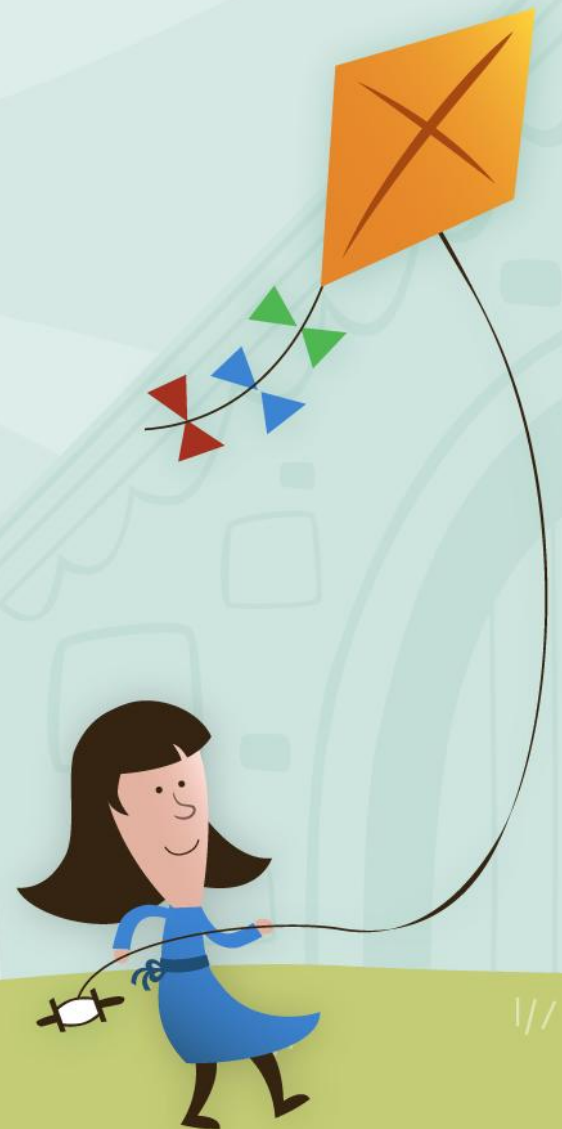


Welcome to Year 3

September 2026



Year 3 Parks Class



Adults in our class:

Miss McCue

Mrs Vaas

Mrs Green

Miss Williams



At our school, with Jesus in our hearts, we have:

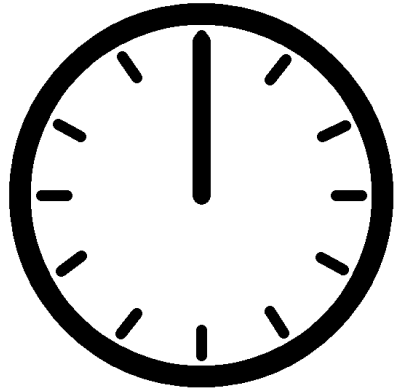
-The passion to learn

-The courage to fail

-The strength to love.



Our School Day



- Drop off/Enter School building: 8.40 – 8.50am
- Register closes: 9.10am
- Lunchtime starts: 12.00pm
- Lunchtime finishes: 1.00pm
- Pick Up 3.20pm

It is important to ensure your child arrives on time to ensure a smooth start to the day.

Please let the office and class teacher know about any going home arrangements if they are different than usual.

If children are not collected by 3.30pm, they will be placed in after school club and you might be charged.



Year 3 information

Monday – Spelling test in class.

Tuesday – PE day (with CM Sports) **Children to come dressed in their PE kits**

Wednesday – Paper copy of spellings sent home and homework set on Google Classroom.

Your child's reading book will be changed once a week.

Please ensure that their reading book and reading diary comes into school **every day**.

Children have logins to access ***Times Tables Rockstars and My Maths***.

Children can log their reading and homework in their own reading log booklet.

The expectation is that children at least three times a week at home and log this in their reading log.



PE

OUTDOOR – Tuesday mornings, children to come to school in their PE kit

Kit – Red t-shirts, blue shorts in summer and dark tracksuit/jogging bottoms in winter, extra jumper in winter, spare socks, trainers.

INDOOR – on a rota basis where the children will focus on a series of skills from an area of the curriculum for one full day per half term. Details will be sent out in due course.

Kit – Shorts and red t-shirts, appropriate indoor footwear.

Autumn term – Thursday 8th October and Thursday 19th November

No earrings – we **cannot** help take out earrings or provide tape for your child to cover them over.

Religious bracelets – must be covered with a sweat band.

Please label **ALL** items of kit



Uniform and Belongings

Your child is responsible for their own belongings.

The best way to support your child in this is to ensure that every item brought into school is clearly labelled. We no longer store lost property centrally, so please let the class teacher know if your child has mislaid something.

Water bottles (preferably a sports type bottle) should be brought into school every day (just water please) and should also be clearly labelled.



Uniform and Belongings

In key stage 2 all children are required to wear a shirt and a proper tie.

White

polo shirts are only permitted during the summer term and autumn 1. This aspect of our uniform has been specifically designed as a “rite of passage” into the junior section of the school. Hair accessories should be kept to a minimum, in school colours of red, navy and white. **Earrings must be small plain studs.** All children should bring a coat to school every day.

Key Stage 2 - girls School V-necked jumper or cardigan

White shirt and school tie (**not elasticated** as the children need to learn to knot a tie)

Grey pinafore dress or skirt

Navy tailored trousers

Navy, red or black tights for winter

White knee or ankle socks – no trainer socks

Navy and white gingham dress (summer term and autumn 1)

Grey standard or cargo fit shorts (summer term and autumn 1)

Sensible black shoes (not boots or trainers)

No open toed sandals or jelly shoes permitted in the summer months for safety reasons

No all-in-one playsuits



Uniform and Belongings cont...

Key Stage 2 boys

School V-necked jumper

White shirt

School tie (**not elasticated** as the children need to learn to knot a tie)

Grey trousers

Dark socks (no trainer socks)

Black shoes (not trainers or boots)

Grey standard or cargo fit shorts (summer term and autumn 1)

No open toed sandals or jelly shoes permitted for safety reason





Hair - Please ensure haircuts are suitable for school e.g. not elaborate hair styles or short shaved/with a design and the over use of hair gel is not allowed. Please ensure that long hair is tied back and any hair bands are of the soft variety in school colours.

Jewellery - For health and safety reasons, jewellery should not be worn in school. The exceptions are watches and small, plain stud earrings.

No decorative earrings are to be worn. All earrings and watches must be removed for PE and games by the child, or taped over before coming to school. Staff are not permitted to remove earrings. It is wise to encourage your child to get into the habit of not wearing watches or earrings on PE days.

Mobile Phones and Smart Watches -

Phones are not allowed to be used on the school grounds. If your child is walking/cycling home alone (Year 6) they must be switched off and handed in to the school office by your child as they enter the site in the morning. Please make sure this walking arrangement is put in writing to the school.

**Children should not have phones, or Ipads in their bags.
Smart watches are not allowed in school.**

<https://www.st-bernadettes.hants.sch.uk/uniform-1/>



Pencil Cases



All the necessary equipment your child needs in the classroom is provided by the school and consequently we respectfully request that no pencil cases are brought into school.



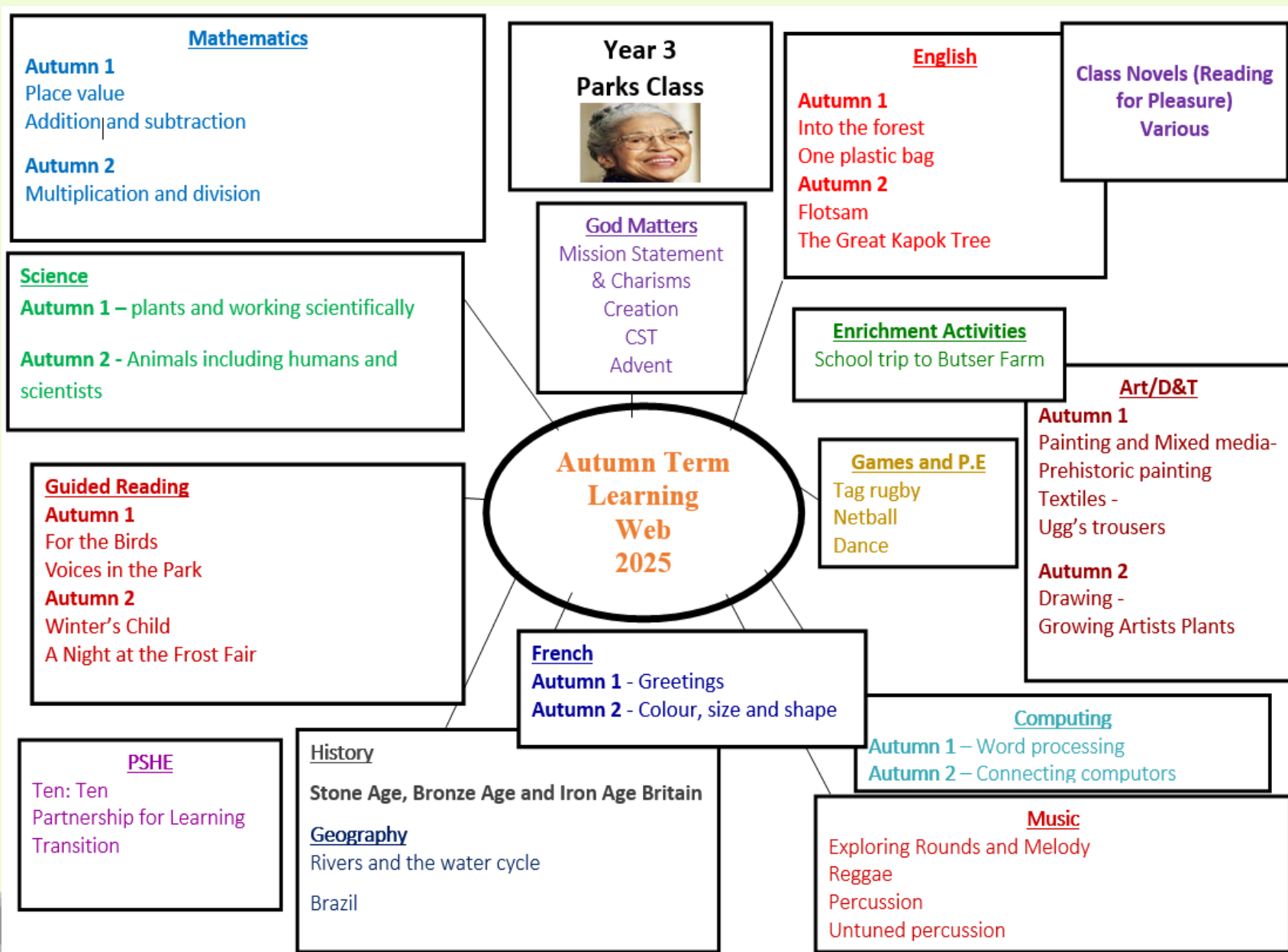
Every Lesson Counts



- Rules about requesting absence have changed – please do not request holidays in term-time. They will not be authorised unless deemed to be in exceptional circumstances.
- If your child is ill, please let us know on the first day of absence by phone or email to school office.
- If your child is ill, please do not send them to school. If they have been sick, they need to remain at home for at least 48 hours as sickness viruses are extremely contagious.



Year 3 Our Learning



You can keep up-to-date with your child's learning by accessing our learning webs.

These are updated every term and are published on our website.

<https://www.st-bernadettes.hants.sch.uk/year-3-parks-class/>



Trips

Off site visits are a great way to enhance the children's understanding of a unit of work. We are currently in the process of beginning to arrange off site visits to support learning.

Butser Farm – Thursday 3rd December



School Library

All children have the opportunity to visit our school library each week. Our library is stocked with a wide range of books suitable for all reading levels and interests. We are fortunate to work in partnership with the Schools Library Service, which provides us with a fresh stock of high-quality books each term. This ensures our collection remains engaging and encourages children to explore new genres and topics.

Year 3 library day is every Friday

Please make sure your child brings their library book in on this day, so they have the opportunity to borrow a new book.

Any books that are lost or damaged will need to be paid for. There will be a fine of £7 per book. If you are issued with a fine, you will receive an email from the school office. All fines can be paid via Arbor Shop.

We are always looking to enhance our library collection and are happy to accept book donations. If you would like to donate books, please ensure they are in good condition. We are looking for high-quality texts that will enrich our pupils' reading experience, so we kindly ask that books linked to children's television shows (e.g., character-based or franchise books) are not included.





St Bernadette's Primary School - Book Slip

Child's Name: _____

Class: _____

Date: _____

BOOK DETAILS

• Title of Book: _____

• Author (if known): _____

• Barcode/Library Code (if known): _____

Please check one of the following:

☐ Late Return

☐ Lost Book

☐ Damaged Book

If damaged, please describe the damage: _____

Oracy – Helping every child find their voice

At St Bernadette's, we are committed to developing the whole child, not only academically, but also socially and emotionally. As part of this, we are excited to share with you our focus on oracy, which is the ability to speak and listen effectively.

Oracy is just as important as reading and writing, and it plays a vital role in helping children express themselves clearly, build confidence, and engage meaningfully with others. Oracy is developing the skills of talk as well as learning through talk.

To support our oracy development across the school, we are working with Voice 21, the UK's leading oracy education charity. Through this partnership, we are embedding a consistent and purposeful approach to speaking and listening across all year groups.



Oracy

Our vision for oracy is...

- For our children to understand that their voice is valued.
- For all children to be able to articulate their thoughts, ideas and emotions in order to support learning but also to develop emotional regulation.
- To develop purposeful talk to support learning across the curriculum.
- For children to understand active listening.
- Allowing all students to access and share their learning.
- For our children to know that talk is a life tool

Oracy is now being threaded through our curriculum, to provide more opportunities to develop speaking and listening skills.



Navigating the digital world together

6-7



30% have their own mobile phone

96% use any device to go online.

To go online: **80%** use a tablet, **48%** use a mobile phone, and **26%** use a laptop

57% use messaging sites/apps

94% use video sharing platforms

48% use live streaming sites/apps

36% use social media and **63%** have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (**91%**), WhatsApp (**33%**) and TikTok(**30%**)

43% play games online

78% watch TV or films on any type of device other than a TV set (**83%** on a TV set)

38% watch live TV | **76%** watch SVoD (Such as Netflix, Amazon Prime or Disney+)

8-9



42% have their own mobile phone

97% use any device to go online.

To go online: **73%** use a tablet, **51%** use a mobile phone, and **37%** use a laptop

74% use messaging sites/apps

96% use video sharing platforms

61% use live streaming sites/apps

57% use social media and **69%** have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (**93%**), WhatsApp (**46%**) and TikTok (**42%**)

65% play games online

80% watch TV or films on any type of device other than a TV set (**85%** on a TV set)

41% watch live TV | **74%** watch SVoD (Such as Netflix, Amazon Prime or Disney+)



3-5



19% have their own mobile phone

85% use any device to go online.

To go online: 69% use a tablet, 34% use a mobile phone, and 12% use a laptop

56% use messaging sites/apps

91% use video sharing platforms

49% use live streaming sites/apps

37% use social media and 60% have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (85%), WhatsApp (31%) and Snapchat (23%)

31% play games online

76% watch TV or films on any type of device other than a TV set (77% on a TV set)

32% watch live TV | 77% watch SVoD (Such as Netflix, Amazon Prime or Disney+)

10-12



82% have their own mobile phone

100% use any device to go online.

To go online: 81% use a mobile phone, 68% use a tablet, and 48% use a laptop

94% use messaging sites/apps

99% use video sharing platforms

73% use live streaming sites/apps

81% use social media and 86% have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (90%), WhatsApp (71%) and TikTok (63%)

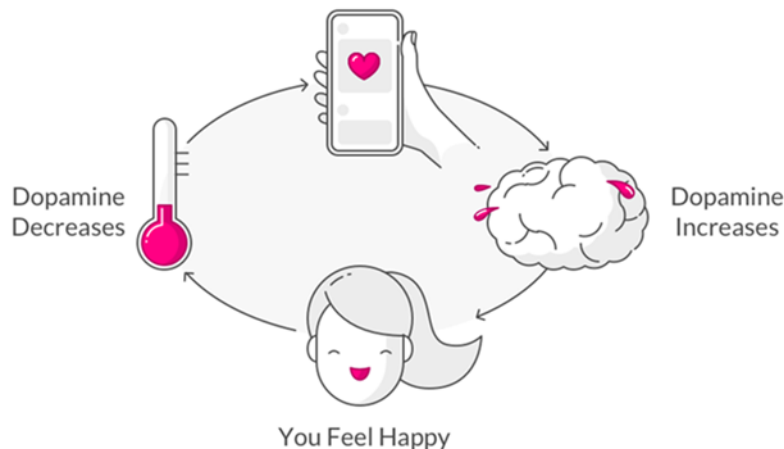
77% play games online

79% watch TV or films on any type of device other than a TV set (87% on a TV set)

41% watch live TV | 77% watch SVoD (Such as Netflix, Amazon Prime or Disney+)

The Dopamine Reward Loop

Pick Up Your Phone



13-15



97% have their own mobile phone

100% use any device to go online.

To go online: 96% use a mobile phone, 47% use a tablet, and 56% use a laptop

99% use messaging sites/apps

98% use video sharing platforms

82% use live streaming sites/apps

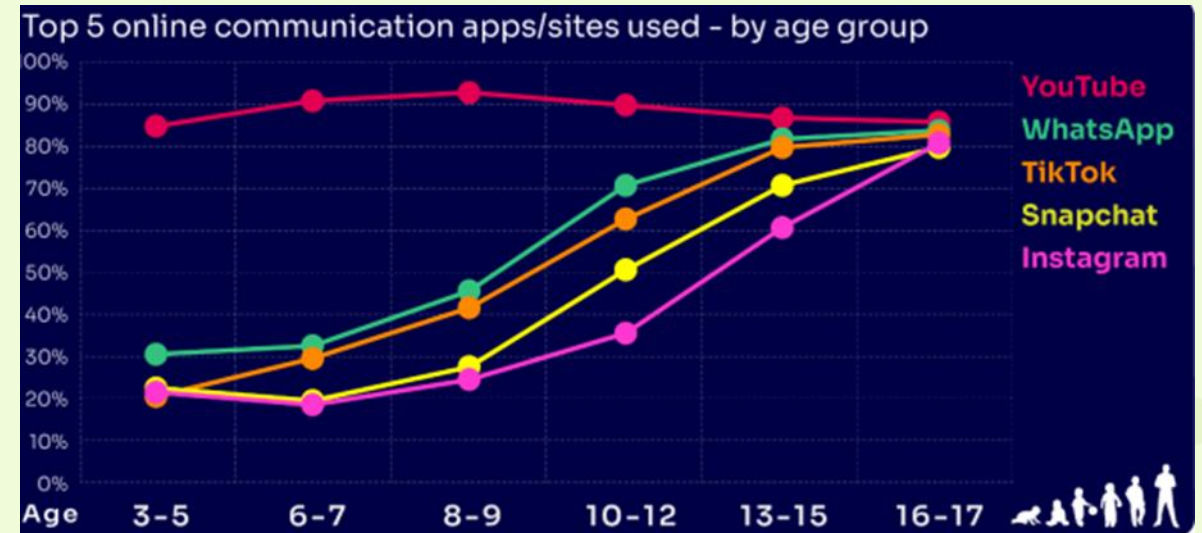
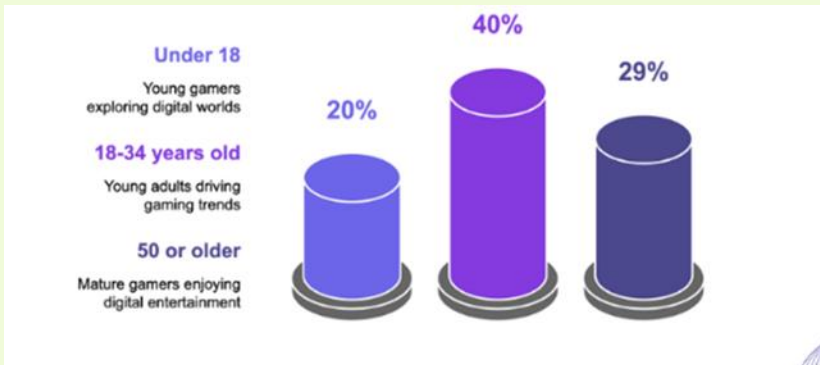
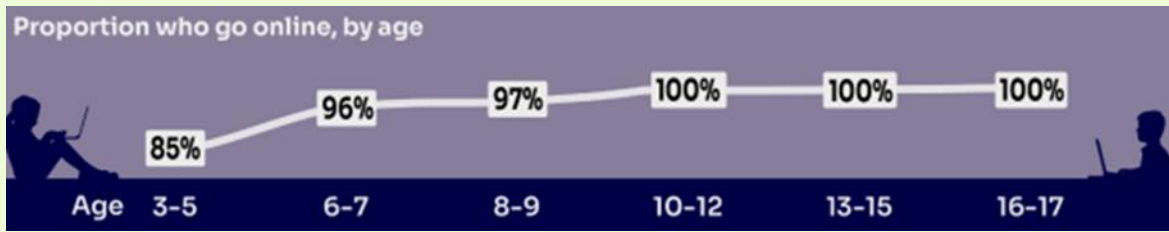
95% use social media and 96% have their own social media profile

Across these categories the top 3 sites/apps used by this age group are Youtube (87%), WhatsApp (82%) and TikTok (80%)

84% play games online

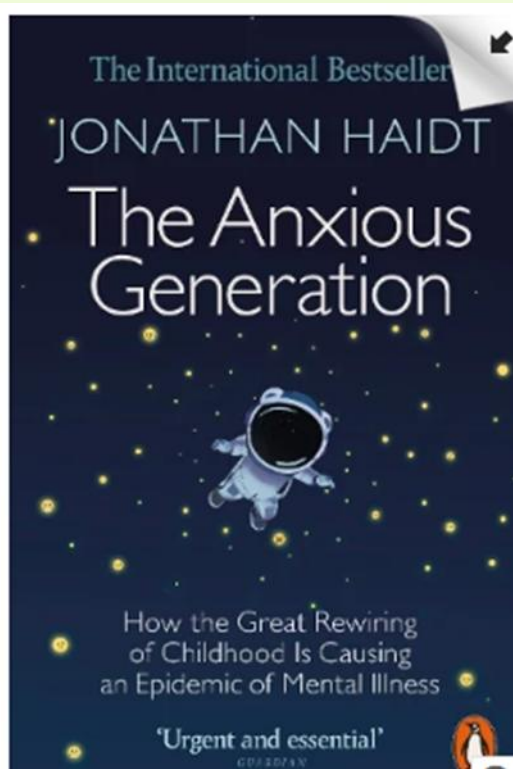
79% watch TV or films on any type of device other than a TV set (84% on a TV set)

39% watch live TV | 75% watch SVoD (Such as Netflix, Amazon Prime or Disney+)



<https://www.ofcom.org.uk/siteassets/resources/documents/research-and-data/media-literacy-research/children/childrens-media-use-and-attitudes-report-2025/childrens-media-literacy-report-2025.pdf?v=396621>



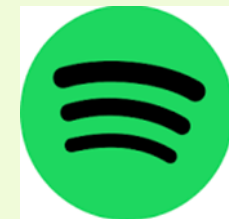


We are working closely with an Educational Psychologist to help and support our families' and children navigate the digital world we live in.

The Anxious Generation reveals the fundamental ways in which a shift from free-play, to smartphones disrupts development – from sleep deprivation to addiction – with separate in-depth analyses of the impact on girls and boys.

Grounded in ancient wisdom and packed full of cutting-edge science, this eye-opening book is a life raft and a powerful call-to-arms, offering practical advice for parents, schools, governments, and teens themselves.

This book is also available as an audiobook on Spotify.





One of the ways we are supporting our young people and their families', is by all of our children taking part in a programme called myHappymind.

It is designed to support schools, families and early years settings who care about developing the mental wellbeing of children. The children have weekly lesson in class, which is designed to develop and support their emotional wellbeing.

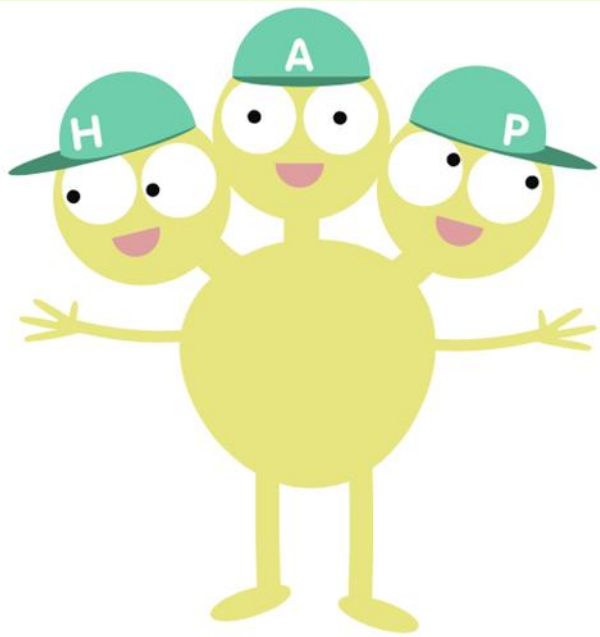
What does it do?

It combines the latest research, science and technology to help children develop positive, wellbeing lifelong habits so they can thrive.

Why have we chosen it?

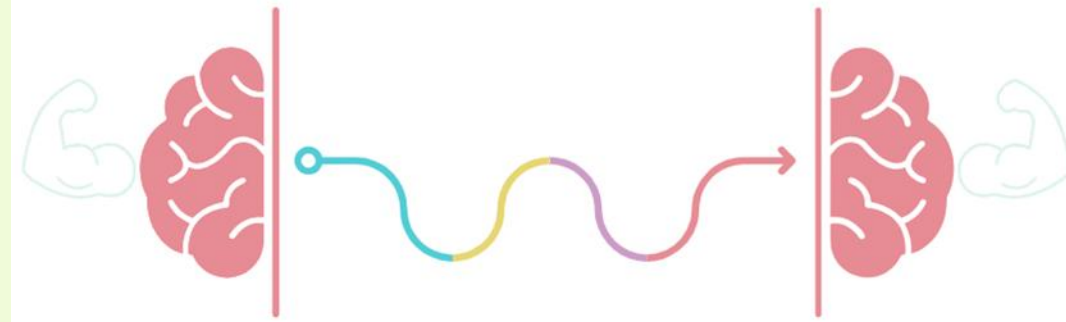
As a school we believe that we should be equipping all children with the knowledge, skills and tools to thrive in the modern world. We also want to develop a scientific understand of how your brain and emotions are connected.



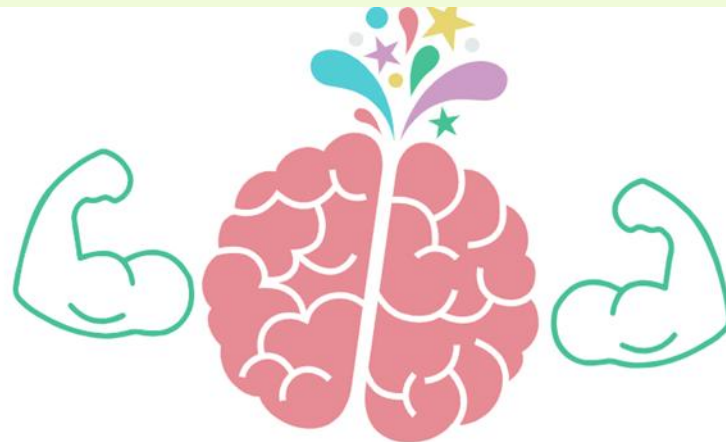


H is for **H**ippocampus

myHappymind is all based around helping children to understand how their brain works and to support them in developing positive skills and habits to be their very best selves!



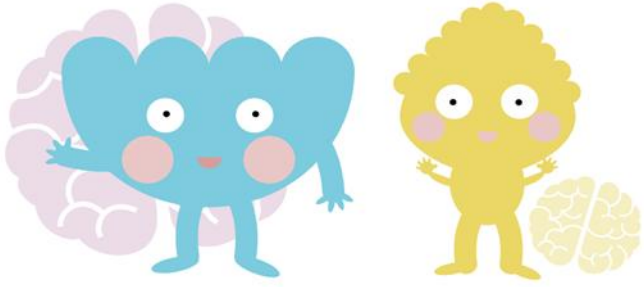
Our Neural Pathways get stronger and stronger the more we do something



Neuroplasticity



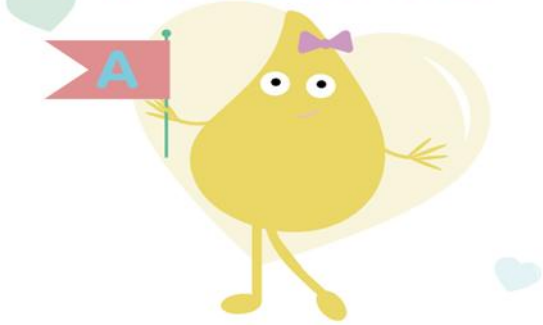
MEET YOUR BRAIN



CELEBRATE



APPRECIATE



RELATE



ENGAGE



Throughout the year, your child will experience 5 units which are specifically tailored to the age of the children.

They also have an individual myHappymind journal to write, draw or annotate any personal responses to the lessons.

myHappymind is delivered in schools by class teachers through a series of interactive lessons and then the children apply these learnings throughout the day.



To further embed this learning, myHappymind has developed a Parent App. These resources can be accessed online on your computer, or through an app on your phone.

The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and also a Kids Zone featuring myHappymind Games plus much more!

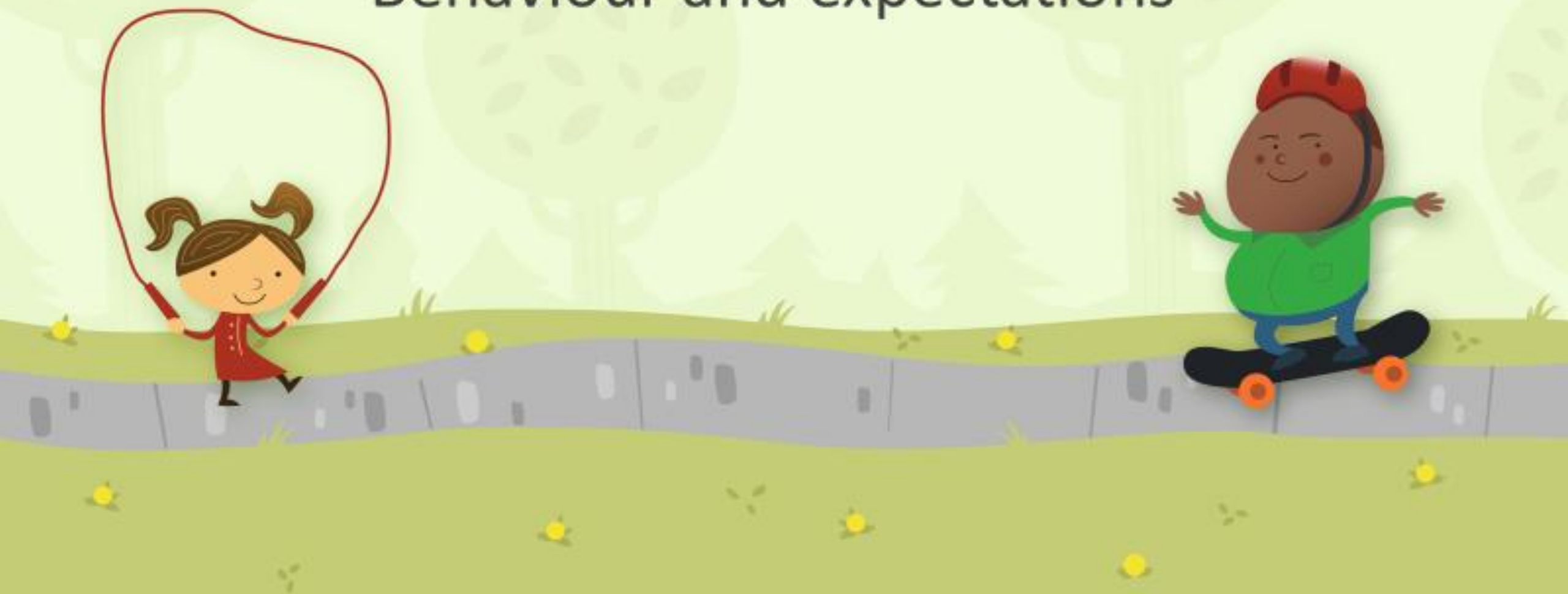
To access these materials just go to <https://myhappymind.org/parent-resources> to create your free account.

You will need to enter your name, email, and authentication code.

Your authentication code is **116391**



Behaviour and expectations



Behaviour and Expectations

Our school rules

- Be safe
- Be respectful
- Be ready to learn



Partnership for Learning

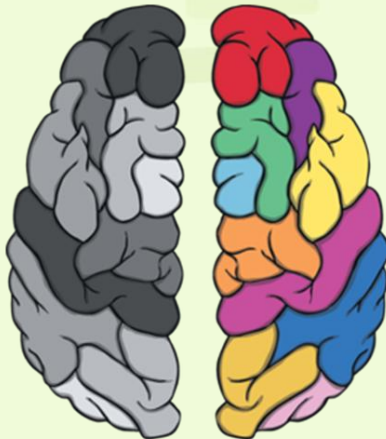


We all achieve more by working together. Classes worked together to identify key attributes that both adults and children needed to demonstrate on a daily basis for the partnership to be successful. Each class has created a partnership for learning, which identifies a promise the children have made in terms of how they will behave, work and respect others.

The attributes and qualities identified included good listening, treating everyone fairly and being organised amongst others.

All members of the class are responsible for ensuring they are actively showing the behaviours of the partnership throughout the school day.

It also sets out the high expectations related to behaviour. We created this together as a class with a strong focus on having a growth mind-set and a positive attitude.



Bullying

At St. Bernadette's we have a zero tolerance approach to bullying and perceive instances of bullying behaviour to follow the STOP acronym:

Several

Times

On

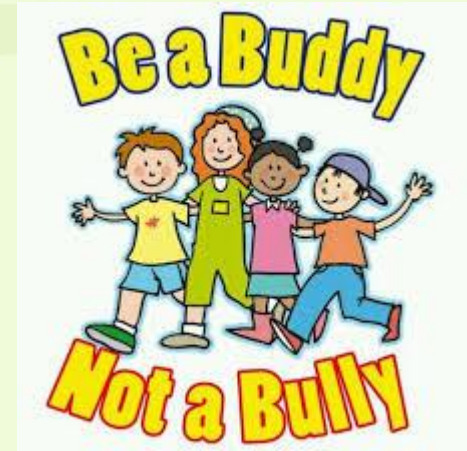
Purpose

Bullying is not:

- Not liking someone
- Being excluded
- Accidentally bumping into someone
- Wanting to play a game their way
- A single act of telling a joke about someone
- Arguing

Isolated incidents of unpleasantness, aggression or meanness

Of course, incidents of negative behaviour towards a child will be treated seriously and discussed as a learning point with your children



Our anti-bullying policy can be viewed via the school website



Bullying cont...

Whilst there is not a legal definition, Bullying is usually defined as behaviour that is:

- repeated
- intended to hurt someone either physically or emotionally
- often aimed at certain groups, e.g. because of race, religion, gender or sexual orientation

It takes many forms and can include:

- physical assault
- teasing
- making threats
- name calling
- **cyber bullying - bullying via mobile phone or online in social networks, gaming chat rooms, instant messenger**



Consequences for breaking school rules

1. Redirection (if behaviour is serious, this step may be missed out)

- Children who break a school rule will be spoken to in order to redirect their behaviour and help them to understand what they did wrong and what impact this has on them and others.

2. If further rules are broken, the child has ignored the redirection or the behaviour is more serious:

- The child will spend 5 minutes to go through restorative questions with a member of staff (where possible the member of staff who was there or who was affected by the rules being broken).



Restorative Conversation

1. What happened?

This is an opportunity to model the compassion and respect we are wanting to develop in pupils. At this stage, the objective is for the pupil to feel understood and heard.

2. How were you feeling and what were you needing?

Simply identifying and understanding the underlying feelings and needs that cause behaviour can often be enough to resolve it.

3. What were you thinking?

The objective at this stage is to help the pupil express their perspective at the time of the incident. This is a great opportunity for the listener to model empathy which de-escalates any existing conflict and lays the ground work for encouraging the pupil to empathise with others in the next question.

4. Who else has been affected? How do you think they might be feeling?

The objective at this stage is to help the pupil develop empathy and emotional intelligence towards others. How you modelled empathy when listening to the pupil in the previous stages will directly impact how well the pupil will be able to empathise with others now.

5. What have you learnt and what will you do differently next time?

This is an opportunity to work with the pupil to find strategies moving forward for them to meet their needs in a way that will also be respectful of other people's needs. If there doesn't seem to be an easy solution, for example, they are bored in maths and they have rejected all ideas about how they could make it more fun for themselves, revert to empathy and sympathise with the challenge. The goal with Restorative Practice is to get everyone one step closer to meeting their needs whilst improving communication, understanding and empathy for one another.

6. How can the damage be repaired?

Giving the responsibility to the pupil to correct their behaviour is arguably far more effective than a punishment for many reasons. The process of apologising to the class, replacing broken equipment, sanding down a defaced desk etc. deters them from doing it again without the need for punishment, it gives everyone involved a sense of resolution and anyone who was negatively impacted is left feeling touched rather than resentment.



Positively reinforcing behaviour

- House points
- Head teacher's certificates
- Bespoke class rewards (In Parks class we have marbles in a jar, tidiest table and a presentation of work reward.
- Stickers
- Attendance award (awarded to the class with the highest attendance that week)





Issues Arising

Issues which arise in school will be dealt with in school by the staff.

Please do not approach other parents or children about incidents which have occurred in school, even if you know them well.

Social Media

Social media and group chats are not an appropriate forum to discuss issues concerning your children, another child or things which have happened in school: it can often compound a problem and, in our experience, it is never part of the solution.



Social Media and information sharing

Children have no access social media on school devices and should not access it on their own devices while they're on the school grounds.

Children should not make inappropriate comments (including in private messages) about the school, teachers or other children. They should also not share images or post private information about their peers, school or teachers.

We use a very broad definition of social media: “any technology platform which allows the creation and sharing of content across a virtual community”.

This definition includes the well-known services like Tik Tok, Snapchat, Facebook, Twitter, LinkedIn, YouTube, and Instagram, but also smaller services like personal blogs, discussion forums, gaming chat rooms or even the comment sections on web sites.





The Golden Rule

The golden rule of social media is to assume that anything you put on social media will not stay private, will not stay anonymous, and will stay on the internet forever. So always think before you post and express yourself with care. In particular:

- Don't harass, bully, or defame individuals or groups.
- Don't reveal confidential or personal information about yourself or other people
- Don't post links to content that is discriminatory or illegal.
- Don't post evidence of you breaking the law



Multiplication Tables Check

At the end of year 4, children will complete a multiplication tables check as introduced by the Government in 2019.

Whilst we will cover all aspects of this check in school, we ask that where possible, all children are encouraged to learn their multiplication tables as part of their weekly home learning.

Although children in **year 3** will not take the test until the next academic year, it would be beneficial to promote the importance of multiplication tables, not just for supporting the children in the test but also to assist in a wide area of maths learning.



Reading



Please ensure that **your child reads daily** (15-20mins minimum) and you hear your child read aloud.

Reading is not just about de-coding. Ask your child questions which require them to make inferences and deduction from the text – in other words, can they read between the lines?

Guided reading and related activities take place frequently and is a key focus across the school.

Reading Diary Expectations

KS2

A this stage, we encourage children to have a greater independence when recording in their reading diaries.

Each child must record at least 3 entries per week to show that they have completed their reading homework. Children are to note how many pages that they have read and they are encourage to write a brief synopsis of what they have read.

Parents are also welcome to make notes of any aspects of their child's reading development that they wish to share with the class teacher.

The class teacher will only record in the reading diary if there is specific reading need or target that needs to be communicated to parents.



Please make sure your child's reading book is in school every day.



Thank you for taking the time to read through this PowerPoint. We hope that you find it useful and informative.

If you have any further questions or need further support, please send an email addressed to your child's class teacher via the school office.

Many thanks,

Miss McCue



myHappyMind 116391

