



Talk at Home



Enjoy



Achieve



Thrive

Word of the Week:

Knowledge

facts, information, and skills acquired through experience or education

Knowledge of the world can help us grow

Try it in a sentence.

Use it when explaining something.



Physical



Linguistic



Cognitive



Social & Emotional



Saltire Primary School
- ENJOY ACHIEVE THRIVE -



This week's 'Talk at Home' topics

Next week is **Children's Mental Health Week**. This year's theme is '**Know Yourself, Grow Yourself**'. Learning about our world can help us learn about ourselves. We can discover more about how we feel and the things that excite and interest us.



How can learning about the world help us?

Table Talk

I look after my mental health by....

I think that...

I believe that...

In my opinion...

Some people may argue that..., however...

On the one hand...but...

I am convinced that...