



### Special Visitors

As part of our Dreams and Goals PSHE topic, we were delighted to welcome Mrs Steph O'Toole into school on Thursday morning. She told the children about her yoga studio, Jasmine Yoga, and explained how her job involves supporting people to feel calmer, stronger, and more connected to their bodies through yoga.

The children were captivated as they explored different breathing activities. Through each one, Mrs O'Toole helped them understand how important our breath is and the amazing job our lungs do in keeping us healthy. The children threw themselves into 'The Lift Breath', 'Making Hot Chocolate', and humming stretches, smiling as they felt the soft vibrations travel through their bodies.

We also moved and stretched along to the beautiful story Yoga Babies, which brought more fun and calmer energy to the room. To finish, we learnt The Circle Song — a playful, interactive way to move our bodies in a circular motion around the waist. The children loved the rhythm and movement. It was a truly uplifting session, full of curiosity, calm, and happy faces. The children came away feeling proud, relaxed, and excited to keep practicing what they had learnt.



### Farmer Time With Donya



This week we enjoyed a fantastic Farmer Time video call with Donya, who taught us all about crops, seeds, and cause and effect in farming.

The children explored different seeds and the crops they grow into. They were challenged to guess which seed was hidden in each pot and then match it to the correct crop image. This sparked great discussions and lots of curiosity!

Donya also explained how farmers use different crops in everyday life — for example:

- Rapeseed is used to make cooking oil
- Wheat is milled into flour

The children asked some fantastic questions, including "How do the crops get from one country to another?" after Donya explained that some of her crops are transported overseas. This led to a brilliant discussion about how food travels around the world.

Donya also talked about how weather, insects, and other natural factors can affect how successful the crops are each year, helping the children understand how much farmers rely on the environment.

The session helped the children make real-world connections and understand how the food and products we use begin their journey on a farm. It was an engaging, hands-on learning experience that the children absolutely loved!

## Maths

This week, the children continued building their understanding of how numbers are made up. We focused on how numbers can be split into smaller parts.

A big part of our learning involved exploring different ways to *show* numbers, including using dot patterns (similar to dice). These patterns helped the children see the "5-ness of 5" — what makes the number 5, and how it can be broken into parts.

The children practised the number pairs that make 5 (for example: 3 and 2, 4 and 1). Once they were confident with this, they began exploring 6 and 7, seeing these numbers as "5 and a bit".

We also used the number rhyme "**5 Little Men in a Flying Saucer**" to support this learning. As each little man "flew away", the children could clearly see the number going down by one. This helped them practise counting backwards and understanding how numbers can be taken apart.

The children had already explored dot patterns to help them recognise numbers from 1 to 6 without counting each dot. This skill, called *subitising*, supported them in spotting number pairs quickly and understanding how numbers fit together.

Because they already had a strong sense of the number 5, they were able to use this understanding to explore numbers up to 10. Seeing numbers like 6 or 7 as "5 and a bit" helped them build flexible number knowledge.

As the children become more confident in breaking numbers apart and putting them back together, they will strengthen their number-bond foundations.



To build on our rhyme "**5 Little Men in a Flying Saucer**," here is a simple drawing idea to try at home:

### Prompt:

*"Can you draw a flying saucer with 5 little men inside? Then draw what happens when one little man flies away! How many are left?"*

You might encourage your child to:

- Draw the saucer with **5 characters** inside
- Cross out or erase **one little man** as he "flies away"
- Count how many are left and write the number
- Repeat with different numbers (4, 3, 2, 1)
- Add stars, planets, or rockets for extra fun!



This activity helps children practise counting backwards, understand one-less number patterns, and connect storytelling with number learning.



### Other Counting Rhymes to support understanding of number.

- **Five Little Speckled Frogs**  
Great for counting backwards from 5 and strengthening one-less understanding.
- **Five Little Ducks Went Swimming One Day**  
Helps children see numbers decreasing and builds strong number-story links.
- **Five Currant Buns in a Baker's Shop**  
Encourages counting, simple subtraction, and role-play with pretend money.
- **Ten in the Bed**  
Practises counting backwards from 10 and reinforces "one fell out" patterns.
- **Five Little Monkeys Jumping on the Bed**  
Fun, active rhyme for counting down from 5.
- **This Old Man**  
A gentle rhyme for counting up and matching numbers to actions.
- **One, Two, Three, Four, Five - Once I Caught a Fish Alive**  
Supports counting to 10, sequencing, and rhythm.

## Caring for Our Planet

This week, our EYFS children have continued to discuss how to look after our planet.

Together, we talked about simple ways we can all help—such as recycling, reusing paper, and picking up litter—to keep Earth clean and healthy.

As part of this learning, we have also continued our whole-school project on reducing food waste. The children have been discussing ways to avoid wasting food and helping to weigh our school's food waste. We will be comparing the results to see the impact we've made over the last four weeks—an exciting way for the children to see how their actions help our planet!

During our classroom activity, the children used tracing paper to carefully trace eco-themed pictures and line patterns.

As they worked, they chatted about what they were drawing and how these small actions can make a big difference to our environment.



### Call to Action:

We'd love all our families to join us in practising small planet-friendly habits at home.



Why not try reusing clean packaging for crafts, collecting paper for recycling, reducing food waste by saving leftovers, or doing a quick "litter pick" on your next walk?

## Important diary dates and information

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9.2.26 & 10.2.26 - Parent Consultations

13.2.26- Magical Mischief Day!- See whole school email sent on the 16<sup>th</sup> January for full details.

13.2.26 - Break up for February Half Term holiday

23.2.26 - School open for Spring Term 2

6.3.26 - Reception farm trip to Whitehouse Farm

### Reminders:

- **Labelling items of clothing-** Please can you ensure all items of clothing including hats, gloves, scarfs, shoes, jumpers/cardigans and coats are labelled clearly with your child's name.
- **Reading folders-** Please ensure your child's reading folder is in their book bag every day. We change books usually on a Monday and Friday, but we sometimes get a chance to read with your child through the week too.
- **Cool Milk.** Please remember that your child/ children are not eligible for free school milk after their 5<sup>th</sup> birthday. If you would like your child to continue having milk at school, you must contact Cool Milk directly at least two weeks before their birthday.



Southridge First School  
'Proud to Make a Positive Impact'

Have a lovely weekend  
The Reception Team 😊