







Friday 16th January 2026

Dear Parents and Carers,

Kerry, our lovely school nurse, popped in to talk about how we can keep safe, fit and healthy. She helped us to measure ourselves to see how tall we are and reminded us of all the things that we can do to help ourselves:



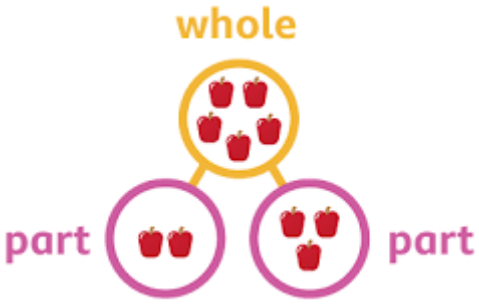
- ➢ Washing our hands to remove germs.
- ➢ Putting tissues in the bin.
- ➢ Washing our bodies.
- ➢ Wearing helmets on our bikes and scooters.
- ➢ Having a car seat and wearing a seat belt.
- ➢ Eating healthy fruit and vegetables.
- ➢ Drinking plenty of water.
- ➢ Having enough sleep and reducing screen time before bed.
- ➢ Cleaning our teeth twice a day.
- ➢ Wearing sunscreen and a sunhat in warmer weather.
- ➢ Running around to exercise our bodies.

Looking at hospitals in the past, we have found out who **Florence Nightingale** was and what she did to improve nursing and hospitals. Ask your child to tell you all about the lady of the lamp.

We were also fortunate to have a visit from a local fire-fighter. He explained about his job, the equipment that he uses, fire hazards and reinforced what to do in case of a fire. We had great fun exploring the fire truck and even squirted water from the hose! Remember to take a look at Dojo, it is our way of sharing our experiences and celebrating our learning with you.

In phonics we have linked sounds to the letters **ai** (r-ai-n) **ee** (n-ee-d) **igh** (l-igh-t). We have introduced joining these letters as this makes them easier to remember and prepares your child for joining their writing in year 1. Take care saying **ai** clearly or some children may hear **e**. Saying **ee** clearly will ensure that children don't hear **i**. We have introduced reading the tricky words; **said, you.**

During our maths sessions we have explored the composition of numbers 1 to 5; consolidating our understanding of numbers being made up of smaller numbers so we can confidently talk about the parts we can see. We are developing our understanding that these smaller numbers can be combined to make the whole. Key questions to ask your child when exploring an amount to 5, such as 5 pasta shapes or 4 pieces of lego.

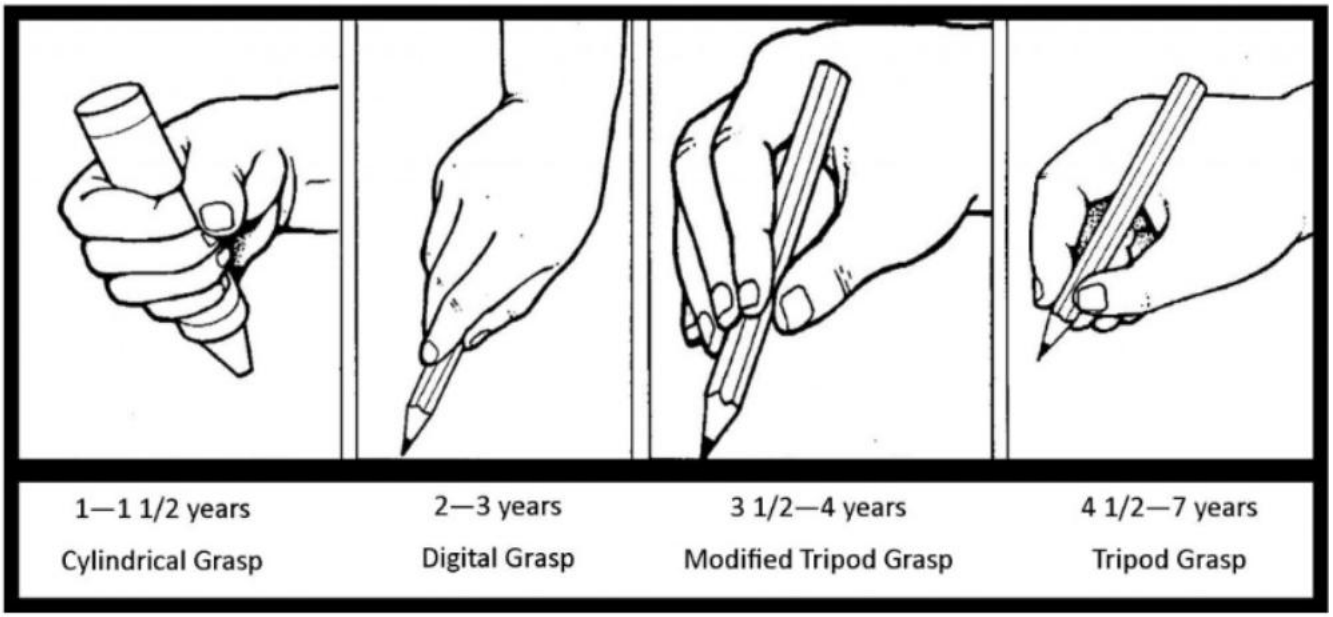


- **How many ways can you make 4 or 5?**
- **How can you show the same number in a different way?** "5 and zero, 4 and 1, 3 and 2"
- **What parts can you see?** "3 is a part and 2 is a part"
- **What is the whole?** "3 and 2 make 5. Five is the whole."

In learning to understand the world, we have spent time investigating different objects and named the materials that they are made from; **plastic, glass, metal, paper, fabric, wood**. Perhaps your child could go on a material hunt around their home to name objects and the materials that they are made from e.g. the curtains made from fabric, the stool made from wood, the window is made from glass. You could even challenge your child by asking *I wonder why windows are made from glass? I wonder why my fork is made from metal?*

<u>Home Learning challenge</u>

To copy the letters **ai ee igh** and have a go at writing these independently. Please continue to encourage your child to hold their pencil correctly as they do so.



Have a lovely weekend.
Team Puffins ☺