

## General Reminders:

### Homework and Reading Books:

Homework will be set on TEAMS you can choose each week a task to complete alongside your child. They will then share this with the class.

Please read with your child everyday. It is important for them to hear you reading to them as well as them reading to you!

Please bring your child's reading book into school every week on their allocated day.

Bear Club books need to be returned every Wednesday.

### P.E/ Outdoor Day

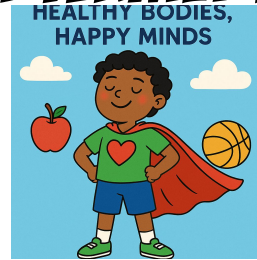
P.E/ Outdoor Day will continue to be on a **FRIDAY**

### Healthy Schools

Please can you ensure all children have a water bottle available in school and a healthy (fruit or veg) snack for break-times.

School snack costs £12 this term.

# YEAR 1 TERMLY LETTER



I hope you've had a lovely Easter break and are ready for our Summer Term!

This term's new topic is:

## Healthy Heroes

This summer term at **Parc Lewis**, Year 1 children will be learning all about how to keep their **bodies and minds healthy**. Our focus is on helping pupils understand that staying healthy isn't just about what we eat or how active we are, but also about how we **rest, feel, and treat others**.

Through a range of **fun, practical and hands-on activities**, children will explore:

- The importance of **healthy eating** and making sensible food choices
- How being **active** through games, sports and outdoor play keeps our bodies strong
- Why **rest and sleep** are important for our brains and bodies
- How to recognise and look after our **feelings and emotions**

Our class book is:

My Hair by Hannah Lee



If anyone has any information/photographs or books to share about this topic, please let me know!

## Class Dojo



We use class dojos in class to promote good behaviour. Don't forget to ask your child how many dojos they've got!

Rewards:

10 dojos- change dojo character

20 dojos- prize box

Links to New Curriculum:  
<https://hwb.gov.wales/curriculum-for-wales>