUT LENT

This time of year is an excellent time to come together, celebrate and further develop our faith. As we count down to the Easter Holidays, it is important to remember the reason for celebrating Easter and our journey through Lent. Click the following links or scan the QR codes for videos provided by our RE Department.

PRIMARY PUPILS



EARLY SECONDARY PUPILS



OLDER SECONDARY PUPILS & ADULTS

