

This term's projects

Our new project this term...

Your child may have told you about the 'Fun Run' that we did at the start of this term and how well they did; they completed so many laps of the field! This made for an active start to our topic 'Happy, Healthy Me', where we are learning about everything that keeps us healthy in body and mind. From planting and growing our own food in our vegetable trugs to taking care of our bodies through exercise to learning about ten ways that can help us stay mentally healthy.

As the term moves forward exciting events such as our Sports Afternoon and our educational visit will be taking place.

In the final weeks of the summer term we will all be talking about and looking forward to the next step in your child's school journey – their move into Year One.

At home: Maybe make healthy treat like a tasty smoothie or play an active game together.

Go to:

<https://www.nhs.uk/10-minute-shake-up/shake-ups> for ideas.

Visit: Heavitree Park Run – a free 2k run held every **Sunday at Heavitree Pleasure Ground at 9am**

Look out for: Opportunities to take a walk, climb, cycle or get exploring with Devon Wildlife Trust...
<http://www.wildlifetrusts.org/natureclubs>

Mathematics

Our young mathematicians will be consolidating the strategies they use for solving addition and subtraction problems this term, with counting on and counting back continuing as a particular focus. They will work with numbers from 0-20 to do this and therefore they will have the chance to really consolidate their understanding of the 'teen' numbers and their place in our number system. The children have been using coins to 'pay' for the fruit snacks in class, which has led to much discussion about the values of coins and which different combinations can be used.

Literacy

We are learning the story of 'The Tortoise and the Hare', looking at how they keep fit but looking also at the clear message in the story. This links well with our discussions around mindset and how important self-belief and perseverance are to being a successful learner!

We have begun to share ideas around different vocabulary that can be used to mean the same thing as another word and have started to use these in our shared writing. We will be developing our story writing skills and over the course of the term writing our own marvelous stories.



If parents want to give their children a gift, the best thing they can do is to teach their children to love challenges, be intrigued by mistakes, enjoy effort, and keep on learning. That way, their children don't have to be slaves of praise. They will have a lifelong way to build and repair their own confidence.

Carol Dweck

Last Term



Thank you for coming to see your child's Family Assembly. We are sure you were as proud of your child as we were. It is a huge thing to accomplish, standing in front of so very many people and confidently talking and singing. The children were so proud to share their learning with you in this way.

The children had an extremely busy spring term in Foundation. Here is a brief reminder of some of the brilliant things they have done and achieved so far:

- Making some fun and some tricky choices in our 'Would You Rather...?' topic which led to some interesting debates in class.
- Learning how to phrase their own questions in writing, using 'Would you rather...?' as a sentence starter.
- Participating in the amazing visit from 'Sciencedipity' which helped us become scientists for the day, asking questions and making predictions in a real life way.

On your way to school

Why not talk about the following 10 choices you and your child could make to stay 'mentally healthy' each day...

'10 a day' choices towards balancing our mental health

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

EH4MH
EARLY HELP 4 MENTAL HEALTH

