



Reception Welcome Evening



Young bookworms give their brains a boost

Eleanor Hayward Health Correspondent

Young children who love reading grow up to be cleverer teenagers with better mental health, a study has found.

Research by Cambridge and Warwick universities found that reading a lot between the ages of two and nine was linked to better academic performance at secondary school, greater happiness and a reduced likelihood of depression, anxiety or behavioural problems.

Bookish children spent less time on their phones or watching TV. Scans revealed that they had bigger brains.

The study was based on data from more than 10,000 children in the US. Its authors urged parents to "do their best to awaken the joy of reading in their

children at an early age", adding that policies to encourage reading could help mitigate the mental health crisis in children since the pandemic.

Professor Barbara Sahakian, of the psychiatry department at Cambridge, said: "Reading isn't just a pleasurable experience. It's widely accepted that it inspires thinking and creativity, increases empathy and reduces stress. But on top of this, we found significant evidence that it's linked to important developmental factors in children, improving their cognition, mental health and brain structure."

Half of the children involved in the study had not read books in their early childhood while the other half had spent three to ten years reading for

enjoyment. The groups were compared through a series of assessments aged 11 to 13. The results were adjusted for other factors such as family wealth.

Experts said that the optimal amount of reading for pleasure as a young child was about 12 hours a week. If children read for significantly longer than this, their overall health appeared to decrease, which researchers said was likely to be because they were more sedentary and did not exercise.

The study highlighted the importance of improving access to books and libraries, a particular problem in deprived areas. It was published in the journal *Psychological Medicine*.

We're failing children who need our support, Alice Thomson, page 29

September 2025



Reception Reading Workshop

- Whilst Reception meeting didn't have a PowerPoint, as it was a Reading Workshop, some key messages were passed on which are noted in this PowerPoint.
- Tuesday 16th September 2025

The Team:

- Miss Leigh Teacher
- Mrs Taylor TA Monday to Friday
- Mrs Fryer TA Monday pm, covering my PPA



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The main aims for Reception

- This is the start of their formal education, they are going to be in school for a good few years, we want them to LOVE it!
- For each child to feel safe and happy at school
- For each child to achieve his or her full potential
- For each child to develop increased independence, so that they are ready for their next steps



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Routines

- All about settling in this half term.
- Phonics before Lunch daily.
- Maths daily with a math morning which is all maths games on a Wednesday.
- PE- Thursdays and Fridays, Jungle Journey and gymnastics floor. Children need to make sure they have pumps, shorts and a plain white t-shirt in school. In line with our PE policy please ensure that children are not wearing any jewellery and if ears are just pierced tape is provided to cover earrings. Also, it may be helpful to make sure the children are wearing clothing that they can easily change in and out of, pinefores can be a bit tricky at the start of reception 😊
- Home Learning – writing and reading given weekly.



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Why develop independence?

Developing independence promotes self-esteem and confidence. It promotes motivation and perseverance in school.

In becoming independent, the child also gains a sense of importance and belonging. They feel they are able to contribute to the world and social life surrounding them whether at home or school. They also feel more reassured in their friendship group.

By offering children activities that make them more independent, you allow them to gain confidence. While teaching them new skills, you also help them to develop qualities such as patience, concentration, self-help, cooperation, self-discipline and self-trust.

Plus is it one of our Early Years Goals that the children are assessed against. It is a Prime Area of learning.

What independence looks like in Reception Our Expectations

- Getting dressed and undressed themselves in a morning, and then in school for PE.
- Lining up when the bell goes and walking down the steps with their things on their own in a morning.
- Responsibilities within class such as handing out cups for milk/ collecting in equipment.
- taking the register to the office.
- Self-organisation – bringing in and taking home own water bottle, reading bag.
- Initiative – encouragement to solve problems themselves eg they need a rubber, go and get it from the rubber tray.
- Choices and consequences – The Delph Ways. We have a simple 'Respect Safe Ready' to follow in Reception.
- Care for uniform, equipment, own possessions and those of others.





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Reading Workshop

- We follow the Read Write Inc Scheme.
- Initially, children will bring in their bookbags on a Thursday and then take them home on a Friday. There will be home learning, which includes handwriting practicing correct letter formation (to be done with an adult) and games like match the picture to the sound. And lots of oral blending. **ORAL BLENDING IS SO IMPORTANT 😊 practice by using simple games as noted in your packs like Simon says, put your hands on your h-e-a-d. Also make sure you are using the synthetic sound.**
- In November, once all the sounds have been taught, the children will have set reading days. Where each child is given a time in school to read with an adult. When they are ready they will be moved through the scheme first receiving 'ditties', then once they're ready books.
- Little and often works best in Reception, one line of sounds per night, a 5 min reading/sounds session per night (or morning may work best).
- Please write any feedback in their purple books. Its lovely when we can comment to the children things you have written about what they have tried hard with.



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How can you help at home?

- Writing using correct letter formation, this is so tricky to correct if they get into bad habits. It is so important that they start this with support and it is reinforced at home with their home learning.
- Talking – using who, what, where, when why. From my own experience asking my children whether they had a good day, just gave a one word answer. Tell me who you sat with at dinner and what you chatted about, tell me something funny that happened, focusing on positives is a great place to start.
- Reading to them and with them. They gain so many skills by experiencing being read to.
- Maths- White rose app which is free to use. Ordering numbers written on bits of paper, reading numbers. 'Our Mastery of Number' scheme has the characters from Number Blocks on BBC, and some clips that help with their learning.



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Contact

- Pass a message via the office or office email (not class teachers' email as they may get missed).
- Catch me at the start of the day once the children have entered the school. Or the end of the day, please be mindful that I need to see the children out safely so won't be able to speak to you until they have all been paired with a parent or carer.
- If urgent phone not email
- Tapestry for updates.



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We're looking forward to working in partnership with you to ensure pupils have a productive, happy and successful year ...

Please trust that we absolutely want the best for your child and make all decisions with the pupils' best interests at the centre!