

# Year 3

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Dear Parents and Carers,

What a fantastic week we have had! As it was Active and Wellness week, the children took part in a variety of activities ranging from cooking to meditation and all things in between.

The week was kicked off with a whole school assembly led by Mrs Lawn, where she explained the importance of wellness – not just of our bodies, but of our minds too. The assembly ended with a whole school dance which the children absolutely loved.

Throughout the week, the children have learnt about the importance of mindfulness and how being mindful can support them in their daily lives. Topics included awareness, attention, empathy, kindness and their senses. All of the children had a chance to do a meditation. As they enjoyed it so much, the Year 3 teachers are considering making it a permanent part of their class timetable. We used 'Smiling Mind' (free website online) if parents would like to have a go at meditating with their children.

The children attended a healthy eating workshop, which taught them the basics of a healthy diet. Later in the week, they made their own healthy pitta bread, carefully choosing their fillings. This was a huge success and the children thoroughly enjoyed tasting their creations.

During Wednesday afternoon, Year 3 took part in the sponsored run around the school. We are extremely proud of everyone's efforts, especially as it was quite a hot day! On Thursday, each class took part in a rugby session run by the London Scottish Rugby Club. The children learnt some great techniques and all of them enjoyed putting these skills into mini rugby games.

It was great to end the week with Sports Day and to see so many parents come along and support their children. We would like to take this opportunity to thank any parents who have helped out during the past 5 weeks in Year 3 ☺

We wish you all a restful half term and look forward to seeing you for the final part of the year.

☺ The Year 3 Team

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## Homework

**Science Project:** To prepare ourselves for the final science topic, we would like the children to find out about one of the following questions:

- Choose one animal and find out about its nutrition – What does it eat? Where does it get its food from? How much does it eat?
- Find out about the nutrition of a human - What do we eat? Where do we get our food from? How much do we eat?



## Date Reminders

Science Exhibition – Monday  
10<sup>th</sup> June 3:30 – 5pm in the  
Large Hall

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## Announcement/Reminder

Please remember that we  
return back to school on the  
*Monday 3<sup>rd</sup> June.*

Research your chosen question and present your findings how you like, for example, as a poster, leaflet, fact file, 3D model, etc. Be ready to show off your creation on Monday 10<sup>th</sup> June for our Year 3 Science Exhibition after school. Please note, power point presentations are **not** an option.

**Maths:** We have set a few more Mathletics tasks for you to have a go at over half term.

**Spelling:** quick/quickly, lucky/luckily, lone/lonely, late/lately, gentle/gently, usual/usually, frantic/frantically

**Phonics group:** human, argue, knew, attitude, neutral, conclude, glue

**Reading:** Please continue to hear your child read and to encourage them to record what they read in their diaries; please note that anything they read can be written down. There are usually some very well written sports commentaries on, e.g. the BBC news website – how about supervising your child reading a match write-up?