



Welcome to Reception



20th October 2023

This week

Following on with our learning about how to keep our bodies healthy, we have been learning about the importance of sleep. We talked about how our bodies feel when we are tired, at what times of the day this may happen and what we can do to help us feel better. We also talked about going to bed in good time and the importance of sleep for our brain development and bodies to repair.

The children have each made a sleep box. The sleep box is filled with ideas and things to do before bedtime. These activities are instead of children watching television, playing on tablets etc as screen time is documented to lead to poor sleep.

Phonics

We have been learning the sounds: ck, e, u, r this week.

You can always make cards with the sounds on and hide them around the house for a fun treasure hunt to help your child learn the sounds.

Half Term

We hope you all have a really lovely half-term holiday and a good rest! The run up to Christmas is always a very busy time and expect children to be really tired as the term progresses.

Show Racism The Red Card

The children were asked to come to school wearing red or dressed as a superhero today to mark 'Show Racism the Red Card Day'. We explained to the children in Reception that some people are unkind to other people because of the colour of their skin and this is called racism. Racism is never OK. If you see or hear someone being racist you should always tell a grown up.

Everyone has different coloured skin and all skin is beautiful! White people don't actually have white skin and black people don't actually have black skin. We talked about melanin and that the more melanin you have in your skin, the darker your skin is. We celebrated how we are all different but all beautiful!

Maths

We have been learning to subitise this week. This is where we know the number of dots without needing to count them. This is a really important part of maths development.

Dates for the Diary

Friday 20th Oct – finish for half term
Monday 30th Oct - back to school
Tuesday 12th Dec – 1.45pm, Reception
Christmas Performance
Thursday 14th Dec – 9.30am, Reception
Christmas Performance
Weds 20th Dec – Last day of term
Thurs 4th Jan – Back to school