

EYFS Termly Update

Dear parents and carers,

This term our topic is **Keeping Fit, Keeping Healthy**. Over the coming weeks, the children will explore how to look after themselves and their bodies through stories, play, discussion and hands-on activities linked to the Early Years Foundation curriculum. We will begin our learning with *Goldilocks and the Three Bears* before moving on to *Goldilocks, Eat Your Greens*, which helps introduce ideas around healthy eating and making positive lifestyle choices. The children will learn about healthy foods, sleep, exercise and hygiene routines and we will talk about how our choices help keep us well. Later in the term, we will also be exploring the roles of doctors, dentists, firefighters and other community helpers who help keep us healthy and safe.

In phonics, many children are now beginning to learn Set 2 sounds. Keep your eyes peeled next week as we will continue to add new materials and short videos to DB Primary so that these sounds can be practised at home. As always, children learn at their own pace and progress looks different for every child. Little but often makes a big difference and we really appreciate your continued support with reading and phonics at home. We kindly ask that children read at least five times a week. These do not need to be long sessions — short bursts are ideal. We also encourage children to read the same school reading book three times across the week. The first read focuses on decoding, the second builds confidence and pace and by the third read your child should be able to read it more fluently and smoothly.

To support maths learning at home, there are many simple everyday opportunities to build the skills we are developing in school. Playing board games, dominoes or dot-pattern games helps children recognise small quantities without counting. Counting everyday objects such as steps, fruit or toys builds confidence with one-to-one counting and comparing small groups supports language around “more” and “fewer”. Baking together is an excellent hands-on maths activity, as children can help measure, weigh and compare quantities while talking about time and amounts.

We are also focusing on developing children’s language and communication skills. Back-and-forth conversations during everyday routines are one of the most effective ways to support this. Talking about what children notice, think or feel helps them expand their vocabulary and express themselves clearly. Playing simple turn-taking games provides opportunities to practise waiting, listening and responding to others. These games also help children learn about winning and losing in a gentle, supportive way. Encouraging them to wait for a turn, cope with disappointment and celebrate others’ achievements builds important social and emotional skills.

A few gentle reminders for the term ahead:

Library day continues to be every Thursday, so please return library books on this day so that children can exchange them for new ones.

PE takes place on Wednesdays and we kindly ask that PE bags are in school each week. Please also remember to label everything.

Toys - Please also avoid sending toys or special bracelets into school, as these often cause distractions and can be easily lost, leading to unnecessary upset. Large keyrings and cuddly toys attached to book bags also cause difficulty for children when opening and closing their drawers.

Thank you for your continued support your involvement has a real impact on your child's confidence, progress and enjoyment of learning. We look forward to a happy and healthy term together.

Kind regards,

The EYFS Team