

Reception Peek @ the Week

This week we have been learning about Mental Health. We have been naming feelings and emotions and thinking about what makes us feel happy, sad, angry or worried. We have thought about what makes each of us special and unique and are encouraging the children to be proud of who they are. We have looked at the 'Mental health 10 a Day' and this will now become part of our day at school, encouraging the children to start thinking about how they can maintain good mental health.



'10 a day' choices towards balancing our mental health

-  1 Talk about your feelings
-  2 Do something you enjoy and are good at
-  3 Keep yourself hydrated
-  4 Eat well
-  5 Keep active in mind and body
-  6 Take a break
-  7 Stay connected to those you care about
-  8 Ask for help
-  9 Be proud of your very being
-  10 Actively care for others

Letters and Sounds

Please check your child's pack to make sure they have all of the alphabet sound cards as well as sh, ch, th, ng, ai, ee, igh, oa, oo, ar, or. They should also have tricky words: I, to, no, go, the, into, he, she, me, we, be, my, you, was.

Rhyming

Many of the children are still finding rhyming difficult; please can you support your child by reading rhyming books at home, singing nursery rhymes and making up nonsense rhymes together.

Have a lovely weekend,
The Reception Team