

Reception Newsletter

Autumn 1 2019



Meet the Team/Marvellous Me

Teachers: Mrs Douglas and Mrs Place

Learning Support: Mrs Burns and Mrs Grey (AM)

Please ask if you have any concerns regarding your child. **Marvellous Me** is a free app that will send regular updates from your child's teacher to your phone. Ask school for your user code or if you want help setting it up.



Travelling Ted

If your child receives star of the week, they will be asked to look after Travelling Ted for the weekend. We can't wait to see what adventures he gets up to across the year! He will come in a special bag and will have his diary with him so as a family, you can write about what he has done with you.



Give your child the best chances

Check out this chart for how much sleep your child needs and what time they should be in bed.

Remember, TVs, tablets, phones and computers in bed keep your child's brain active and will keep them awake for longer! Tuck them in with a good book instead.



Age	Wake-up time						
	6am	6.15am	6.30am	6.45am	7am	7.15am	7.30am
	Bedtime						
5	6.45pm	7pm	7.15pm	7.30pm	7.30pm	8pm	8.15pm
6	7pm	7.15pm	7.30pm	7.30pm	8pm	8.15pm	8.30pm
7	7.15pm	7.15pm	7.30pm	8pm	8.15pm	8.30pm	8.45pm
8	7.30pm	7.30pm	8pm	8.15pm	8.30pm	8.45pm	9pm
9	7.30pm	8pm	8.15pm	8.30pm	8.45pm	9pm	9.15pm
10	8pm	8.15pm	8.30pm	8.45pm	9pm	9.15pm	9.30pm
11	8.15pm	8.30pm	8.45pm	9pm	9.15pm	9.30pm	9.45pm

"If you want your kids to WANT to read, then read amazing books aloud to them every single day."

Your child needs a good healthy breakfast but mornings can often be a busy rush getting ready for school. Grabbing something quick on the way to school is not a good start to the day so if sitting down for some toast or cereal is difficult, please ask about our affordable breakfast club.

If your child has a packed lunch, google 'BBC Good Food kids lunchbox ideas' on your phone. It will give you loads of ideas for healthy options. Children don't need lots of sweet treats at lunchtime, they need carbs, protein, fruit/veg and dairy to keep them going all afternoon.

PE is on a Wednesday

Physical exercise helps your child to look after their body and mind. Please help them in this by making sure they bring shorts and t-shirt (different to their school uniform polo shirt) as well as a change of shoes that are suitable for indoor and outdoor PE. For safety, no jewellery or watches must be worn during PE. If stud earrings cannot be taken out, they will be covered with plasters.



Learning at Home

Reading

Please read with your child four nights a week and sign their reading record after each read. They will then be rewarded with a Golden Ticket to enter a prize draw to win a book in Friday's celebration assembly. Practise really does make perfect!

Homework

Your child will be asked to complete activities each half term in their homework books. These will relate to the topics we are talking about with a focus on some English and Maths work too. Your child's homework book needs to be returned on a Thursday each week.



