



## YEAR 4 SWALLOWS

**Class Teacher/s:** Mrs Coult and Mrs Harris

**Learning Support Assistant/s:** Mrs Julia Lake (Monday –Friday mornings)  
Mrs Kate Thomas (Tuesday-Thursday mornings)

### Important diary dates and reminders

**Bank Holiday-** Monday 6th May.

**Ice-cream van in school in afternoon-** Friday 17th May.

**Feel Good Friday Breakfast** in support of Mental Health Awareness Week - Friday 24<sup>th</sup> May

**Inset Day-** Monday 3rd June.

**Sports Day-** Friday 7th June

**Back-up Sports Day-** Friday 14th June

**END OF TERM (Finish at lunchtime)-** Tuesday 23rd July

**Feel Good Breakfast On Friday 24<sup>th</sup> 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!



### Class update

In English we used the text, The Firework maker's daughter to write our own instructions on making a fantastic firework. There were some wonderfully inventive names and the ingredients list were highly innovative. The children thoroughly enjoyed the week and were able to draw and paint their fireworks.

This week in Maths, we compared and ordered decimals. It was important that children considered the values of the digits in place value order, comparing digits in the greatest place value column first. We also whether all the place value columns need to be compared. For example, when comparing 6.73 and 2.98, only the ones need to be compared; but when comparing 5.37 and 5.39, all the places need to be compared. They then applied their knowledge of decimal 1 equivalent of hundredths and tenths to recognize and write  $\frac{1}{4}$ ,  $\frac{1}{2}$  and  $\frac{3}{4}$  as decimals.

### Spellings



Diocese of Guildford



New spellings were shown to the children and will be tested next week on the Wednesday- as normal. Please find these below:

### Year 4 Spellings Summer

Week 3 Set 1.5.24 Test 8.5.24		
Spelling Pattern: Words with the /s/ sound spelt 'sc.		
<b>Green Group (10)</b>	<b>Yellow Group (10)</b>	<b>Blue Group (7)</b>
science	science	science
abscess	abscess	ascend
ascend	ascend	descend
descend	descend	scene
scene	scene	scissors
scissors	scissors	<b>continue</b>
scented	scented	<b>decide</b>
crescent	crescent	
<b>continue</b>	<b>continue</b>	
<b>decide</b>	<b>decide</b>	
Please do ensure you know the meaning of the word that you are spelling to. Words in bold are taken from the Statutory list of words that children are introduced to in Year 3 and expected to be able to read and write by the end of Year 4.		

### Home learning

The children should record their work in their yellow homework books this week.

An explanation of the tasks can be found below.

**Maths** – The Maths homework is set on Mathletics this week and based around our decimals learning.

**English** - This week, we have been finding out a little about palm oil as part of our guided reading and linking in with our previous learning about the rainforest. The children were really interested in this and it provoked a lot of great discussion. We would like for the children to conduct some research into palm oil and the kind of everyday products it can be found in. They might like, with your supervision of course, to go through some of the bottles, jars etc in the kitchen and bathroom and see whether they find any surprises. They might also like to do some research on one of the following websites: <https://www.natgeokids.com/uk/discover/geography/general-geography/what-is-palm-oil/>

<https://www.wwf.org.uk/updates/8-things-know-about-palm-oil>

We would then like them to present their findings in their homework books. They could choose to create a fact page in their book, explaining some of the uses of palm oil, what it is and also the issues around palm oil and the effects the consumption has on the rainforest, with perhaps some tips for how we could help reduce our palm oil consumption. They might prefer to create a thought

provoking poster about palm oil, educating people on this and what the key issues are to make people aware of.

Have a lovely weekend.

Mrs Coult and Mrs Harris

## 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 multi-grain.



#### DIY lunches

Wraps and parts 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 spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches. See more health or 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 bounces 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 satsumas, sego melons, 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

Fried fruit like raisins, sun-dried 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 too dry 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 10<sup>th</sup> May 2024.

There is a template attached if you wish to use.