



**FAIRLANDS PRIMARY SCHOOL**

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**Pound Avenue  
Stevenage  
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SG1 3JA**

**Headteacher: Mr Robert Staples BA (Hons)**  
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# Healthy Me



## **Year 3**

## **Spring 2 2020**

# 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 'Morals and Mondrian'**

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 'PRIDE', 'RESPECT' and 'HAPPINESS'.

## 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            | Monday 3.15 – 5.30pm        |
| Identity Dance (Street) Year 3 - 6      | Tuesday 3.15 – 4.05pm       |
| Identity Dance (Ballet) Rec – Year 3    | Wednesdays 3.20pm -4.10pm   |
| Games Library                           | Friday 8.30-9.00am          |
| Mad Science – Year 1 - 6                | Thursday 3.20 - 4.20pm      |
| Identity Dance (Street) Rec – Year 2    | Friday 3.20 – 4.10pm        |
| Premier Sports (Gymnastics) – All Years | Friday 3.15 – 4.15pm        |

## Forthcoming Events

|                                      |                                      |
|--------------------------------------|--------------------------------------|
| Monday 24th February                 | Start of Spring Term 2               |
| Thursday 27th February - 2.30pm      | Hornbeam Class Parent/Carer Assembly |
| Friday 28th February                 | S Factor Day                         |
| Monday 2nd March                     | Secondary School Allocation Day      |
| Tuesday 3rd March                    | School Photographer                  |
| Tuesday 31st March. 3.30pm - 6.00pm  | Parent/Teacher Consultations         |
| Wednesday 1st April. 5.30pm - 8.00pm | Parent/Teacher Consultations         |
| Friday 3rd April - 2.15pm Finish     | End of Spring Term 2                 |
| Monday 20th April                    | Start of Summer Term 1               |