

What have we been learning?

Week beginning: Monday 16th September 2024

We have been learning our letters and sounds in phonics.

This week we have been making sound with our bodies.

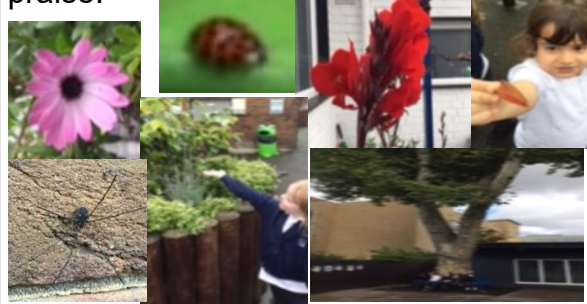
What sound do you make when you clap your hands or stamp your feet?



Our wonderful world



We have enjoyed looking at all the wonderful plants and animals in our wonderful world. We gave thanks and praise.



Healthy Heart Day!



We had a fantastic Healthy Heart Day! We learnt all about keeping our bodies fit and healthy and took part in lots of physical activities. The instructors showed how to move our bodies in different ways to keep active. We learnt that this is important so that we keep our hearts healthy. It was also important to take regular breaks when we needed them and to drink lots of water to stay hydrated. Some of the activities were tiring but we kept going and tried our best. All our teachers were very proud of us. We made a delicious healthy sandwich and fruit salad including lots of fruits and vegetables. We also shared these with our parents. We really enjoyed Healthy Heart Day and can't wait to do it all again!

How can you help your child with their learning?

How do you keep fit and healthy at home? Do you go for regular walks or runs? Do you remember to drink lots of water throughout the day and eat your fruits and vegetables. Do you play active games with your family?

Talk to your child about ways to keep fit and healthy. Try some activities together and discuss how this makes them feel afterwards.