



YEAR R WRENS

Class Teacher: Mrs Woods

Learning Support Assistant: Mrs Dewhurst

Important diary dates and reminders

Bank Holiday – Monday 6th May

Ice-Cream van in school in afternoon – Friday 17th May

Half Term – 27th – 31st May

Inset Day – Monday 3rd June

Sports Day – Friday 7th June

Back up Sports Day – Friday 14th June

Wrens Class Assembly – Thursday 20th June

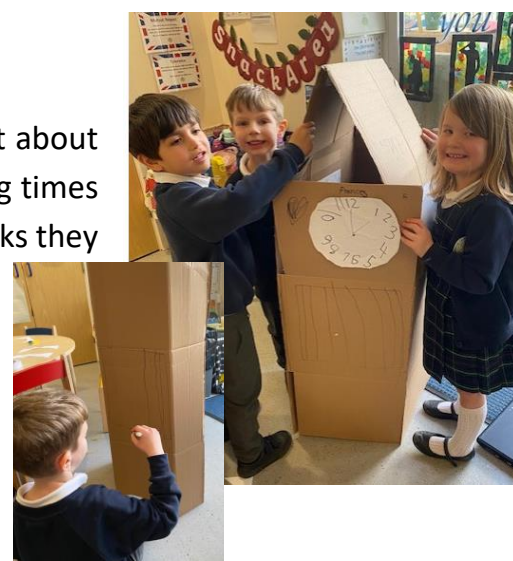
Notices

KIRFs – To know number bonds to 5 e.g. 4 + 1, 3+2, 5+0

Feel Good Friday Breakfast: 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

Class Update

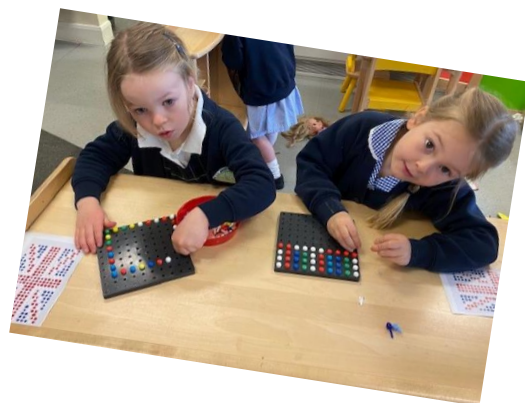
Following on from some of the children's interests we have learnt about our capital city London this week. The children have been recalling times that they have been to London and discussed some of the landmarks they have visited. We created our own London bus tour and made Big Ben out of junk modelling.





Wrens were very fortunate to observe some tadpoles in class this week and lots of the class confidently explained the life cycle of a frog.

We read the story 'The Queen's Hat' this week and the class were very creative in deciding where the hat might end up next. We've also been writing CVCC words this week and really trying to hear the consonant blend as the end of a word.



In phonics we have been reading even longer words with consonant blends at the beginning and end of a word e.g. swift, squelch, and sprint. We have also introduced the tricky words: have, were, and says – please do keep practicing these 😊. I've added 'little' to the sounds folder by accident, but this is a sneak peak of one of the tricky words for next week.

In maths the children have become experts at spotting where mistakes have been made on a number line to 20 and identifying the missing numbers. We have also been counting beyond 20 this week and using a hundred square we noticed that the numbers 1-9 repeat after a full ten.



It was refreshing to have some warmer weather this week and the children have enjoyed creating their own bubble wands with pipe cleaners and even trying to create huge bubbles with hula hoops!



This week, the class have needed several reminders about what respect is and what this looks like around the school. Unfortunately, the lunchtime staff have had quite a few of the Wrens children refusing to help tidy up the toys at lunchtime. Whilst we have spoken about this as a class, it would be useful if parents could reiterate this message at home and encourage children to tidy up after themselves to help embed this expectation. Thank you for your support.

Enjoy the bank holiday weekend,
Mrs Woods

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, pittas 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 spread, 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 satsuma 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.

