



Primary Newsletter



WELCOME

Dear students, parents and families,

Welcome to the next Primary newsletter. As I write this, we are waiting on tenterhooks for the next heatwave here in the UK, with record-breaking temperatures forecast. However, we are not alone! There are wildfires sweeping across areas in Europe, as well as parts of Africa, and China declared a red alert due to extreme heat, to name just a few of the global events tied to current extreme weather conditions. These events seem to be happening more frequently and I am sure we all agree that solutions are needed to cope with the changes. Perhaps we have the solution-finder amongst our students! To all of our families across the world, we hope you are keeping safe and healthy during this time.

This month's newsletter celebrates all our students and is filled with fun things to do at home, as well as providing tips and advice. We hope you enjoy reading it.

Best wishes,
Christine Armstrong, Head of Primary
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WHAT'S NEW

We are adding a new Staying Safe Online video to Canvas.

There will be one for parents of children in Lower Primary and one for students in Upper Primary. Please watch the video and encourage Upper Primary students to watch the video too. It includes some key messages to ensure we are acting safely in an online environment.

'Staying Safe Online' will appear as a course in your Canvas area.



WOLSEY HALL CHOIR'S LATEST SONG

The Wolsey Hall Primary choir has performed another hit song!

After weeks of online rehearsals and practising at home, some of our Primary students have delivered another powerful musical performance.

This time the choir has sung "Sing" and you can [watch their performance](#) on our YouTube channel.

The Wolsey Hall choir is open to both Primary and Secondary students to join. Simply visit the Community websites to find more details of how to get involved.





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:

Laila, age 12, Saudi Arabia
 Jenin, age 11, Saudi Arabia
 Grecia, age 11, Spain
 James, age 12, UAE
 Eduard, age 11, Romania
 Phillip, age 12, USA
 Talha, age 10, Saudi Arabia
 Hana, age 10, UAE
 William, age 10, UK
 Eva, age 11, UK
 Nika, age 9, Oman
 Amy, age 12, Zimbabwe
 Beatrice, age 9, UAE
 Eduard Dan, age 8, Philippines
 Giselle, age 10, Mauritius
 Haarith, age 10, Saudi Arabia
 Sophia, age 8, UAE
 James, age 11, UK
 Leora, age 11, Seychelles
 Mika, age 11, South Africa
 Nathan Misheck, age 12, Namibia
 Mrinalini, age 11, India
 Nicolas, age 12, Panama
 Rohan, age 11, Malaysia
 Victoria, age 6, UAE
 Clare, age 9, Slovakia
 Federico, age 7, UK
 Annabel, age 8, Malaysia
 Samantha, age 9, Qatar
 William, age 9, Malta
 Dewi Althea, age 8, Indonesia
 Hana, age 8, USA
 Han, age 9, UAE
 Tyler, age 7, UAE
 Aily, age 9, China
 Shiloh, age 9, Malawi

Marcella, age 10, UK
 Noorah, age 8, Saudi Arabia
 Raji, age 11, Rwanda
 Raysa, age 11, UAE
 Zianè, age 11, South Africa
 Leyton, age 10, Luxembourg
 Molly, age 13, UK
 Maxwell, age 11, UK
 Amelie, age 9, Belgium
 Copper Lulu, age 7, Philippines
 Hala, age 9, UAE
 Fenella, age 9, Bahamas
 Maurice, age 9, USA
 William, age 10, Ireland
 Yousef, age 12, Saudi Arabia
 Aidan, age 10, UK
 Raiken, age 10, South Africa
 Jude, age 8, Singapore
 Marcus Ervin, age 8, Thailand
 Elroy, age 9, UK
 Ocean Wolf, age 8, Indonesia
 Adham, age 11, Saudi Arabia
 Rudolph Cornelius, age 9, Malaysia
 Mark, age 9, UK
 Elana, age 9, Bahrain
 Ryan, age 7, Kenya
 Leanie, age 7, UAE
 Shinji, age 7, Malaysia
 Alex, age 7, Czech Republic
 Yeyoon, age 8, South Korea
 Aiden, age 6, Philippines
 Aurora, age 8, South Africa
 Jessica, age 6, UAE
 Nicole, age 7, Bulgaria
 Shreya, age 9, UK

AUGUST CLUB CHALLENGES

It's always a great time to delve into our Primary clubs, whether your child has been regularly participating or hasn't taken a look at what we offer yet.

You can find full details of each of our clubs on the Primary Community site. Links to this can be found in your child's Canvas account.

August challenges

Art: An introduction to paper weaving, ready to develop your skills later on.

Books: A new book for Bookworms this month while Budding Bookworms meet to discuss "Marcy and the Riddle of the Sphinx".

Cookery: This month why not have a go at making Mexican empanadas?

Creative Writing: Can you design your own animal and write a short description of it?

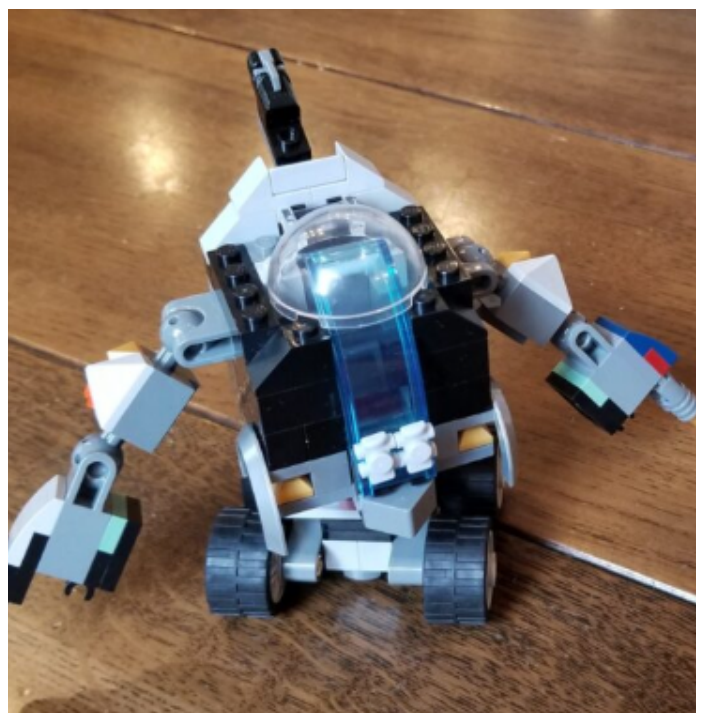
LEGO®: Develop your geography skills by learning about OS map symbols and building some with LEGO®.

Nature: Make a cardboard flower or leaf press - we show you how!

Photography: Imagine you are a food photographer. Time to get snapping for that recipe book!



Ziyad, age 5 from UAE, made an origami frog in last month's Art Club.



Joshua, age 9 from Tokyo, has already taken on the robot challenge in LEGO® Club this month.

STUDENT SPOTLIGHTS

Year 3 student Amy recently took part in the Oeiras Piano Competition in Portugal.

Amy performed two piano recitals and came second in her category. You can watch Amy's amazing musical performance on our [YouTube channel](#). Well done Amy!

Has your child recently achieved something they are proud of? If so, [let us know](#) and we might be able to feature them in our newsletter.



Another Primary student has also excelled in playing the piano! Year 5 student Jan was admitted to the Theatro Municipal de São Paulo Conservatory of Music, one of the most renowned in Latin America.

This is an incredible achievement for Jan who, at the age of nine, is the minimum age to start this twelve-year music merit scholarship.

He prepared, memorised, and played two pieces by Georges Bull and Dmitry Kabalevsky for the video recording and on-campus admission auditions.

You can also watch a clip of Jan's performance on our [YouTube channel](#).

FUN IN THE SUN – SAFELY!



For many, the months we are in now are the hottest. We have had some VERY hot temperatures around the world. Being out in the sun can be extremely fun, whether you are at the beach, at the pool, in the countryside, or at the park. We want you to have fun! But we also want you to keep safe and protect yourself from the sun. We know the sun is important and does many amazing things, like keeping us warm, helping plants to grow, and providing light so we can see in the daytime. But it can also be harmful to us, and it is important that we act sensibly in the sun. Here are a few things to remember.

Sunscreen

Make sure you wear sunscreen when you are out in the sun. Use a high protection factor and use it generously – slap it on everywhere! Don't forget your neck and your shoulders if these areas will be directly exposed to sunlight. And your feet and toes too, if wearing sandals or flip-flops!



Finding shade

Try to look for shade so you can take a break from the hot sun. This is especially important during the hottest hours of the day.

Covering up

Think about what you are wearing! Have you got a hat on to protect your face from the sun's rays? If you are swimming think about wearing a rash vest to protect your skin from the sun. Shoulders can burn very easily so perhaps it is better to wear a top that covers your shoulders? It would be sensible to give your clothing some careful thought before you go out in the sun.

Drinking plenty

It is very easy to become dehydrated when we spend a long time in the sun. Dehydration means we are not drinking enough fluid to replace the fluid that we are losing during the hot weather by sweating. Make sure you are drinking lots of water or other drinks to keep hydrated.

Avoid the hottest part of the day

Although not always possible, if you can avoid being out in the sunshine all together during the hottest part of the day then this is ideal!

LIFE SKILLS CORNER

Sometimes injuries happen. Whilst we may not have the first aid skills to deal with the injury ourselves, we should all know how to call for help!

It is important that everyone, including children, know how to call for an ambulance. If you know how to call an ambulance, then you could save someone's life.

Make sure you know the emergency number in the country you live in. Here in the UK we dial 999 – what is it in your country? You can look this up [online](#) or ask your family.

If someone is seriously hurt and you need some help, then dial the emergency number for your country and follow this advice:

- Tell the operator clearly that you need an ambulance.

- Clearly give the address of where you are, as accurately as possible. Let them know about any landmarks that will help them find you.
- Give as much information as possible about the injury, especially whether the person is breathing or not – if they aren't, the call will be treated as a priority.
- Look out for the emergency services arriving and let other people nearby know that they're on their way so they can be directed to the right place.

We always hope that we won't ever need to call for an ambulance, but it is better to be prepared!



FAMOUS HOMESCHOOLER OF THE MONTH

Did you know that homeschooling has been around for a long, long time and that many famous people have been homeschooled?

As a homeschooler you are in good company! In each newsletter we will share a famous homeschooler with you. Some you may know and some you may not. Your challenge is to find out more about any homeschooler that we mention that you don't know very much about!

Actress Emma Watson, best known for her role as Hermione in Harry Potter, was homeschooled the entire time the movies were being filmed, so for over 10 years! She went on to graduate from Brown University in 2014.



RESOURCE CORNER

Have you ever explored Google Earth?

You can use [Google Earth](#) to travel the world and explore new places. You'll find exotic cities, landmarks in 3D, and buildings up close. Why not become a global explorer.... without even leaving home?

Wolsey Hall is not affiliated to this site in any way.



TOP TIPS FOR MANAGING SCREEN TIME

Screen time for children can be incredibly difficult to manage. As parents we want to get the balance right for our children.

WebMD.com has some great tips for parents on how to deal with screen time. With screens everywhere, it may seem even harder to cut down on a child's time with them. Try these suggestions to pry them off those devices, at least, for a little while.

1. Don't give your kids their own tablet or smartphone. "Interact with your children. Do that instead of handing them an electronic device," says Steven Gortmaker, PhD, Professor of the Practice of Health Sociology at Harvard T.H. Chan School of Public Health.
2. Keep computers and TVs in the shared spaces of your home as it's easier to keep an eye on what they are looking at.
3. Add tech-free time to your family's schedule. Set aside time every week when the family does something fun together - no devices allowed.
4. Watch how often you use your own devices. If you keep your face buried in your phone, your kids won't see a good reason why they should get off their screens.
5. Make limits a regular part of screen use. When the rules are consistent, you can avoid daily battles when you tell the kids it's time to turn it off.



6. Be ready to explain different screen-time limits. After your kids have watched hours of TV at a friend's house, they may wonder why your rules are different. This is a chance to have conversations with your kids about what your family's values are.
7. Help your children find other ways to have fun. Keep other options around - art supplies, books, frisbees and bikes - ready for when your kids claim there's nothing else to do.
8. Make tech work for you! Use programs and apps that you can set to turn off after a given amount of time.
9. Adjust screen-time limits as your child gets older. You may want to involve them more in the decision-making process. You could talk with them about how much screen time the whole family should get.
10. Consider donating or recycling your old electronics to limit the technology.

CHALLENGE OF THE MONTH

What are your origami skills like?

Origami is the art of paper folding and ranges from simple objects to very complicated ones. Can you create something by folding paper? If you need some help getting started, then [this website](#) has a whole range of origami ideas for you.

We recommend starting with the origami cat if you are new to it! Good luck and enjoy the challenge.



Last month we set you a Sudoku challenge, here's the answer.

Did you get it right?

	A	B	C	D
1	2	3	1	4
2	4	1	3	2
3	1	2	4	3
4	3	4	2	1

COMMUNITY SUPPORT

We have Wolsey Hall students in over 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 180 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?