



Curriculum Newsletter

February 2024



This half term in Square Tower Class

What can I do to keep my body fit and healthy?

Square Tower have had a fun packed half term with trips, cooking and new animals to interact with.

Pupils enjoyed the different types of bikes down at Pompey Pedals and they were fascinated by the tunnels and artefacts at Fort Nelson.

The class have cooked a range of food from fish finger sandwiches and flapjacks to cupcakes and chicken wraps. They have become more confident in using the different appliances in the kitchen.

The pupils have met the rats and rabbits who are new to the animal care room. We have found that if you lie on the floor, the rabbits are more likely to come and say hello.

We have discussed what triggers different emotions in us, what our body does when we feel these emotions and we have shared strategies to apply in different scenarios to help us to feel calm. The class are more willing to share ideas with each other this term.

As a class we have reflected on strategies to support good quality sleep and ideas for bedtime routines to help us to settle and chill of an evening. Also, we have discussed different ways to get your body moving and the importance of maintaining a healthy lifestyle.

As usual, we have enjoyed lots of class games with a particular favourite this half term being 'The Sock Game'.



Happy Half Term!

There are lots of free events happening locally over half term.

PCC and the HAF team are running lots of events at Youth Clubs and Adventure Playgrounds.

<https://eequ.org/pcchouseholdsupport>

Here are some other free activities being run across the city this half term.

<https://www.visitportsmouth.co.uk/whats-on/searchresults?sr=1&rd=on&stay=2024-01-31&end=2024-02-29&cat=portsfreeev>

