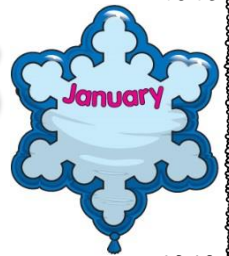




Year Five News

Miss Eccles, Mrs. Howe & Mrs. Clements
January, 2019



HAPPY NEW 2019 YEAR

Happy New Year!

Happy New Year to our Year Five pupils and families. We hope that 2019 will be filled with good health, good luck and lots of happy times! As we settle into a new term, we are looking forward to the many new adventures and experiences that lie ahead of us. May we all be blessed with the courage and confidence to spread our wings and turn each day into an adventure of learning and fun!

Get a good night's sleep!

We all know that sleep is very important to a child's wellbeing. Current N.H.S. guidelines recommend that children in **Year 5** should aim for approximately **ten hours** sleep a night.



There are really useful tips for getting a healthy night's sleep at:

www.nhs.uk/Livewell/Childrenssleep/Pages/bedtime_routine.aspx

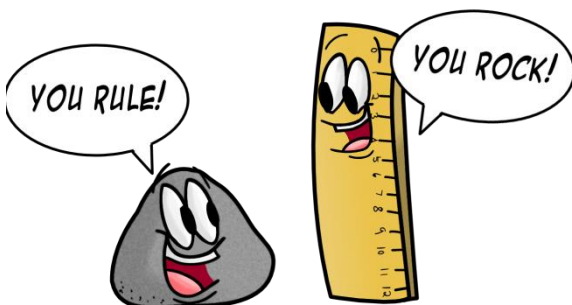
P.E. Kits

We'd like to remind pupils of the importance of wearing the correct kit for P.E. lessons.

P.E. kits really do need to be worn for all P.E. lessons.

Don't forget to bring your P.E. kit to school on P.E. days.

National Compliment Day



National Compliment Day is celebrated on **24th January, 2019**.

A compliment is a wonderful way to brighten someone's day! Compliments are powerful; motivating, spreading happiness and creating a positive environment. Go on – be the reason someone smiles today and every day!

Healthy eating ideas

As part of our topic on '**Mighty Me!**' this month, we will be exploring how to have a healthy lifestyle. Here are some ideas to add variety and excitement to your healthy eating. We can't wait to hear how you get on!

- Use different types of bread, such as pitta bread, bagels, wholemeal rolls, wraps or crusty rolls.
- Cook extra pasta or couscous in the evening and include it as an alternative to bread.
- Home-made soup (in a thermos flask) is great for cold days, while raw vegetables and salads are light and refreshing for warmer weather.

There is a wealth of wonderful ideas in the following leaflet from the Public Health Agency:

<http://www.publichealth.hscni.net/sites/default/files/Healthier%20Lunchbox%20Leaflet.pdf>

Our learning plan

Year Five: January, 2019



Literacy

In our writing activities, we will be looking at **common / proper nouns**, **abbreviations**, **powerful verbs** and **similes**.

We will begin our next class novel - '**The Iron Man**' by Ted Hughes. We will create a **character sketch** of the Iron Man and write a **simile poem** about the character.

We'll be learning about **letter writing** and will learn about the correct layout for a letter. We'll practise writing **thank you letters**.

We'll continue to work on our **phonics**, where we'll explore different ways of writing the **e, s, f** and **n** sounds. We'll complete **joined handwriting** activities.

A busy and exciting month of learning, with lots to learn and lots of fun to be had too!

Numeracy

In Numeracy this month, we are:

- learning **multiplication** and **division** facts for the **7, 11** and **12 times tables**;
- organising, representing and interpreting data in tables, charts, graphs and diagrams, including **tally charts, bar charts** and **pictograms**;
- recognising, naming, classifying and describing **3D shapes**;
- **reading and writing whole numbers** to at least 10,000 in figures and words, and knowing what each digit represents;
- **partitioning numbers** into thousands, hundreds, tens and units;
- **adding / subtracting** 1, 10, 100 or 1000 to and from whole numbers; and
- **comparing and ordering** numbers.

Topic

We'll be starting our new topic on '**Mighty Me!**'. We will be learning about:

- the stages of **human development**;
- what the **skeleton** is and about its importance and function;
- the names of the main **bones** and where they are located in the body;
- **joints** – what they are and where they are located in our body; and
- exploring what it means to have a **healthy lifestyle**.

The **Sustrans** organisation will be visiting us with their **Smoothie Bike** on 16th January, 2019. We can't wait!

