



Primary Newsletter

WELCOME

Dear students, parents and families,

It has been a busy month at Wolsey Hall as we continue to enhance and enrich our current courses and develop our Primary school.

The choir has met recently to hold virtual rehearsals and it was lovely to hear students from across the globe learning together. Our choir is a perfect reminder that it is possible to work collaboratively and in unison, no matter who you are or where you are from.

As I write this I am reminded of global tensions at the moment, and Wolsey Hall offers its thoughts and best wishes to all our families who may be directly or indirectly touched by current events taking place in the world.

I find comfort in the following quote by Thich Nhat Nanh, the Vietnamese monk and peace activist, who was an inspiration to many.

“Hope is important because it can make the present moment less difficult to bear. If we believe that tomorrow will be better, we can bear a hardship today.”

I hope you enjoy reading this newsletter. We know that some of our students and families are still affected by Covid restrictions in their countries, and by current global events, so please stay safe.

Best wishes,
Christine Armstrong
Head of Primary
christine.armstrong@wolseyhalloxford.org.uk



SUPPORTING YOUR CHILD GUIDES

We have been working on a 'Supporting Your Child' series of guides to help our parents support their child's learning at home.

It includes help and advice on a range of topics such as motivational tips, questioning skills, giving praise and feedback, and making sure you are prepared and set up for homeschooling. Look out for an invitation to the 'Supporting Your Child' course on Canvas coming soon!

"Expect great things of your children and yourselves. This method of teaching will give your child strong foundations for learning and inspire a love of lifelong learning to come. It may seem hard work at times but the rewards and the learning taking place are more than worth it."

A Wolsey Hall parent



WAGOLLS COMING TO UPPER PRIMARY ENGLISH

What a Good One Looks Like (WAGOLLS) will be a great addition to our Upper Primary English courses.

If we want our children to become accomplished writers then they need to see fantastic models of what they are working towards. A number of our writing assignments will benefit from having an example of the kind of writing that tutors are looking for when marking and providing feedback. It will provide an opportunity for families to analyse a piece of writing to look for the different features before they begin an assignment. This will help students and families to better understand what is needed in the assignment before they begin.

This new element is coming soon to the assignment information so look out for it in Year 3, 4, 5 and 6 English courses.



SPOTLIGHT ON...

Ten-year-old Lucy made her debut performance in a leading role with the English National Opera in February.

Lucy was given the opportunity to play the child vixen in a matinee performance of *The Cunning Little Vixen* at the London Coliseum. Lucy had already been covering for two other parts when this opportunity arose.

Lucy has been performing in professional shows since she was nine years old. Homeschooling with Wolsey Hall Oxford enables her to receive a high-quality education while balancing her busy schedule of auditions, rehearsals and performances.



Leos Janacek

The Cunning Little Vixen

You can also read Lucy's homeschooling story on our [website](#).

If your child has achieved something new, why not share it with us? They could feature in our newsletter or on the Primary Community site. Email [Danielle Hilton](#) with brief details and a photo or two.

YOUNG SCIENTIST AWARD

Nine-year-old Layan from Saudi Arabia is one of our first students to take part in the Wolsey Hall Young Scientist Awards.

Layan has completed several experiments as part of the Year 5 Science course and she made a video of herself creating a solar oven. You can [view Layan's experiment](#) on our YouTube channel.

These optional investigations are a new addition to the courses, and provide lots of opportunities for our keen scientists to develop their curiosity and scientific skills.





STUDENT SHOUTOUTS

Each month we say 'HELLO' to some of our Primary students around the world. Keep working hard and making us, your family and yourself proud.

This month we are saying hello to:

Almir, age 8, Ukraine
 Kseniia, age 10, Ukraine
 Liubomyr, age 11, Ukraine
 Nikita, age 5, Ukraine
 Miranda, age 11, Ukraine
 Arsenii, age 12, Ukraine
 Savelii, age 11, Ukraine
 Tymofiy, age 11, Ukraine
 Artur, age 9, Ukraine
 Salama, age 8, UAE
 Lena, age 10, Turkey
 Sara, age 9, China
 Aydin, age 8, Malaysia
 KateLin, age 10, Czech Republic
 Sharmitra, age 8, Malaysia
 Mohamed, age 8, UAE
 Suleyman, age 10, Azerbaijan
 Reema, age 8, Turkey
 Alexia, age 9, Kuwait
 Ibrahim, age 11, Saudi Arabia
 Blasio Rainier, age 9, India
 Caleb, age 11, UK
 Fraser, age 8, South Africa
 Emilia, age 9, Switzerland
 Rozi, age 9, Indonesia
 Cemile Meyra, age 7, Turkey
 Aairah Latif, age 9, India
 Bem, age 9, Kenya
 Anna, age 10, France
 Assena, age 9, Kazakhstan
 Yahya, age 8, UK
 Cleopatra, age 10, UAE
 Eric Oniga, age 10, Romania
 Kiefer, age 9, UAE
 Isaac, age 11, UK
 Joaquin, age 6, Ecuador

Ashraf, age 8, Saudi Arabia
 Morgan, age 10, South Africa
 Sienna, age 11, Kuwait
 Ismail, age 8, Saudi Arabia
 Abdelalghafor, age 10, China
 Elina, age 10, Malta
 Malachy, age 13, UK
 Eseld, age 7, Uganda
 Bethany, age 6, Malawi
 Putu, age 8, Indonesia
 Ahmad Ramzi, age 9, UAE
 Joshua, age 8, Saudi Arabia
 Jonathan, age 9, Zambia
 Arjun, age 7, USA
 Emma, age 7, UK
 Ágnes-Panna, age 8, Romania
 Azaria, age 6, Bahamas
 Frances, age 7, UAE
 Flavia, age 8, Indonesia
 Diego, age 10, UK
 William, age 8, Czech Republic
 Manakel, age 8, Thailand
 Sebastian, age 7, Colombia
 Virat, age 9, UAE
 Jane, age 7, India
 Thawin, age 6, Thailand
 Leo, age 9, UAE
 Joshua, age 8, UK
 Luke Joseph, age 7, UAE
 Muhammad Musa, age 7, Pakistan
 Noemi, age 6, Romania
 Sophia, age 6, Mauritius
 Israel, age 9, USA
 Gabriel, age 7, UAE
 Dwayne, age 10, UAE
 Thomas, age 8, France

NEW PHOTOGRAPHY CLUB

We're excited to launch a Photography Club for our Primary students.

Does your child love taking photos? Perhaps they would like to learn a new skill?

Our Photography Club is designed to help children explore the world around them in a creative and visual way. Taking photos is a great way to express themselves, and with the challenges we set in Photography Club, they will be able to build a memorable portfolio of their photographic work.



STUDENT CLUB CHALLENGES

We now have eight clubs in our Primary Community for students to join in with - Art, Book Club, Choir, Creative Writing, Cookery, LEGO®, Nature and Photography.

We set new club challenges each month so there's bound to be at least one that appeals to your child. Learning a new skill and sharing their talents with other students helps to build your child's confidence and enhances their home learning experience.

We also run monthly Show & Tell sessions for some clubs on Zoom so our younger students can meet each other.

March Show & Tells

All times shown are UK time.

Book Club

Tuesday 22nd March – 9am and 4pm

Art Club

Friday 25th March – 9am and 4pm

LEGO® Club

Sunday 27th March – 9am and 4pm

You can find the Zoom links and passwords by visiting the Primary Community site. Please ensure a parent/guardian attends the session with your child.



ARE YOU MINDFUL?

Mindfulness is simply noticing what is happening right now.

Mindfulness is being aware of how your body feels and what you see, smell and taste. Maybe you even feel emotions in your body, perhaps through a tightness somewhere, or a good sensation.

Mindfulness is also noticing what your mind is doing.

When you notice what is happening around you, you focus more deeply, and that attention to your own senses will help you. Improved focus can help you achieve at higher levels in sports, your education or music. We always do better when we're able to pay attention to what we're doing. When you notice what is happening around you, it can help you to calm down when you're sad, angry or frustrated. Mindfulness helps you deal with tough emotions, and mindfulness can make you happy and feel good.



Our Lower Primary Skills for Life course helps children develop the qualities and attributes they need to be healthy, independent and active participants in society. Mindfulness is a key aspect of the course.

We are currently developing Skills for Life for our Upper Primary students too, as we know how important these life skills are.

If you are interested in learning more about the course for Year 1 and 2 students please [visit our website](#).

CHALLENGE OF THE MONTH

As it was World Book Day earlier this month, can you choose one of your favourite books and create a cover for it?

Would you keep the cover the same and recreate it or do you have a better idea for a book cover? What would you put on it to encourage other children to read this book?

You are welcome to send your book cover design to [Danielle Hilton](#) if you would like it shared with other Wolsey Hall students on our community site.



RESOURCE CORNER

It can be difficult to explain world news in child-friendly terms sometimes. You can find many sources of news online suitable for children.

Here we share just one example of this with you, but there are many more to choose from. [The Week Junior](#) will spark your child's imagination, feeding their natural curiosity with inspiring stories from their amazing world. It helps children develop their own opinions, encouraging them to aim high, dream big and make a real, positive difference to their world.

Wolsey Hall Oxford is not affiliated with this site.

What's inside The Week Junior?



This Week's Big News - the biggest news stories from around the world.



National News - a selection of the most important and interesting stories from across the UK.



Discover all the latest incredible Science and Technology news.

DEALING WITH ANXIOUSNESS

It is never nice to see your child feeling worried or anxious. As parents we have a natural instinct to protect our children from everything.

However, the reality is that we are not able to keep our children in a 'bubble' and sometimes our child may be worried or anxious about things in their life. Here are a few tips on how to support your child in such moments.

Don't avoid the situation.

It is tempting to avoid the situation in question to spare your child any anxiety.

This isn't a healthy approach in many cases, as it won't help your child to build their coping strategies. For example, if your child is worried about stroking your new pet cat, avoiding it only provides a short-term solution and doesn't help your child overcome their anxiety. Encourage them to do it but with your support.

Talk about it and listen

It's important to talk about worries and anxieties. Provide your child with the opportunity to talk about what is creating worry or anxiety, really listen and acknowledge it. It is okay to reassure and support your child, but be careful not to dismiss the concern as a small thing – to your child it seems 'huge' just now.

Don't highlight the situation just before

If your child is anxious about something that is going to happen, try not to bring it up just before the event, unless your child wants to talk about it. Don't be the person to bring up the conversation if your child seems to be coping.

Don't pre-empt it!

When speaking with your child, don't pre-empt a possible worry or concern. When asking them how they are feeling about something, e.g. a test, just ask them what they are thinking about it. Try to avoid saying, 'Are you worried about the test?' Sometimes we unintentionally escalate a worry without meaning to.

Model how you deal with worry and anxiousness

It is good for children to see that they are not the only ones with worries and anxiety. Sharing a worry of your own (that is child-appropriate) and sharing how you deal with your worry is a useful way to help children manage their own stress. Seeing your calm approach and positive outlook can be inspiring.



MOVING TO LOWER SECONDARY

Our Primary homeschooling courses provide a strong foundation for students to move up to Lower Secondary. If your child is moving up to our Lower Secondary courses in the next year you may be wondering what changes it brings.

We've put together a [handy guide](#) to help support you and your child in this transition. You can also contact your Student Progress Manager with any questions or queries you have.



COMMUNITY SUPPORT

We have Wolsey Hall students in 120 countries. Are you making the most of our opportunities to connect with other homeschooling families worldwide?

Have you joined our parent forum? This platform is specifically for parents of Primary aged students and is a space for you to connect with each other, start discussions, share tips and advice. You can [sign up here](#). We have over 140 parents registered on the forum so far so why not get chatting!



Our Primary Level Parents [Facebook Group](#) is a private group to connect with other families, share ideas and information. Have you joined yet? You may also like to follow our [Facebook page](#).



Our [YouTube channel](#) is full of videos from students and their families who are sharing advice and tips for successful homeschooling.



We often feature our students achievements on our [Instagram](#). Why not follow and engage with us there too?