



HERTFORDSHIRE COUNTY COUNCIL
FAIRLANDS PRIMARY SCHOOL & NURSERY

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Healthy Me



Year 4
Summer Term 2 2016

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:

- **Finding out about people who help us to be healthy**
- **Discovering what it means to be healthy**
- **Planning and making a healthy meal**
- **Learning about nutrients and the effect they have on our bodies**
- **Measuring our pulse before and after exercise and recording and analysing the results**
- **Setting personal health targets and trying to achieve them**
- **Finding out how healthy the school environment is**
- **Persuading people to remember personal hygiene**

**Your child needs your help and involvement!
Please get involved by:**

- ☐ **Take your child to the library & get a book about the topic**
- ☐ **Help them research this subject on the internet, by watching television programmes etc.**
- ☐ *****Keep a log of healthy activities you have done over half term.*****
- ☐ *****Bring in photos of activities or healthy meals that the family have enjoyed.*****

What does your child know about being 'Healthy Me!'

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?

Religious Education

Most of our teaching of religious education takes place in separate 'mini-topics'. This half-term, your child will be learning about 'Sacred Books'

Values Education

The whole school value for June will be 'PRIDE' and for July will be 'RESPECT'. Please look at our class blogs to see how we have been celebrating this value throughout the school.

Homework

Please support your child by making sure that they read and practise times tables on a daily basis. Homework is set on a Friday and must be returned on a Thursday.

Clubs

Breakfast Club	Every morning 7.45 – 8.50am
Tree House After School Club	Every day 3.15 – 6.15pm
Skills 7 Football	Mondays 3.20 – 5.00pm
Family Learning	Mondays 9.00 – 10.00am
Identity Dance (Street Dance) - Yrs 3-6	Mondays 3.20 - 4.10pm
Credit Union – Dining Room	Tuesdays 3.15pm
Premier Sports Gymnastics : Rec to Yr 6	Tuesdays 3.30 – 4.30pm
Identity Dance (Ballet) – Rec to Yr 3	Wednesdays 3.30-4.20pm
Family Lives Coffee Morning in the Family Room All Parents/Carers Welcome	Thursday mornings 8.30 – 12.00am
Dodge Ball : Rec to Year 6	Thursdays 3.30 – 4.40pm
Identity Dance : Years 3 & 4	Fridays 3.25 – 4.15pm

Forthcoming Events

Monday 6th June	Start of Summer Term 2 SCHOOL FINISHES AT 2.15PM
Tuesday 14th June	Fathers' Day Present Room
Tuesday 21st June	Governors' Day
Friday 24th June	Sports Day
Friday 1st and Monday 4th July	SCHOOL CLOSED for INSET & Occasional Day
Friday 8th July	Year 3 to Gulliver's Land
Thursday 14th July	Secondary Transfer Day
Thursday 14th July	Children's Reports Out
Friday 22nd July	End of Summer Term 2 : 2.15pm Finish