



YEAR 6

September 2020

Dear Parents and Carers

We would like to welcome you to the start of a new year. The children have already settled in well and are very busy with their daily timetable.

Our Topic

Term 1: Alive and Kicking

Our topic primarily looks at the human body and how to maintain a healthy lifestyle. We will be taking a detailed look at the circulatory system and the impact of exercise on this. We will also be investigating what makes a healthy and nutritious diet.

Maths and English

In maths lessons, children will be learning about: number and place value, written methods for the four operations and fractions.

In order to support your child, you could look at the use of numbers in everyday life: cooking using fractions to measure the ingredients, converting ingredients from litres to millilitres and grams to kilograms.

It would really support your child if they were confident with their times tables. This would help them in all areas of maths. This term your child needs to learn the: corresponding division facts for the times tables up to 12×12 ; multiplication and division problems involving multiples of 10; and multiplication and division problems involving multiples of 100.

In English, we will be learning about: scientific reports and non-chronological reports.

In order to support your child, you could research how healthy eating affects the body; the children could use the Change 4 Life website to help them.

The spellings that your child will be learning this term can be accessed through our school website; it would be really useful if you could help your child to learn these spellings.

Please encourage your child to read at home every day and ask them questions about what they are

reading at every opportunity. We aim to change books regularly.

Your child may bring a water bottle to school. Please ensure the bottle is clearly named and only contains water.

PE

Our PE day is on Friday. Please ensure that your child has the appropriate PE kit. For outdoor games, the children need plain black/navy tracksuit bottoms, a plain white t-shirt, a plain sweatshirt and trainers. For indoor PE, the children need plain black/navy shorts, a plain white t-shirt and plimsolls. Every item needs to be clearly labelled and in a bag that will remain in school every day. Kits will be taken home to be washed at the end of each term. No items should be taken home during the term.

Homework

Homework is set on a Friday and will continue to support your child's education. It will include weekly maths and English activities as well as reading, some spelling investigations and multiplication facts. If there are ever any problems about the homework, please come and see us as soon as possible.



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Yours sincerely

Ms Houghton
Year 6 Class Teachers

Miss Wilkinson

Miss Roberts

Mr Stanfield

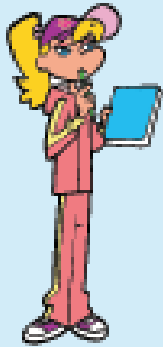
HOW YOU CAN SUPPORT YOUR CHILD'S LEARNING THIS TERM:

- You could take a look at the Change 4 Life website to learn more about healthy lifestyles: <https://www.nhs.uk/change4life>
- Why not try and make your own blood using the instructions below? Can you remember the function of each part?
- How about making some healthy snacks, such as: pizza, salads and sandwiches, using the Eatwell Plate?
- Complete the diary below to see how much exercise you take part in during a week.





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MY ACTIVE WEEK AHEAD

Use this chart to plan your active week ahead. Write down which activity you'll do and for how long. Aim to do at least 60 minutes every day. Walking to the bus stop or to school, playing in the park or playground, dancing, running and skipping all count!

My diary, by _____

Day	Morning	Afternoon	Evening	Total minutes
Monday	Activity	Activity	Activity	
	Minutes	Minutes	Minutes	
Tuesday	Activity	Activity	Activity	
	Minutes	Minutes	Minutes	
Wednesday	Activity	Activity	Activity	
	Minutes	Minutes	Minutes	
Thursday	Activity	Activity	Activity	
	Minutes	Minutes	Minutes	
Friday	Activity	Activity	Activity	
	Minutes	Minutes	Minutes	
Saturday	Activity	Activity	Activity	
	Minutes	Minutes	Minutes	
Sunday	Activity	Activity	Activity	
	Minutes	Minutes	Minutes	

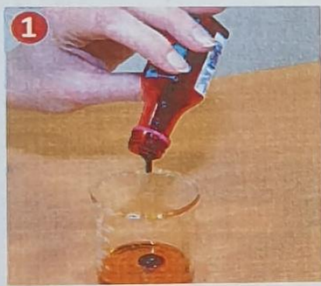


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How to make blood!

You will need

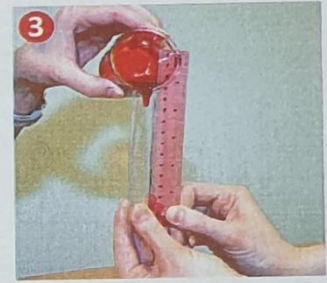
- Beaker
- Syrup
- Test tube
- Vegetable oil
- Test tube holder
- Red food colouring
- Milk
- Pipette



1 Pour 50 ml of syrup and a few drops of red food colouring into the beaker.



2 Stir the syrup and food colouring, until they are thoroughly mixed together.



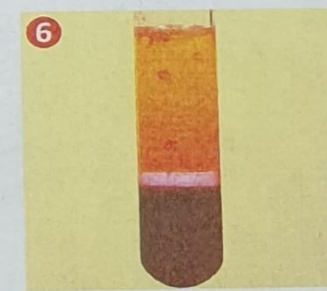
3 Hold the test tube and pour in the red syrup to a depth of 2 cm.



4 Use the pipette to add a small amount of milk to a depth of 0.5 cm.



5 Pour the oil on top to a depth of 4 cm. Cover the top of the test tube shake the mixture well.



6 Allow the mixture to stand for approximately one hour.

What can you see? Look out for:

- a yellowy layer on the top representing plasma
- a thin, cloudy layer in the middle representing the white blood cells and platelets
- a red layer at the bottom representing the red blood cells.

What next?

Find out about the function of each component: plasma, white blood cells, platelets and red blood cells.