

**P1/2 and Mrs Cruickshank’s Class Newsletter**

Happy New Year! I hope everyone had a pleasant festive break. Please enjoy reading about our planned learning for this term, and the new routines we are following.

Our PSA times in class have slightly changed to the following; Mrs Skene (Monday, Tuesday and Wednesday mornings/afternoons) and Mrs Gibson (Thursday and Friday mornings/afternoons). Mrs Greig helps us in the dinner hall and during breaks.

**Curriculum learning**

Children will be developing skills in:

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| Maths | Shapes and symmetryPatterns and relationshipsAdding and subtractingPlace valueMeasurement:* Length and height
* Weight and volume

Learning will be differentiated so that children are challenged at an appropriate level to them. |
| Literacy | Phonics – learning the name and sound of each letter, blending letters together to make words, learning the correct letter formation. Spelling – to read and spell common words.Reading – books will be differentiated so that they are reading at an appropriate level.Library and Reading for Enjoyment – pupils will regularly choose a library book and can take this home to read with you.Writing – building up to writing words and sentences.Learning to write a personal piece of writing.Rhyming and sounds through class stories. |
| Health and Wellbeing(please see page 3 for further details) | Continuing to learn about children’s rights.The SHANARRI indicators we will be focussing on this term are:Active/Healthy Lifestyles – JanuaryRespected/Food and Health – FebruaryResponsible/PE – March |
| Cross Curricular/Interdisplinary Learning (CC/IDL) | January/FebruaryCC: Our Historical World – what does my family, and Scotland’s history, mean to me?The children will learn about their families, and we hope to extend this into learning about Clans and castles.February/MarchCC: Our Expressive World – how can we entertain our community? |
| Science | Investigating how water changes from one form to another. (ice, water and steam) |

**Timetable**

Mrs Garratt will teach Circletime, French and Music on Wednesday from 11:45 to 3:15.

PE days are still Thursday and Friday, and the Park Run is on Friday also.

Please see the timetable sent out earlier for more detail of what goes on during a week.

As always, please get in touch if there is anything I can help with. Please approach me at the end of the school day. Alternatively, I can be messaged via the office or by the school email: ballater.sch@aberdeenshire.gov.uk. Please make the subject of the email “FAO Mrs Cruickshank”

Healthy Schools Homework **Active** Early Level

Healthy Eating Active Lifestyles Towards A Happy You (HEALTHY). The Healthy Schools approach emphasises why healthy eating, physical activity and healthy lifestyles are important for your children’s health and wellbeing.

This month we will be looking at aspects of **Active** within Healthy Lifestyles

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| **SCHOOL: Active in School**In school some of the activities we are doing to develop this theme are* Talking about the different types of activities we can do and places we go to be active.
* Exploring how being active is good for each part of the body (bones, muscles, heart, lungs and brain).
* Create graphs of favourite activities at home and in school. Compare results.
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| **HOME: Active at home**Working together with your child at home is a very valuable part of this topic. Below we have given you some simple ideas to experience with your child. **Benefits of Being Active**When kids are active, their bodies can do the things they want and need them to do. Why? Because regular exercise provides these benefits:* strong muscles and bones
* weight control
* decreased risk of developing type 2 diabetes
* better sleep

Healthy, physically active kids also are more likely to be academically motivated, alert, and successful. And physical competence builds self-esteem at every age.So here are some suggestions to help your child to be active doing regular things:* Be active doing the household cleaning. Dust, sweep, wipe the table, going up and down stairs taking things back to the right rooms.
* Make watching TV active. Encourage your child to sing, march, dance along to the music as they watch their favourite programmes.

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You may wish to try some of these suggestions to enhance your child’s experience of this aspect of health and wellbeing.