

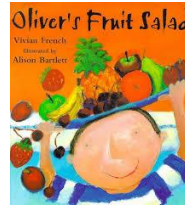
Juniper Hill School

Information for Reception Parents

Term: Spring 2, 1 week topic

Topic: Healthy choices

Week beginning: 23.2.26



Literacy

We will be reading various stories, both fiction and non-fiction, centred around food, mindfulness, exercise and oral hygiene.

We will be discussing stories we've heard and highlighting key points to help children's understanding of ways we can keep our bodies and mind healthy. During play, the children will be encouraged to write their own shopping lists using their phonics skills to spell certain foods e.g. orinj (orange), apl (apple).

Letter formation focus: **m, n, h, b**

Maths

This week children will be exploring **money**; they will be learning to recognise 1p, 2p, 5p, 10p and 20p coins as well as using them in role-play shopping scenarios. We will be teaching how to read **price tags** and use the correct amount of money accordingly. We will be revisiting the concept of **more/fewer** to consolidate knowledge.

Topic work

We will be focussing on health, so exploring different ways we can keep healthy. This will include; sleep, exercise, breathing, eating fruits and vegetables etc. We will have a particular focus on oral hygiene, going into some detail about the importance of brushing our teeth twice a day and sequencing steps for this.

The children will be engaging in lots of role-play shop scenarios, where they will be selling their own items, writing their own price tags, receipts and shopping lists.

We will be exploring still-life art where children will be able draw their versions of various fruits and vegetables.

The children will also be involved with preparing, chopping (and eating!) our own fruit salads!

Ways you can help

- Talk to your children about the importance of all of the above
- Reinforce specific vocab: **vitamins, muscles, hydrate etc**
- Involve your child with making healthy meals/snacks at home
- Create fun exercise challenges to do at home
- Allow your child to pay using coins where possible whenever you're in a shop

Reminders

- Please ensure your child does not come to school with jewellery or toys from home. Often, these items become lost or broken, causing children to become upset.
- Please remember to return PE bags to school this week as we will be resuming PE lessons as normal.