



Nettlesworth Primary School  
Front Street  
Nettlesworth  
Chester le Street  
Durham

2<sup>nd</sup> March 2026

## Welcome back to Spring 2!

Dear Parents and Carers

Welcome back to school everyone and spring term 2. I hope you have enjoyed your half term break and are looking forward to the new half term.

In class 5 we are looking forward to having lots of fun learning new things and consolidating our learning so far. This half term our topic is Blood Heart We have lots of exciting things planned and more information will follow. Please keep an eye on our section of the school website to find out about all the exciting things we are doing in class.

Crimson, scarlet, burgundy, cherry. Blood flows through our bodies in all its vibrant shades of red. Let's explore our circulation system. Now, surgeons, don't be squeamish as we dissect an animal heart and examine the veins, arteries and chambers up close. They all work hard to move blood around our bodies. William Harvey was fascinated with anatomy, and made ground-breaking discoveries about valves. I wonder what we might uncover? Why do people give blood? Find out how to keep your heart happy with cardiovascular exercise and healthy food. Kickstart a campaign to spread the word about the damage caused to the lungs and heart by smoking. Hearts pound, flutter and maybe skip a beat. What makes your heart race? Is it a secret? Cross my heart, I won't tell.

Just a few notes for your diary. Homework will continue to be given out on a Monday and spelling lists on a Wednesday. We expect homework to be returned on a Friday morning and spelling tests take place the following Monday.

Finally, PE kits! Please send in a PE kit on a Monday and leave it at school throughout the week. We will return this home on a Friday. Our PE days change each half term depending on available coaches in school.

If you have any questions, please feel free to ask.

Many Thanks

Rebecca Aspinall

# Blood Heart



Let's explore our circulatory system!

At the start of our project, we'll dissect an animal heart, finding out about the different parts and how the blood flows. Afterwards, we'll write a report of the experience and use software and models to learn more about how the circulatory system works. We'll use a data logger to measure our heart rates and test how it is affected by exercise. In D&T, we'll make model hearts, and test materials before making a stethoscope. As part of our music work, we'll use our bodies as percussion instruments and feel our pulse. We'll read shape poetry, and write poems inspired by the heart. We'll learn about how smoking affects the heart and write adverts to persuade people to stop smoking. We'll visit the 'Give blood' website, and make a flow diagram to illustrate the circulation process.

At the end of the ILP, we'll create fact files to share what we have learned.

ILP focus	Science
English	Non-chronological reports, poetry, slogans and adverts, biographies, stories
Science	Human circulatory system, measuring heart rate, history of blood groups, lifestyle effects
Art & design	Modelling and sculpture, abstract art
Computing	Using websites, flow diagrams
D&T	Selecting tools and equipment, healthy recipes, product packaging, working models
Mathematics	Pie charts
Music	Pulse, heart raps
PE	Cardiovascular exercise

## Help your child prepare for their project

Your heart will be with you forever, so it's important to look after it. Why not research heart-healthy foods together and try out delicious, nutritious recipes that will make your heart happy? You could also set up an obstacle course in the garden and take each other's pulse before and after exercise to see how it changes. Alternatively, you could investigate advice for keeping your heart healthy and make an informative poster.