



P7 Class Newsletter
Tuesday 10th September 2019

Dear Parents,

Primary 7 is well and truly settled into the new term! Below you will find some information about what the pupils will be experiencing and learning over the next while. I hope you find it useful. Please do not hesitate to get in touch if you have any questions.



Food Education: Science, Nutrition and Hygiene

This topic brings together health and wellbeing, science, literacy and numeracy. Over the next two terms, P7 pupils will:

- examine the links between energy, food and health
- contribute to a healthy eating plan
- learn about food hygiene, cleanliness and safety
- study food journeys, seasonality, availability, sustainability
- investigate food labelling systems
- consider the influence of advertising and media
- investigate the importance of food and the significance of fasting for people of different faiths and beliefs
- understand the interactions and energy flow between plants and animals in ecosystems, food chains and webs
- investigate how plants have benefited society
- develop an informed view of the risks and benefits of fertilisers



P7 Food for Thought Project

By the end of next term, P7 pupils should be able to cook 4 different healthy main meals. The P7s will vote on which meals they would like to learn how to cook. They will work together to ensure that the recipe is as healthy, balanced and seasonal as possible. They will then cost and source the ingredients before cooking the meal in school. They will also learn to cook their own pizzas at Pizza Express in January!

Cooking will take place with Mrs Laird & Mr Christie on Monday mornings, in groups of 5 or 6. Please could each pupil bring in a named plastic tub in each week? (A carryout tub is ideal.)

Whilst half the class are busy cooking, I will support the rest of the class to update their food blog with easy to follow recipes. That way, the P7s can cook the meals again at home! Please follow this year's Food@GUPS blog so you can see their progress: <https://2019food.school.blog/>

Literacy & English



Reading & Writing

This term, the focus will be on reading and writing for information. Pupils will read and discuss non-fiction texts as well as improving their writing of instructions, reports and recipes.

Numeracy & Mathematics



Mental Agility

P7 have recently completed assessments on their knowledge of basic facts and have set personal targets to work on over the next three weeks or so. Most pupils need to work on their recall of multiplication and division facts. The maths packs contain lots of ideas to help with this.



Measure

Over forthcoming Thursdays the children will learn how to use the common units of measure, convert between related units of the metric system, make accurate estimates and carry out calculations when solving problems.

Health & Well being



Buddies

P7 buddies have made our new P1s very welcome. They have been providing lots of practical help, especially in the cloakroom, canteen and playground.



I teach P7 PE on **Wednesdays** and Mr Berrett teaches P7 PE on **Thursdays**. This term the pupils will develop their rugby and football skills. Pupils are welcome to keep their PE kits on their cloakroom pegs or in their trays.



Modern Languages



French

This month the focus will be on emotions, moving on to food next month. P7 has planned out some tasty experiences – I have been given quite a shopping list for my next visit to France in October! P7 will try different foods, have a go at making their own baguettes and research food customs as well as learning new words and phrases.

Gaelic

Each Thursday afternoon, Mrs James will be revising Gaelic greetings, introductions, colours and numbers with P7.

Homework

Homework will be issued on a Monday to be returned by Friday. Each week there will be a minimum of two tasks, usually focussed on literacy & numeracy. Please note the grid of suggested spelling activities at the back of the homework jotter.



Parents Needed! Loch Insh Fundraising Opportunity

Debbie McWhirr is serving teas, coffees and home baking at an event at the Craigmonie Centre on Tuesday 17th September, in order to raise a bit of money for Loch Insh. This will help to buy some extra fruit and other snacks for our common room. Could any of you help Debbie by donating home baking to the Craigmonie Centre on Tuesday? Or give her a hand serving the teas and coffees? Let me know if you can help and I'll put you in touch with Debbie. ☺

Class Blog

Please subscribe to this year's class blog via <http://www.glenurquhartprimary.org.uk/> or visit <https://2019primary7.school.blog/>

Yours sincerely,

Miss Kirstine Mullin

P7 Class Teacher