



# Reception News

## Friday 9th January



### Welcome back and Happy New Year!

Our new topic this half term is 'Healthy Me'. This week we have been thinking about healthy eating and learning about what a balanced diet is. We have been thinking about how different foods help our bodies and we loved looking at some healthy choices in lunchboxes too!



We have looked at the work of the artist Arcimboldo, who made portraits out of fruits and vegetables; we have had a go at this ourselves.

Maybe some of the children will be inspired to try a new healthy food next week!

#### Phonics

This week, we have been continuing our phonics groups from before Christmas and recapping the sounds the children already know. This is helping to prepare them for their phonics assessments next week.

We have also started spotting *tricky words* in our environment — in books, on signs, and on classroom displays. The children are doing a great job noticing these words in everyday places.

Can you see if your child can spot any tricky words at home or when you are out and about? You might find them on food packaging, shop signs, road signs, or in favourite storybooks.

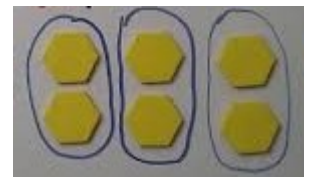


#### Maths

We are now focusing on the numbers **6, 7 and 8**, exploring their **composition** — how each number can be made using two smaller numbers. We are also practising finding **one more and one less**.

The children are becoming increasingly confident in using a range of resources, such as counters and tens frames, to support their understanding and explain their thinking. You could support this learning at home by asking your child to show different ways to make numbers 6, 7 or 8 using objects like toys, buttons or pieces of fruit.

Thank you for your continued support.



#### Sign of the Week

This week our sign has been **food**

<https://www.youtube.com/watch?v=hVKVw6mZBIo>



**Forest School:** The children have all enjoyed their first Forest School session this week. Please make sure your child brings their waterproofs in a separate bag and brings their normal coat for playtime. Many thanks.



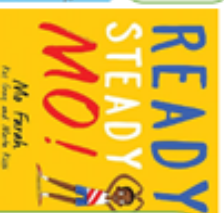
**Friday 6th February:** Family Fun Run to celebrate our 'Healthy Me' topic—we are inviting parents and carers into school on Friday 6th February to join our Fun Run. Get your trainers on and join us at 2.30pm via the gate on Cemetery Road!

## Red words

Can you read these tricky words?

I the he she we me be  
no go so to of you said like  
your my what was all

## Key Texts – Spring 1



### Physical Development

Thread, squeeze, use 1 handed tools  
Use cutlery to cut fruit  
P.E.— dance and confidence to perform  
Develop stamina during extended exercise

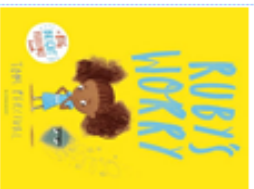


**FAMILY FUN RUN**



### Communication and Language

Listening to visitors and asking relevant questions  
Learn and use new vocabulary  
Learn rhyme songs and poems



### Mathematics

5

Number and place value  
from 0 to 10  
Sorting, subitise to 5  
Comparing quantities to 10  
Finding doubles



### Understanding the World

Explore & observe natural world around them; signs of Spring—  
drawing pictures of plants and describe what they see, feel and hear  
Healthy bodies, healthy teeth  
Lunar New Year – similarities and differences between religious and cultural communities around them



### Forest School

Seasonal changes  
Native trees and plants  
Rules, routines and safety



### Vocabulary!

**Key Vocabulary:**  
Healthy/  
unhealthy  
Balanced  
Diet  
Nutrition  
Exercise  
Relaxation  
Well-being  
Dental

### Personal, Social and Emotional Development

Recognise emotions  
Show resilience in the face of challenge  
Show sensitivity to others' needs



### Literacy



RWI Phonics—Special friends  
Spell words by representing sounds with letters  
Engage in conversations about stories—anticipate events, and retell to show understanding  
Reading by sound-blending and recognising some tricky words



### Expressive Art and Design

Portraits—Guiseppe Arcimboldo (collage/ transient art)  
Observational drawings from nature  
Music—volume, pitch and tempo

