



HERTFORDSHIRE COUNTY COUNCIL
FAIRLANDS PRIMARY SCHOOL & NURSERY

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Healthy Me



**Year 3 and Year 4
Summer Term 2 2010**

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**
- **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.**

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 'Belonging'

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 'Changes'

Homework

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

MONDAY	Homework to be handed in
TUESDAY	Spelling test
WEDNESDAY	Homework set
THURSDAY	
FRIDAY	

Clubs

Gym Club	Mondays 4.00 – 4.45pm
KS2 Basketball Club	Tuesdays 3.30 – 4.30pm
Skills 7 football club	Tuesdays 3.30 – 4.30pm
Games Library	Friday 8.50am – 9.10am

Forthcoming Events

Money Week	28/06/10
Sports Day	30/06/10
INSET Day	01/07/10
Occasional Day	02/07/10
Diversity Week	05/07/10
Reserve Sports Day	06/07/10
Family Fun Day	11/07/10
London Zoo Visit	21/07/10
End of Term	23/07/10 (2.15 pm)