

James Dixon
Primary



STRENGTH THROUGH KNOWLEDGE

Curious Class Newsletter

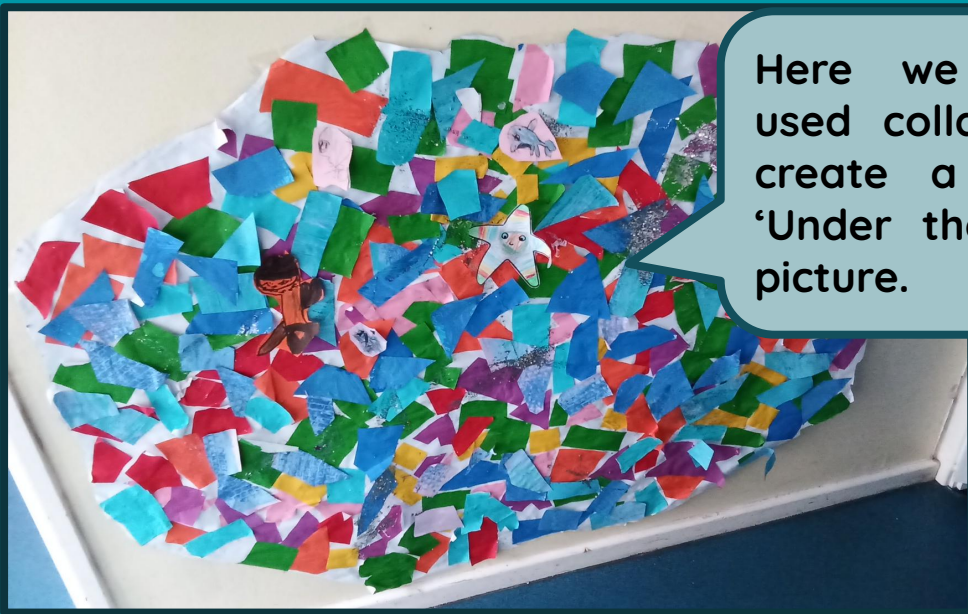
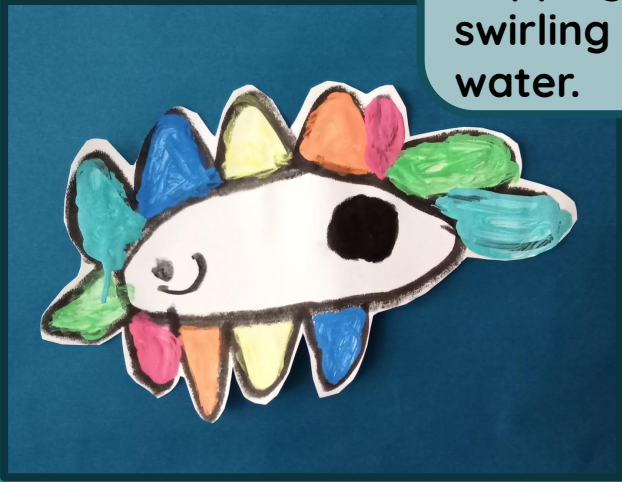
Friday 1st July 2022



Creative learning in Curious Class



We learnt how to create a marble effect by dripping and swirling ink into water.



Here we have used collage to create a team 'Under the Sea' picture.





We run the mile a day!

I have pizza on a Friday!

My favourite fruit is strawberry.

I don't eat meat.

I'm not allowed to have fizzy drinks!

Sweets are bad for your teeth.

I brush my teeth twice a day.

We have been talking about making healthy choices. We looked at healthy foods and those you should eat in moderation. The children sorted pictures into the different groups and we discussed why some food groups should be enjoyed in moderation.

Splash Day to be continued...



Some of the children have already taken part in their splash day. We went out in smaller groups and played some team games that involved extremely wet sponges!!! The groups that have been so far had a great time and thoroughly enjoyed soaking Mrs Thomas after she had sprayed them with her super sonic water blaster!



If your child hasn't joined in the fun yet do not worry!! We will continue to go out in small groups when we are blessed with another beautiful sunny afternoon.



Do you know how much sleep your child needs?

What can you do to help your child drift off at bedtime?

Do you have a bedtime routine in place?

The NHS suggest between 10 to 13 hours of sleep for a 5 year old. A suggested bedtime of 7pm if your child wakes up at 7am.

We have noticed a growing number of children feeling tired and overwhelmed by the afternoon. Getting enough sleep has many health benefits so here are a few tips to help your child get ready for bed.

- Avoid screens in the bedroom
- Tablets, smartphones, TV's and other electronic gadgets can affect how easily children get to sleep.
- Encourage screen time to end at least an hour before bedtime.
- Establish a good bedtime routine - Dim the lights to help produce the sleep hormone, melatonin. A warm bath before getting in their PJ's and enjoying a story together. Some children may like the sound of relaxing music to go to sleep to.
- [Sleep tips NHS](#)



Key Dates for this Term

These are subject to change

Forest School- Forest school will continue to be on Mondays. Please send your child into school wearing their Forest School clothes and ensure they have their school uniform in a bag to change into after their session. Lots of children are not bringing in school uniform to change in to.

P.E is on Wednesdays - Please ensure your child is in the correct uniform for P.E.

7th July - Trip to the Hornimans - The children must wear their school uniform and a comfy pair of shoes as we will be walking a fair distance. Please no Laces!

15th July - Picnic and Proms; Please see the School Newsletter for more details.