



Year Five News



Miss Eccles and Miss Mc Sorley
January, 2018



Happy New Year!

Happy New Year to our Year Five pupils and families. We hope that 2018 will be filled with good health, good luck and lots of happy times! As we settle into a new term, we are looking forward to the many new adventures and experiences that lie ahead of us. May we all be blessed with the courage and confidence to spread our wings and turn each day into an adventure of learning and fun!

Get a good night's sleep!

We all know that sleep is very important to a child's wellbeing. Current N.H.S. guidelines recommend that children in **Year 5** should aim for approximately **ten hours** sleep a night.



There are really useful tips for getting a healthy night's sleep at:

www.nhs.uk/Livewell/Childrenssleep/Pages/bedtime_routine.aspx

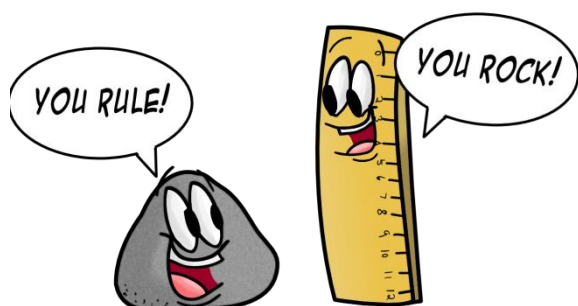
P.E. Kits

Please remember that **P.E.** for both classes takes place on a **Monday**.

P.E. kits really do need to be worn for P.E. lessons.

Don't forget to bring your P.E. kit to school on Mondays!

National Compliment Day



National Compliment Day is celebrated on **24th January, 2018**.

A compliment is a wonderful way to brighten someone's day! Compliments are powerful; motivating, spreading happiness and creating a positive environment. Go on – be the reason someone smiles today and every day!

Healthy eating ideas

As part of our topic on '**Mighty Me!**' this month, we will be exploring how to have a healthy lifestyle. Here are some ideas to add variety and excitement to your healthy eating. We can't wait to hear how you get on!

- Use different types of bread, such as pitta bread, bagels, wholemeal rolls, wraps or crusty rolls.
- Cook extra pasta or couscous in the evening and include it as an alternative to bread.
- Home-made soup (in a thermos flask) is great for cold days, while raw vegetables and salads are light and refreshing for warmer weather.

There is a wealth of wonderful ideas in the following leaflet from the Public Health Agency:

<http://www.publichealth.hscni.net/sites/default/files/Healthier%20Lunchbox%20Leaflet.pdf>

OUR Learning PLAN

Year Five: January, 2018



Literacy

In our writing activities, we will be looking at **powerful verbs**, **similes** and **onomatopoeia**. We will also be revising the use of **speech marks**.

We will begin our next class novel - '**The Iron Man**' by Ted Hughes. We will create a **character sketch** of the Iron Man, write a **simile poem** about the character and also create a '**Menu for the Iron Man**'!

We'll be **writing a poem**, using **onomatopoeia**, and basing it on the theme of 'Dinner Time'.

We'll continue to work on our **phonics**, where we'll explore different ways of writing the **or**, **air**, **e** and **s** sounds. We'll complete **joined handwriting** activities, focussing on **diagonal and horizontal joins to the letter r**.

A busy and exciting month of learning, with lots to learn and lots of fun to be had too!

Numeracy

In Numeracy this month, we are:

- completing our work on **sequences** (see December's newssheet for details);
- learning **multiplication** and **division** facts for the **7** and **9 times tables**;
- learning how to **multiply** and **divide** whole numbers by **10** and **100**;
- exploring how to **add 11, 21, 31, ...** and **9, 19, 29, ...** to two-digit numbers, bridging 100;
- **adding two-digit numbers**, bridging 100, for example $54 + 62$;
- **adding two-digit numbers**, bridging 10 and 100, for example $74 + 59$; and
- recognising, naming, classifying and describing **3D shapes**.

Topic

- We'll be starting our new topic on '**Mighty Me!**'. We will be learning about:
- the stages of **human development**;
- what the **skeleton** is and about its importance and function;
- the names of the main **bones** and where they are located in the body;
- **joints** – what they are and where they are located in our body;
- the position of the **major organs** in the body, their function and importance; and
- exploring what it means to have a **healthy lifestyle**.

