



## Keeping Healthy Topic

We were delighted to welcome Natalie Mohamdee in to talk to us about her job as a paediatric dietitian.

She taught us all about healthy eating and the difference between everyday foods and 'treat' foods. We explored the Eatwell guide and learned about the different food groups that make up a balanced diet.

We discovered that fruit and vegetables give us important vitamins and nutrients, carbohydrates provide us with energy, protein helps build strong muscles, and dairy (and alternatives) are important for healthy bones.

We also talked about the importance of including small amounts of fats in our diet and understanding that some foods should only be enjoyed occasionally as treats.

Afterwards, we had great fun sorting a variety of pretend foods into the correct sections of the healthy plate, and we really impressed our visitor with our knowledge!

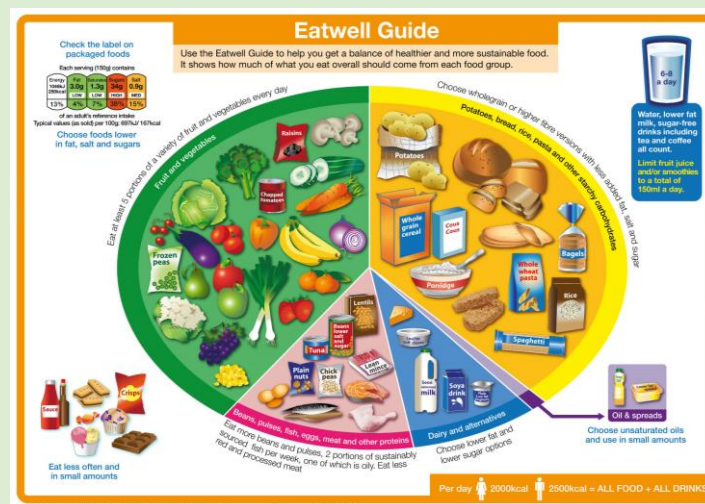
We also discussed how keeping healthy isn't just about food—it's important to take care of our teeth too. We confidently shared how often we should brush them and why this is important.

The children asked thoughtful questions and made excellent links to our learning.

To finish, we were given a fantastic leaflet with ideas for making delicious, healthy smoothies at home.

This visit linked perfectly with our PSHE theme of keeping healthy.

A big thank you to our visitor for such an engaging and informative session!



## Planting Potatoes

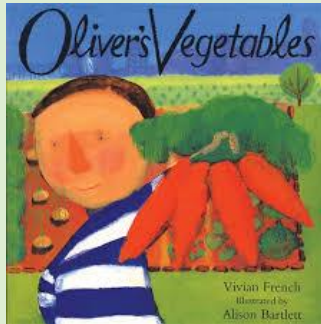
Linking to our topic on keeping healthy, we have also been learning about where our food comes from.

As part of our whole-school project, we have started growing our own potatoes!

We began by preparing our potato seeds through chitting, before filling our potato growing bags with soil and carefully placing the seeds inside. We discussed what plants need to grow, including water and sunlight, and learned why we are keeping our bags indoors for now to protect them from frost. Once the weather becomes warmer, we are looking forward to moving them outside.

We also talked about watching for shoots appearing through the soil and how we will cover them with more soil to support healthy growth.

We linked this learning to our healthy living topic by reading the story *Oliver's Vegetables* and discussing other fruits and vegetables we could grow. Some of the children enjoyed sharing their own experiences of growing fruit and vegetables at home, making wonderful connections to our learning.



## Farmer time

To enhance our exciting topic on *growing* and *where our food comes from* we had a wonderful Farmer Time session led by Donya from Peacock Farm. The children were absolutely captivated from start to finish!

Donya talked to us about the different crops that grow in the fields on her farm and even showed us her big, impressive tractor.

We learned how rapeseed oil is made, starting from tiny seeds and ending as the oil we use for cooking.

To help us explore further, Donya kindly sent a selection of jars filled with crops from her farm so we could look closely, compare them, and talk about what they might become.

She also shared something very special from another part of her farm—her beehives! Donya sent us a jar of her own honey, along with a beautiful wax candle shaped like a beehive and some honeycomb. The children were fascinated to see how bees contribute to the foods we enjoy, and we are excited to taste Donya's honey next week.

The biggest surprise of all was when Donya revealed an incubator filled with hen and duck eggs! Some of the hen eggs had already begun to hatch, and we were able to spot tiny cracks forming in the shells. We then used a torch to explore the duck eggs and see if we could spot any ducklings developing inside—they were tricky to see, but the children were fascinated and full of questions.

The children loved every moment of Donya's video call, and we are thrilled that she has offered to send us photos of the chicks once they have all hatched. Even more exciting—we will get to name them!

It has truly been a magical learning experience, helping the children understand the journey of food from farm to table and the wonders of new life.



## Maths

In Maths this term, we have been developing our understanding of the composition of numbers up to 7. The children have explored how numbers are made using the part-part-whole method, number rhymes, and subitising to support their learning.

We are very pleased with the children's progress in subitising to 5, which has helped the children begin to recognise numbers 6 and 7 more quickly by understanding that they are 1 more or 2 more than 5.

Our understanding of "more" and "less" is also really developing, and the children are becoming increasingly confident in explaining their reasoning.

We have also begun to briefly explore doubles and will continue to build on this, alongside developing our understanding of numbers to 10, next term.

### Tips for Home Practice

Subitising practice:

- Play quick "how many?" games with small objects.
- Flash groups of items for a moment, then hide them.

"More" and "Less" language:

- Use everyday situations to ask, "Who has more?" or "What happens if we take one away?"

Numbers 6 and 7:

- Build numbers using "5 and a bit more."
- Use fingers to show 5, then add 1 or 2.

### Fun Maths Game to play at home:

#### "Treasure Toss"

You'll need:

- 10 small objects (coins, Lego bricks, pebbles)
- A small pot or bowl

How to play:

1. Put 5 objects in the bowl to start.
2. Give your child the remaining objects in their hand.
3. Ask them to toss 1, 2, or 3 objects into the bowl.
4. After each toss, ask:
  - "How many are in the bowl now?"
  - "How do you know?"
  - "Is it more or less than before?"
5. Swap roles so they can challenge you too!

Skills practised: subitising, "more/less", early addition, explaining reasoning, and number composition.



## Reception Spring Assembly- Monday 30<sup>th</sup> March 2:30pm

We are looking forward to welcoming you to our Reception Spring Assembly on Monday 30<sup>th</sup> March at 2:30pm.

Children will be seated in their classes at the front of the hall. To help with smooth seating and to ensure everyone has the best view possible, we kindly ask parents and carers to sit in the following areas:

- **RSGW parents** - please sit on the left-hand side of the hall as you look towards the children (the side nearest the Year 1 classrooms).
- **RJF parents** - please sit on the right-hand side of the hall as you look towards the children (the side nearest the Year 3 classrooms).

Thank you for your support—we look forward to seeing you there and sharing the children's wonderful learning from this term.



## Reception visit to Stephenson Railway Museum- Fri 8<sup>th</sup> May 2026

Information and the consent form for our trip to Stephenson Railway Museum on Friday 8<sup>th</sup> May has been added to ParentPay.

Here is the link to the consent form for quick access:

[RECEPTION VISIT TO STEPHENSON RAILWAY MUSEUM, FRIDAY 8 MAY 2026 - Fill in form](#)

### Important diary dates and information

30.3.26- 2:30pm Reception Easter Assembly

2.4.26- School closes for Easter Holidays.

20.4.26- School Open for Summer Term 1

22.4.26- Reception Dental checks

4.5.26- Bank Holiday Monday

8.5.26- Reception Stephenson Railway trip

21.5.26- School closes for May Half term holiday

22.5.26- Teacher training day

#### Reminders:

- **Home learning Journals-** Thank you for all the lovely journal entries this week. We will be collecting the journals in on Monday 30<sup>th</sup> March too if you did not get your journals in this week.
- **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. **Please can we remind parents/ carers to record in their child's journal when you have read with your child at home too.**
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- **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.
- **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 😊