



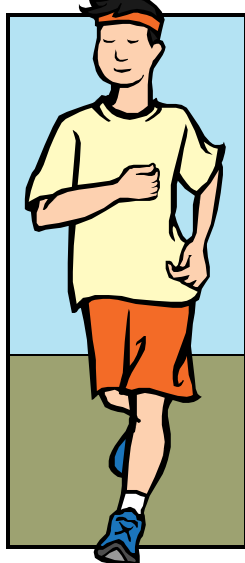
HERTFORDSHIRE COUNTY COUNCIL  
**FAIRLANDS PRIMARY SCHOOL & NURSERY**

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# Keeping Healthy!



## **Foundation Stage Spring Term 2010**

# **Over the next few weeks, your child will be working on the topic of Keeping Healthy!**

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

- Visiting a local gym
- Visiting the local library
- Going shopping for fruit and veg in Aldis!
- Taking part in a sponsored event
- Keeping a food and exercise diary
- Designing and making their own fruit or vegetable salad

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

- ☐ Taking your child to the library
- ☐ Discuss healthy lifestyles
- ☐ Prepare a healthy meal with your child
- ☐ Explore different ways of keeping fit with your child. Bring in any photos of you or your child exercising!
- ☐ Look at leaflets / adverts in the local papers that advertise exercise classes or local sports clubs
- ☐ Volunteer to come and help out on our trips to the gym, Aldis and the Stevenage library

## **What does your child know about Keeping Healthy?**

**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 'Being Responsible'.

## SEAL Time

Each half-term, we focus on a particular aspect of Social & Emotional Aspects of Learning (S.E.A.L.).

This half-term, we will be looking at the theme of 'Good to be me'.

## Homework

Please support your child by making sure that they listen to stories on a daily basis. Take every opportunity you can to count with your child (the number of cars you pass, the number of stairs they have to go up, how many apples in the fruit bowl.)

Support your child with self-help skills such as putting on their own coat and zipping it up. They need to be as independent as possible within the setting.

We will send home a sheet each week with ideas of how to support your child's learning. Please join the school's games library where you can take out fun games to help your child develop new skills. The toy library is available to all nursery children.

## Clubs

Wednesday (3.30 – 4.30)	Cheerleading
Games Library	Friday 8.50am 9.10am

## Forthcoming Events

World Book Week	1 <sup>st</sup> March-5th March
World Maths Day	3rd March
Parent Consultations	8th March 3.30-6 pm (Nursery also 9 <sup>th</sup> & 11 <sup>th</sup> March)
Mother's Day Present Room	9th March
Parent Consultations	10th March 5.30-8 pm
Parent Forum	11 <sup>th</sup> March 9.05 – 10.30am
Fairland's Maths Day	12th March
Science and Technology Week	15th March
Disco	31st March
Stevenage Library Trip	
Trip to Aldi	
Trip to a local gym	