



Another long week for the children on the first year of full days. It is not unusual for children to be tired, especially since they have not been in nursery since March.

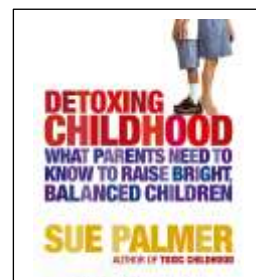
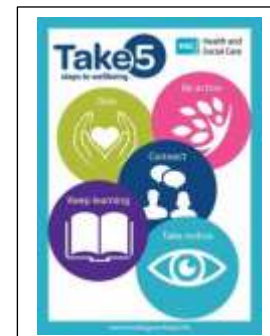
Our top tips for good well-being from the NHS include:

- 3-5 year olds need 10-13 hours' sleep.
- I pads or mobile phones should not be used 2 hours before bedtime.
- Keep children hydrated.

Top tips from parent's: *Sue Palmer's book 'Detoxing childhood. What parent's need to know to raise bright balance children'*

(It is full of ideas and practical advice to support parents in our modern world).

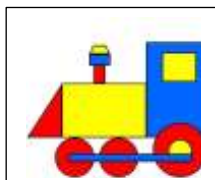
Please be reassured a member of staff will contact you if there was any concerns about how your child is settling.



In maths are focus has been on 2D shapes. We have learnt songs to help us remember the shapes.

We have had a feely mystery box with 2D shapes in for children to guess what they think the shapes could be.

- We have made shape pictures.



- We have made 2D shapes with lolly sticks and Blu Tac.



- And been creative in how we can make shapes.



This week you will receive a bank of tricky words to learn. These are 'red words'. They cannot be sounded out or blended. Children will have to learn these by sight only.

Best games to make:

Make a set of two each, turn them over and find the matching pairs. Reinforce to them the ones they have found when they get a pair.

Hide them around the house and send them on a hunt for each one individual one that you pick. My son loved this game and was even more competitive when I introduced a timer!

For challenge:

- Spell them!
- Find some in a magazine and cut them out to make a collage.
- Spot them in a bedtime story.

**"Alarm bells ringing in your head
tricky words are bright red"**