



This week in Reception

Our focus for this week has been based around Time. The children have all really enjoyed making their own watches and using them to tell the time. We have just been thinking about times on the hour and will continue to work on this next week. For their homework this week I would like the children to think about what they do at specific times of the day (this can be found in their book bag). In our literacy lessons we have been looking at how to write a story. Some children have been thinking about how they can make their writing more interesting, by adding different characters and settings.

In our science lesson this week the children have been beginning to think about questioning. We began our lessons by watching a Noddy cartoon. During his investigations he asks lots of where, when and why questions and this gave the children a good insight into beginning to think scientifically.

Next Week in Reception

We will be continuing to look at time next week and the children will be introduced to half past the hour.

Our literacy lessons are going to be based around the children beginning to think about writing narrative stories. We will look at how traditional tales start and end. The children are going to go on a walk around our field picking up ideas along the way to either write or act out their own story.

Notices This week in Reception we have had a number of incidents where children have either wet or soiled themselves. As part of your child's development and in order for them to reach their early learning goals (ELG) it is imperative that all children are able to independently go to the toilet; this includes cleaning themselves. The Department for Education states that children **MUST** 'manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.'

Changing a child requires two members of staff due to safeguarding and at times Mrs Williamson and I are the only staff in class. This would then mean the other 29 children in class are not being supervised. If there is a medical problem and your child requires further assistance in this matter then it would be advised that you speak to your GP or our school nurse. If your child does soil themselves then you will be asked to come into school and either change them at school or take them home.

Please could you take the time this weekend to speak to your child about the importance of using the toilet and help them to become independent. We are beginning to start the transition programme for your child to go into year 1 and would really hope that this issue can be resolved.

Healthy Eating

After speaking to the school nurse regarding the above issue it has been advised that I speak to parents about the importance of a balanced and healthy lifestyle. It has been stated that many children begin to soil themselves due to being constipated; through not having the right balance of fruit, vegetables, proteins, carbohydrates and good fats. I have listed below some helpful guidelines that will ensure your child is getting the right amount of nutrition and vitamins throughout the day.

- Eat 5 portions of fruit and vegetables a day. Try to not over exceed this amount as fruit contains hidden sugars that can cause tooth decay. This can also be a cause of diarrhea.
- Ensure your child is drinking enough water throughout the day. Diluted cordials are fine for those children who do not like water but avoid sugary drinks. Drinks like fruit shoots that claim to be 'sugar free' have sweeteners in and recent studies have shown they contain more sugar than a can of coke.
- Be aware of portions you are giving your child. Children between 4-8 require 1200 - 2000 calories per day.
- Try to limit your child's intake of salt per day. Children between 4-11 should have between 3-6 grams of salt per day.
- Ensure your child is getting enough protein in their diet. Include meat, fish and cheese in their diet alongside healthy carbohydrates and fats for a well balanced diet.
- Encourage a love of food from an early age. We want all the children to have a healthy relationship with food. Food fuels the body and mind and healthy, happy and well rested children equal happy and eager learners.

If you require any help or guidance on this matter or would like to talk to us further about this then please do not hesitate to contact us in school.