



FAIRLANDS PRIMARY SCHOOL

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Healthy Me



Year 3
Spring 2 2021

Glossary

**The key words we will need to be able to use,
in both discussion and in our writing:**

| Word | Definition |
|-------------|-------------------|
| diet | |
| health | |
| nutrition | |
| skeleton | |
| muscles | |
| fitness | |
| hygiene | |
| movement | |
| balanced | |

Please help your child to complete the glossary and be able to use and spell the words. Feel free to add any additional topic related vocabulary that you think of.

Over the next few weeks, your child will be working on the topic of ‘Healthy Me

They will be taking part in a series of exciting activities including:

- **Studying the effects and benefits of physical exercise on our bodies.**
- **Investigating the different food groups**
- **Finding out about our skeletons**
- **Learning how our muscles work**

Your child needs your help and involvement!

Please get involved by:

- Take your child to the library & get books and resources about the topic
- Find out what they know about Healthy eating, skeletons and fitness

Before the Topic...

After the Topic...

Sit down with your child and help them record what they know about the topics, BEFORE and then AFTER they have learnt about it at school.

What else is happening?

Values Education

The whole school values for February, March and April will be 'Positivity', 'Confidence' and 'Peace'.

Homework

Please support your child by making sure that they read on a *daily* basis.

| Homework | |
|--------------------------|------------------|
| Will be given out Friday | Due in Wednesday |

Clubs

| | |
|---|-----------------------------|
| Breakfast Club | Every morning 7.45 – 8.50am |
| Lower Site After School Club | Every day 3.15 – 6.15pm |
| Upper Site After School Club | Every day 3.15 – 6.15pm |
| Skills 7 Football Year 3 – 6 | TBA |
| Identity Dance (Street) Year 3-6 | TBA |
| Games Library | TBA |
| Identity Dance (Ballet) Rec – Year 3 | TBA |
| Mad Science – Year 1 - 6 | TBA |
| Premier Sports (Gymnastics) – All Years | TBA |

Forthcoming Events

| | |
|----------------------|---|
| Monday 22nd February | Start of Spring Term 2 |
| Tuesday 2nd March | Secondary School Allocation Day |
| Friday 19th March | Red Nose Day |
| Friday 26th March | End of Spring Term 2 – Finish at 2.15pm |
| Monday 12th April | Inset Day |
| Tuesday 13th April | Start of Summer Term 1 |
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