



# Roots and Shoots Newsletter

Our theme this half term is **'What's on the Menu?'**.

This half term we will look at healthy eating, how to take care of our oral health, different food categories such as fruit and vegetables and where food comes from. The children will look at a range of texts including, 'Pass the jam Jim', 'Monster's don't eat broccoli', and 'The Enormous Turnip'

We will also be learning about Lunar new year and the children will take part in some cooking activities.

Thank you for remembering to bring in your child's library book each week. Please return them on a Tuesday so they can swap their books for a new one.

Soon we will also send home Nursery Rhyme bags for you to share with your child.



## Forest Sessions:

Tuesdays/ Thursdays.

## P.E Day:

Wednesdays.



## Our goals this half term

1. We will work on following/understanding a question that has 2 parts such as 'put on your coat and wait by the door'.
2. We will encourage children to work collaboratively to manage large items such as moving long planks of wood, moving boxes etc.
3. In class we will have a special focus on goals and dreams including, knowing how to seek help, showing perseverance and overcoming obstacles.



## Ideas to support your child's learning at home:

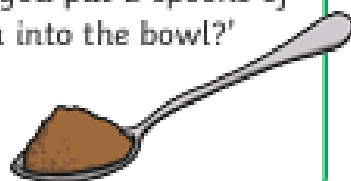


## Ideas to support your child's learning at home:



Encourage your child to help you when out shopping by counting and collecting objects to put into the basket, e.g. 'Can you get 2 apples?'

Support your child to help make simple recipes by counting amounts, e.g. 'Can you put 2 spoons of cocoa into the bowl?'



When playing with building bricks or small toys, encourage your child to count how many of each colour or size.



Read number-themed books and count sets of pictures, e.g. Goldilocks and the Three Bears – count the bears, bowls, and beds.



Play simple board games and encourage your child to count the spots shown on the dice and the number of spaces to move.



Sing number-themed counting rhymes and use your fingers or small props to help count the items, e.g. 10 Green Bottles.

