



Year 5



A Journey Through France

Our topic this half term is *A Journey Through France*. We have been finding out loads about this amazing country including where it is, how to get there and its many attractions. In English, we are writing a non-chronological report about Paris. This will help us then write a report about a place of our choice. We can't wait to share them with you!

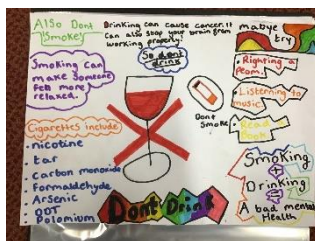


RSHE

Recently we have been learning about the importance of sleep in our RSHE lessons. Pankhurst Class have come up with some Top Tips to try and help those who struggle. We have also been learning about the effects of legal substances, thinking about why people use them and what they could do instead in order to be more healthy.

Pankhurst's Ideas for How to Sleep Better

- Start a bedtime routine (e.g. have a bath, read a book).
- Go to bed and wake up around the same time each day.
- Try to increase the time that you sleep each night gradually.
- Avoid listening to/watching scary things before bed.
- Go to bed when you feel tired.
- Don't go on your phone, watch TV or go on your tablet for at least an hour before bed.
- Avoid doing anything that interests you too much before bed.
- Make sure your bedroom is dark, quiet and not too hot or cold.
- Play some relaxing sounds, music or audio book.
- If you have a lot on your mind, write down your worries or speak to someone you trust about them before going to bed.
- Meditate.
- Avoid thinking about things that make you sad, think about things that you're grateful for.
- Try to exercise/get outside for at least half an hour every day.



Maths

We have been working hard on multiplication and division so far this half term. We are getting to grips with the column method for multiplication and are learning how to use the bus stop method to divide. As ever, a brilliant knowledge of times tables facts really helps with this so lots of practise on TT Rockstars will hugely benefit!

VERY IMPORTANT

- Filled water bottle
- Warm coat
- Change of footwear