

Class Information Sheet

Reading

Please read together daily. Your child's book will be changed on a weekly basis. Please return your child's book every Thursday for the Class teacher to change.

For your child's safety, please refrain from playing on the crates and other outdoor equipment/ areas outside of school hours.

Thank you for your support.

Stay and Read Every Friday

8:50am — 9:15am

All welcome to stay and read with the children.

Please make sure all items of clothing have your child's name in them



Dates for the diary

Week commencing 13th

January— Careers week

Thursday 13th Feb— Valentines tea party (letter to follow)

Any other questions please contact the school or your child's class teacher.

Class Information Sheet

Foundation Stage 2

Spring Term



This term our topic is 'How can I be the best me?'. This is a health and self-care based topic. The children will be learning about how they can express their needs, wants and opinions. We will also be learning about different occupations and understanding the need for safety when tackling new challenges.

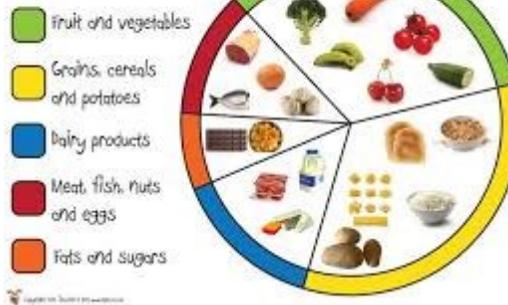
To link with Science and Understanding the World the children will be learning how to stay healthy and make healthy choices.

Topic Home Support Sheet– ‘How can I be the best me?’

Key Vocabulary

healthy	The right balance between healthy eating and regular physical exercise.
safe	Staying away from anything likely to cause harm or injury.
clean	Free from dirt, marks and germs.
target	Setting a goal you wish to achieve.
talent	A skill you are very good at e.g. singing.
job	A paid position of regular employment.
exercise	An activity we choose to help us stay healthy.
challenge	Doing something that you might find tricky.

A Balanced Plate



Sticky Knowledge

- ⇒ Everyone should have their ‘5 a day’ - 5 fruits or vegetables.
- ⇒ Keep your mouth healthy by brushing and flossing to have healthy teeth and gums. Brush for 2 minutes to have a healthy mouth.
- ⇒ Keeping healthy means caring for your body so you have enough energy to learn, play and grow.
- ⇒ Children aged 4-5 need 10-12 hours sleep a night.
- ⇒ Children should aim for an average of 60 minutes per day to stay healthy.

The Healthy Plate

- There are 5 different food groups and to stay healthy you have to ensure you eat a balanced diet.



Stop! Look! Listen!

THINK