



YEAR 5 SWIFTS

Class Teacher: Mrs O'Rourke

Special Needs Support Assistant: Mrs Lay

Friday 3rd May 2024

Important diary dates and reminders

Week commencing 13th May- Hooke Court residential trip

Friday 17th May

Monday 3rd June

Friday 7th June

Friday 14th June

Friday 28th June

Tuesday 23rd July

Ice-cream van in school in afternoon

INSET DAY

SPORTS DAY

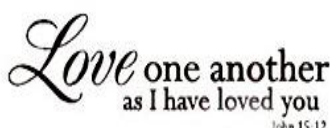
BACK-UP SPORTS DAY

Bohunt visit

Finish at lunchtime – END OF TERM

Class update

I am really proud of Swifts and their brilliant efforts this week to make their class assembly such a success. I hope you enjoyed watching it, thank you for all your support with costumes and learning lines. As well as our assembly, we have also been learning all about Sparta and Athens in our history lesson. The children learnt the major differences between the two city states and made preferences regarding where they would like to have lived. In RE we learnt about the importance of the two angels in Islam and how they influence the lives of Muslims. In Science, we have been looking at the stages of development from foetus to old age and identifying the key features of these stages of life. In computing, when learning about pixels, we used excel to create images and how to compress images from the internet into an excel document. Guided Reading the children are really enjoying Who Let The Gods Out? and we had fun discussing our different star signs and whether they are a true reflection on our personalities. In English, we have been using our Earth Day knowledge and work to start planning and writing balanced arguments, focusing on the structure and vocabulary of the arguments. We have analysed different arguments and planned an argument based on the question Is plastic fantastic? We will write these next week. Maths we have been continuing our work on shape, looking at polygons, evaluating whether they are regular and irregular and learning the properties of 3D shapes. We have now finished our shape topic and will move onto position and direction next week. We



have also started to plan our recipes for our Spaghetti Bolognese which we will be cooking in a few weeks. On a sad note, we are saying goodbye to JJ today. He is off to join his new school next week. Good luck JJ.

On **Friday 23rd May**, in support of Mental Health Awareness week, the Grayswood antibullying ambassadors have planned a whole school '**Feel Good Friday Breakfast.**' The aim is to slow things down as the children come into school that day, so they can have time with their friends and teachers, to just chat to one another and take some time to relax and reflect. The children can come into classes from 8.20 that morning and the antibullying ambassadors will have provided mindfulness activities for classes. Then from 8.35 until 9.05, the children will be having breakfast in their classes with their teachers! We would like for children to bring in one easy to pack breakfast item, such as a croissant/ pan au raisin/ chocolat etc for themselves and then an optional item that they could share with others on their tables, such as a punnet of grapes or strawberries (washed would be very helpful!). Please can we remind everyone that we must not have any nut products in school as we have a number of allergies. Thank you for your support with this. We are really looking forward to rounding off the half term in this positive way!

Mrs Harris and the Antibullying Ambassadors

PE kit for Thursday

PE day is Thursday this term.

Forest School

Forest school group 1 next week.

Spellings – adverbials of time

yesterday, tomorrow, later, immediately, earlier, eventually, recently, previously, finally, lately

Home learning

Maths – work on shape and angles has been uploaded. The majority of children are doing really well with their mathematics. Their percentage scores are going up which is really good to see.

Have a lovely weekend,

Mrs O'Rourke



Haslemere Master Chef Event

Grayswood Eco Warriors need your help designing a healthy and environmentally friendly lunchbox. The Eco Warriors will choose their favourite entry which they will then make and take to Woolmer Hill School to be judged.

Challenge: To design a healthy and environmentally friendly lunchbox.

The lunchbox should contain:

A main

A fruit

A vegetable

A small dessert

A drink of water

It will be judged on:

Meeting the brief (being healthy),

Ease of making

Impact on the environment.

No Nut or nut products to be used.



Lunchbox tips



Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options - like bagels, pitas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

Pick lower-fat fillings - like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spreads, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches. [See more healthier swap ideas](#)



Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too - it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger tasting ones - and use less of it - or try reduced-fat varieties.



Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled citrus segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice - not syrup - is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned - in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage frais and add your own fruit.

Please submit your entry to your class teacher by Friday
10th May 2024.

There is a template attached if you wish to use.

A Healthy Lunchbox

For your lunchbox, think about foods which are part of a healthy diet.
Draw your choices in the lunchbox below.

