

The Adderley Post

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 www.adderleyprimary.co.uk • 🐦 @adderleyschool

YEAR 6 SATs Test Dates

Year 6 SATs will be held in the week beginning **11th May 2026**, the test will be taken on the scheduled following days, please ensure your child is in school and on time everyday. Selected children will be having Booster Sessions during Lunchtimes.

Parents can find further information on the school website at the following link <https://adderleyprimary.co.uk/assessment>. Below are links to websites that will also help your child revise.

Monday 11th May	Paper 1. English Grammar, Punctuation and Spelling Test. Paper 2. Spelling.
Tuesday 12th May	English Reading Test, Reading Booklet and associated Answer Booklet.
Wednesday 13th May	Paper 1. Mathematics Arithmetic Test. Paper 2. Mathematics Reasoning.
Thursday 14th May	Paper 3. Mathematics Reasoning.

- www.primarytools.co.uk/ks2-sats-papers-year-6/
- www.satspapers.org/mathsKS2SATS.htm
- <https://primary.lbq.org/hub/ks2-sats-guide-parents>
- www.gov.uk/government/collections/national-curriculum-assessments-information-for-parents

Summer Uniform and Sun Safety

During the summer months, girls may wear a blue and white summer dress, and boys are welcome to wear school-appropriate shorts. As the weather gets warmer, we also encourage everyone to be sun smart. Please make sure your child is protected from the sun by:



- Applying sunscreen before school
- Have a refillable water bottle to school every day
- Wearing a suitable sun hat, if needed
- Wearing sunglasses, if needed

Thank you for your continued support in keeping our children safe, comfortable, and ready to learn.

DATES FOR YOUR DIARY

Monday 4th May - School Closed for Bank Holiday

End of Term - Friday 22nd May

School re-opens—Monday 1st June

Mental Health & Emotional Wellbeing

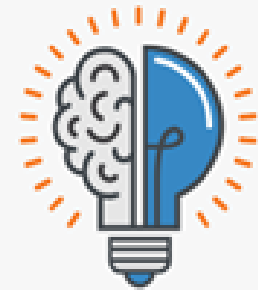
Your mental health is important – just as important as anyone else's and you deserve as much love and compassion as you give your children. Regularly taking time for yourself can help you manage your own mental health, preventing things like anxiety and depression.



Anxiety is an emotion characterised by feelings of tension, worried thoughts and physical changes like increased blood pressure. When you become anxious, you may experience symptoms such as sweating, trembling, dizziness, nausea or a fast heartbeat.

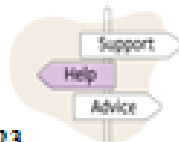
Grounding Technique to manage Anxiety & Stress

There are times in life, you might feel stress or have anxious feelings. Grounding techniques are coping strategies that help you refocus on the present. Often times, when we're experiencing stress or anxiety, we focused on past experiences, negative thoughts, or worried about future events. These exercises can help you reconnect with the here and now away from negative thoughts and overcome anxious feelings.



For further advice and information about Mental Health & Emotional Wellbeing;

1. Contact your G-P
2. Visit the NHS website
3. Contact Samaritans — 116123
4. Text Shout to 85258
5. The Waiting Room - Directory for health wellbeing services across Birmingham Solihull— Website: www.the-waitingroom.org
6. Online Safety - Slips Educational - www.slipsafetynet.org/Tel: +44 121 227 1941
7. NSPCC - TEL: 0808 800 5000/Email: help@NSPCC.org.uk



Grounding Using Your 5 Senses

Relax your body, take a few deep breaths, and focus on the following;

5 Things you can SEE

4 Things you can FEEL

3 Things you can HEAR

2 Things you can SMELL

1 Thing you can TASTE

- List your favourite things
- Clench your fists and release x10
- Spell a word backward
- Imagine your favourite place
- Focus on your breath—inhale for 3 seconds and exhale for 3 seconds

In an emergency dial 999

