

The 'Tiger' news

By Miss Beal & Mrs Dixon
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'The
future's
bright!'



A final farewell!

I cannot believe that we have entered our final half term as the Tremendous Tigers! Where has the time gone?

In this final half term, we will be working closely with the junior school to ensure a smooth and calm transition period for the children. We will be thinking about changes and moving on to try and ease any worries and anxieties. Please reassure your children that this is a fun and exciting next chapter!

Dates for your diary

Tuesday 18th June PM - Year 2 Sports day starting at 1.45pm, followed by the Year 2 Art gallery.

Monday 24th June- Hand to Mouth will be leading a transition journey in school

Thursday 27th June 3pm - Year 2 writing showcase for parents at 3pm, please come to our normal door

Wednesday 3rd July 9am - Tiger's collective worship, followed by children visiting Normanton Juniors

Wednesday 10th July - Transition day - children to be dropped off at their new Junior school (more information to follow)

Thursday 11th July - Year 2 show! 5.54pm doors open, 6pm start - tickets go on sale soon.

Friday 12th July - End of year reports out to parents

Thursday 18th July - Year 2 end of year party

Friday 19th July - Break up at 2pm

Our Christian value this half term is **hope**. We will be looking at our hopes and dreams for the future.

'Having HOPE will give you the courage to succeed'
John 18:11

Health and Relationship Education

For the final half term, our 'RHE' topic will be looking at **mental health and physical well-being**

This will cover the following

Exercise - How moving our bodies helps us feel good and keeps us healthy.

Diet - We have been talking about how eating a wide range of foods and **at least five portions of fruit and vegetables a day** is needed for a healthy heart, body and mind!

Water - We will be learning all about the importance of drinking eight glasses of plain, still water a day.

Sleep - We have been talking about the importance of having a good night's sleep with limited screen time before sleeping.

Sun safety - we have already had a visit from the nurse about keeping safe in the sun (sun cream, hats, shade)

Dental hygiene - We will be exploring the importance of teeth brushing twice daily and oral hygiene. Our dental expert Mrs Ballance will be leading a workshop on this for us!

Hand hygiene - We will be thinking about how to keep germs at bay with good hand hygiene.