

Reception Class Newsletter



Dear Parents and Guardians,

10th October 2025



Thank you for your support in working with your child at home not only with their handwriting but in using the QR codes to access the Read Write Inc. portal. Fred

Talk games help to embed blending letter sounds together, this is something we do throughout the day in school. This is so important in the pre-reading stage, being able to bend letter sounds together. As soon as your child is able to blend confidently the first set of reading books will be sent home. At home try Fred I Spy. Say: Fred says "I spy something r-e-d". Ask your child to repeat. Say: r-e-d red. Ask your child to repeat. Repeat with: b-l-oo, g-r-ee-n, b-l-a-k, b-r-ow-n.



In Maths the teaching focus has been on "pattern". Recognising pattern around us including stripes, spots, zigzag and so on and also being able to recognise simple repeating patterns, for example



Within "myHappymind" sessions the children are introduced to the different parts of the brain and the emotions felt when all parts are "awake", this is when we feel happy, excited, calm etc. When parts of our brain are "asleep" this is when we may feel angry, upset, worried, scared, "Happy Breathing" is a way to awaken these parts of our brain. Studies show that deep breathing and focused breathwork can stimulate the brain and this in turn regulates emotions. Happy thoughts and positive thinking, in general, support brain growth. The fact that 90% of a child's brain develops by age 5 evidences that the quality of a child's experiences in the first few years of life helps shape how their brain develops. Scientific research shows that these experiences have lasting impact on their health and ability to learn and succeed in school and later life. Negative emotions have the opposite effect. "myHappymind" is a whole school approach that aims to develop resilient, confident, independent children and enables them to understand how to keep mentally healthy. Over the course of teaching the programme the children will gain an awareness of how to naturally boost happy hormones through exercise, achieving goals, gratitude practice, social connection, diet and mindfulness. I'm sure as parents you realise the importance of these lessons within our curriculum.

If you have any queries about anything at all please let us know.

Reception Staff