

Term 1 Autumn 2025

HOW OUR BODY WORKS

1st September – 17th October 2025

Half term 20th – October – 31st October

Dear Parents,

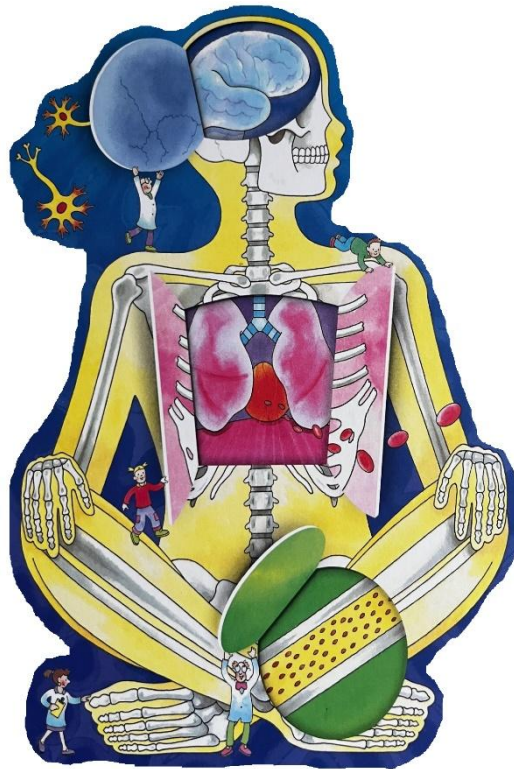
We hope you have all had a good Summer and look forward to hearing all about it in our Circle Times this term.

Welcome to the new families who are joining us this term and welcome back to our existing families.

We are about to start our exciting new year of learning and discovery.

Our first term is all about the human body. So we can better understand who we are and what we can do to stay happy and healthy.

We will talk about what makes us all the same and what is different, the parts of our body outside and inside.



STAYING CLEAN

We will look at good hygiene habits such as, washing our hands and brushing our teeth and how these actions can help us to stay healthy by getting rid of germs.

EXERCISE

We look at our physical wellbeing: Why we have bones and how we use our muscles and why it's important to exercise.

DIET

We will also investigate the digestion system; how it works and why we need to eat a healthy diet. Explaining that eating healthy foods good for our growing bodies and mind.

WELLBEING

We look forward to helping the children better understand their world by learning about who they are, how they feel and naming different emotions.

All our learning will be done through active play, songs, creative crafts, stories, yoga and our informative circle time.

INFORMATION

Please bring with you a change of clothes and outdoor wear– Autumn is a very changeable season so please ensure you provide waterproof, warm clothing when required.

If your child is in nappies please provide 2 per session. Unless your child is on the brink of potty training we prefer NOT to use pull ups – they can be time consuming to change especially when we are all dressed for colder weather.

If you are staying for lunch please provide a packed lunch which is nutritious, fresh and colourful with **no NUTS**. I will send out some useful ideas via WhatsApp.

Water bottles can be brought in, however we encourage all children to drink from an open cup at meal times.

You can also bring in one favourite toy or book to show and tell.

We look forward to seeing you all next week.

Best wishes from

College Fields Dream Team

