

Sharing our School Focus with Home

January 18th 2016.



PE- Gymnastics.- January

In Holy Trinity NS, each class undertakes gymnastics as part of the Physical Education Programme during the month of January. Half of our new school hall is set out with the gymnastics equipment for the entire month.

The focus is on body action such as jumping, turning, swinging and balancing and with the control and management of body movements in increasingly challenging situations. Movement tasks are set to match children's stages of development, and provide all children with opportunities for achievement. The gymnastics programme challenges the pupils in an age appropriate manner, taking into consideration their previous experience and mobility.

The gymnastics curriculum also emphasises the importance of safety when handling equipment. Our PE programme is 'spiral' in nature and specific skills are identified for each class-group.

To Do: *Ask your child to tell you one new skill they have learned this week in their PE Class.
Ask your child to tell you one safety rule when doing gymnastics.*

Healthy Drinks

At School Assembly we discussed the importance of looking after our teeth. We reminded the pupils that it is important to take regular drinks during the day. In school we allow pupils to take short drinks if desired at transition times. The only drink allowed at these transition times is **water**. While juices and cordials are allowed as a lunch-time drink, water is the only drink allowed during class-time. Fizzy Drinks are never allowed. We need to mind our teeth.

Saying Thank You

At school assembly, we reflected on all the wonderful gifts we may have received during the recent holidays. We remembered all the treats. We thought of all the kind words and wishes we received from our friends and families. Just in case it was never said, it is never too late to say 'Thank-You'.

Saying 'Thank-You' to someone will always make them smile. This week, we might just remember someone we need to thank.

Poetry Reading

This week our sixth class prepared a number of pieces of poetry for our school assembly. The class performed a 'choral reading' of "***I Tried to Do my Homework***" by Ken Nesbitt. Pupils also read two other poems by Ken Nesbitt- "***The See-Food Diet***" and "***I Bought a Maserati***".

Many pupils were anxious to hear and read the poems again. You can find these poems and many more funny poems by Ken Nesbitt on his website -**[Ken Nesbitt's Poetry for Kids.com](http://KenNesbittsPoetryforKids.com)**.