



FAIRLANDS PRIMARY SCHOOL

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Healthy Me



Year 3

Spring 2 2022

Glossary

The key words we will need to be able to use,
in both discussion and in our writing:

Word	Definition
diet	
health	
nutrition	
skeleton	
muscles	
fitness	
hygiene	
movement	
Balanced diet	

Please help your child to complete the glossary and be able to use and spell the words. Feel free to add any additional topic related vocabulary that you think

Over the next few weeks, your child will be working on the topic of 'Healthy Me

They will be taking part in a series of exciting activities including:

- Studying the effects and benefits of physical exercise on our bodies.
- Investigating the different food groups
- Finding out about our skeletons
- Learning how our muscles work

Your child needs your help and involvement!

Please get involved by:

- Taking your child to the library & get books and resources about the topic
- Find out what they know about Healthy eating, skeletons and fitness

Before the Topic...

After the Topic...

Sit down with your child and help them record what they know about the topics, BEFORE and then AFTER they have learnt about it at school.

What else is happening?

Values Education

The whole school values for February, March and April will be 'Positivity', 'Confidence' and 'Peace'.

Homework

Please support your child by making sure that they read on a *daily* basis.

Homework	
Will be given out Friday	Due in Wednesday

Clubs

Breakfast Club	Every morning 7.45 – 8.50am
Lower Site After School Club	Every Day 3.15 – 6.15pm
Upper Site After School Club	Every day 3.15 – 6.15pm

Forthcoming Events

Friday 11 th February	End of Spring Term 1
Monday 21 st February	Inset Day – School Closed
Tuesday 22 ^d February	Start of Spring Term 2
Wednesday 23 rd February	Year 6 SATs Information Evening
Tuesday 1 st March	Secondary School Allocation Day
Wednesday 2 nd March	School Photographer – Class Photo
Friday 18 th March	Red Nose Day
Tuesday 29 th March	Parent/Teacher Consultations 5.30pm – 8.00pm
Wednesday 30 th March	Parent/Teacher Consultations 3.30pm – 6.00pm
Friday 1 st April	End of Spring Term 2 - 2.15pm Finish
Tuesday 19 th April	Inset Day – School Closed
Wednesday 20 th April	Start of Summer Term 1