# Meet the Teacher Mrs. N. Chalmers

**A little about me.** I would like to take this opportunity to extend a warm welcome to you all at the beginning of our new school term. My name is Mrs. Nicola Chalmers and I am really looking forward to working in partnership with yourself, to deliver engaging, enjoyable and challenging learning experiences for all my children within Primary Five. I feel honoured to be part of the strong community spirit within the Gartcosh Community and feel passionate about working together with your support, to create the best possible learning environment for our hard-working children. My passion is mindfulness and I am a fully qualified Youth Mindfulness Coach. I practice mindfulness at home and at school on a daily basis. It is important for me to create a calm, respectful and kind classroom where the children feel focused, enriched and happy within our classroom.

# What is important to me outside of school?

My family and my little dachshund dog Walter are very important to me. I like to spend time going for long walks at the weekend with both. I also love travelling to Lake Garda in Italy to experience the Italian lifestyle, shopping the local markets and sampling the very best Italian cuisine and wine.



## What's Important to me in class...

It is important for me to really get to know the children and form strong positive relationships. I believe that kindness is a real strength and in our Calm Corner we have a kindness post box for children to nominate one another for kind words and actions towards their peers.

We participate in daily mindfulness sessions each day. The children will focus on a variety of breathing techniques to help increase a calm and relaxing learning environment and enhance their ability to sustain focused and eager to learn.

I also encourage my children to have a positive growth mindset. So you may hear the phrase I cannot do this......YET! I endeavour to instil in the children that anything is possible when they set their minds to it!



A Glance around our classroom ...

The children know what they are going to learn and will be encouraged to peer and self-assess their success criteria using our class P5 Evaluation Station.



### What our year will look like in Primary 5...

I will spend a great deal of literacy time at the beginning of the term modelling the NLC Reading strategies to the children through the novel, Charlie and the Chocolate Factory. Already it has proved to be a big hit with the children! We will continue to develop and build upon our knowledge of the NLC spelling strategies, punctuation and grammar.

In numeracy lessons we will focus on our mental agility through the teaching of our 'Big Maths' strategies and use a variety of active Chilli Challenge maths games to reinforce our learning and challenge our thinking further. We will work through the different areas of 2<sup>nd</sup> Level numeracy, beginning with Place Value and

Digital Technology will also feature highly in our curriculum with the development of ICT skills, the green screen and animation, allowing enhanced learning and creativity to take place within the childrens' learning experiences.

In Social Studies we will cover a number of topics including the History of Chocolate and The Mayan Civilisation. We will also look at Rainforest's, linking with climate change and study the important COP26 event being held in Glasgow in November.



### How we work in class



Now that we are back a few weeks our routines are well established. We have school house points and also group points in class. Children earn points for effort, kindness and good manners as well as all the fantastic work they do. The children are rewarded in our Primary 5 class with praise 'Brag Tag' lanyards on a daily basis. The children collect them throughout the course of the year and feel proud to show these off to parents and staff. Each week a class V.I.P is chosen, and they are then rewarded with special privileges such as lining up first, the use of the teachers' special resources and

If you need to get in touch with me:

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- 2. Email enquiries-at-gartcosh@northlan.org.uk



