

Ladybird Learning

w/b 13th March 2023



This week we have continued our learning around the curriculum theme of 'Amazing Africa'.

We have...

- Travelled to West Africa to learn about the music and stories that can be heard in the country of Ghana including learning to play 'bass' and 'tone' notes on the djembe drum.
- Enjoyed listening to the stories of 'Anansi', a character in many West African stories. Anansi is a spider who loves to play tricks! We wrote about our favourite part of the story 'Anansi and the talking melon'.
- Revised the language of addition this week in our maths sessions. We can create addition stories and record these as number sentences. We are also beginning to count in 10s to explore larger numbers as we are heading towards Year 1!
- Begun to share the importance of the Easter story for Christians in our RE sessions and will continue with this work next week.
- Learned a few ballet positions in our dance lesson with Mrs Webb!

Home Challenge



Well done to all those Ladybird Learners who are taking time each day to practice their tricky words at home. We can really see how confident these children are becoming in spotting tricky words within the classroom environment and in their reading books. Great job Ladybirds- keep it up!

The home learning challenge this one focuses again on this term's JIGSAW sessions on 'Keeping Healthy'.

Take time this week to talk as a family about eating a balanced diet. Use the healthy eating chart attached to discuss the different foods we need to eat as part of a healthy diet.

Talk about: which foods should we eat most of each day? Why are these foods important? Why shouldn't we eat too many crisps, sweets, cakes or ice-creams? Why are they bad?

If your child is a packed lunch, take this opportunity to explore what they are choosing to put in their packed lunch and how it fits with the healthy eating chart. What could they add, swap or change so that their packed lunch is a healthy one?

NOTE TO PARENTS: Part of the Early Learning Goals in EYFS is that children can make healthy choices when eating!

If your child is a hot dinner, why not use this week to plan and cook a healthy tea/dinner together? Decide what ingredients you will need and where these fit with the healthy eating chart. Maybe helping to make a special Mother's Day lunch?

Please take photos and write down comments about your child's understanding of healthy eating and the choices they make.

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains	
Energy 1048kJ 250kcal	13%
Fat 3.0g	LOW 4%
Saturated 1.3g	LOW 7%
Sugars 34g	HIGH 38%
Salt 0.9g	MED 15%

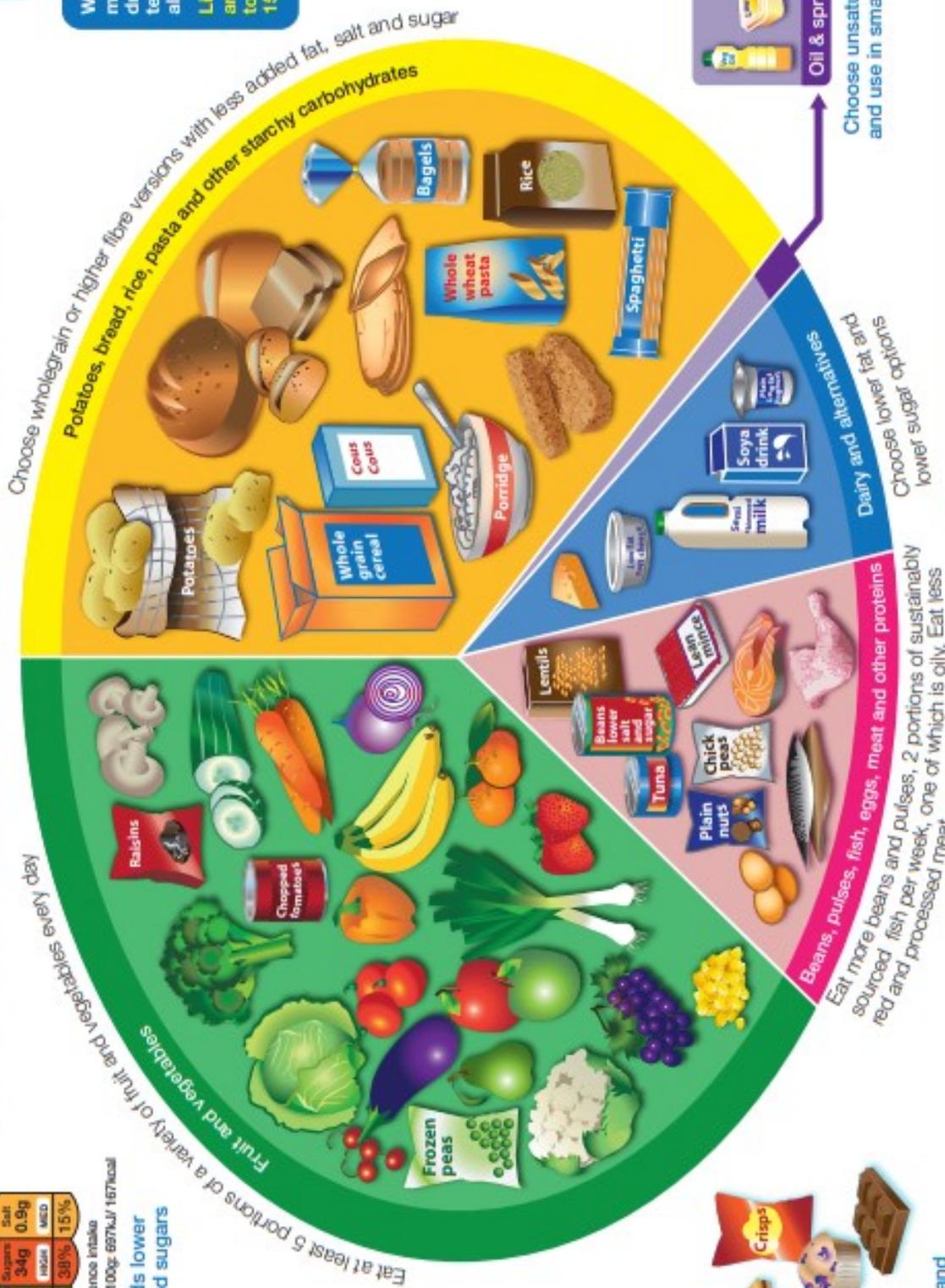
Typical values (as sold) per 100g: 697kJ/167kcal of an adult's reference intake

Choose foods lower in fat, salt and sugars



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS