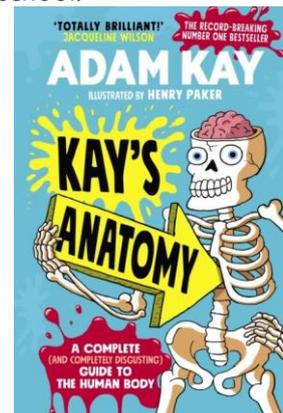
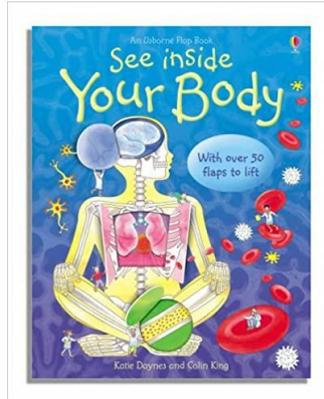
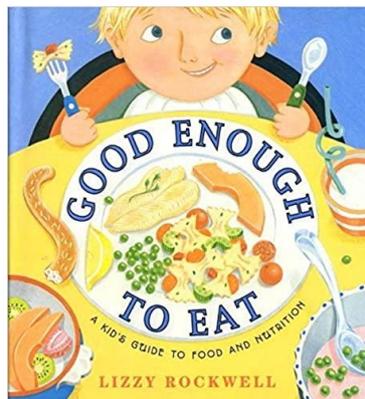
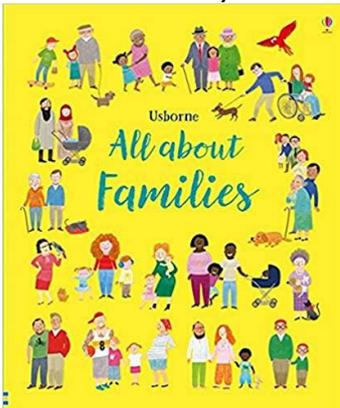




This term, across the school for the whole summer term our topic is 'Us'. In Meadow Class, children are learning about where they live, their families and how to look after themselves. In Woodland Class, children are learning about our village and the town of Chipping Norton, as well as what their bodies need to be healthy. In Ocean Class, children are learning about mapping the local area, as well as about the digestive system and the body parts involved in digesting, developing their knowledge about nutrition further. In Mountain Class, children are learning about the country in which they live considering different settlements and their features. They are also learning about the circulatory system, how their bodies will change as they get older, and how to live a healthy and safe lifestyle.

Books to support children's learning:

Below are some suggestions of non-fiction texts that could be purchased to support your child's learning this term. There are of course many more, but these are ones children will be familiar with from use within school.



Ideas for things to do at home to support your child's learning:

Create a family food diary, and look at what types of food you eat most often at home. Does your family have a balanced diet? The Change4Life website has some great recipe ideas to try, as well as easy swaps to improve your family's nutrition.
<https://www.nhs.uk/change4life>

Find a map of your local area. The website <https://footpathmaps.com> is easy to use – you can just put in your postcode! Print out a map and set off on foot – can your child use the map to get to a given location? You could take this a step further and set up a trail for them to follow – would be a lovely way to spend a sunny afternoon outside!

The sun is (hopefully) going to be out more – so why not use this as a great opportunity to get more active as a family. Oxfordshire has a dedicated website for encouraging better use of the outdoors for fitness, with some free family trails and ideas to get the family outside and keeping fit together.
<https://www.getoxfordshireactive.org/active-60>

Teaching children gratitude is SO important. In fact, studies reveal that expressing thanks is one of the easiest ways to increase the dial on our happiness metre. And, after the events of the last year, never has there been a more important time to promote happiness. Why not start a gratitude paper chain – add a loop to it everyday with something you are grateful for! For more ideas visit:
<https://www.mindfulmazing.com/the-best-gratitude-activities-for-kids/>

Useful websites:

<https://www.healthforkids.co.uk/>

<https://www.gonoodle.com/>

<https://www.nationaltrust.org.uk/50-things-to-do>

https://kids.kiddle.co/Chipping_Norton

Key Vocabulary:

health family exercise cooking food diet nutrition balanced protein fat carbohydrate vitamins and minerals body mental health organs stomach digestion intestines heart lungs blood lifestyle drugs medicine safety settlement town city village map local locality

