

Nursery Weekly News

05.7.21



We hope you have had a pleasant weekend.

Last week the children enjoyed Minibeast hunting in the garden and found lots of different kinds. We also enjoyed revising rhyme and sharing the book *Each, Peach, Pear Plum*. We identified the characters in the book and later in the week shared the story of Cinderella, as not all the children knew it. An interesting discussion that took place this week was about jobs that people do. The *Understanding of the World* section of the early years curriculum guidance has the learning statement 'show an interest in different occupations' so we have tried to introduce the children to ideas about the kinds of jobs people do. They will cover this again in Reception. However, you might want to talk with your child about the kind of work you or other friends and family do. We have heard some very interesting ideas this week about parents' work, and I would guess only a couple of children came close to an idea of what their parents might do. Working from home has perhaps made work a bit more visible to the children as some did tell us their parents 'talk to the computer' for a job.

This week is **Sports & Health Week**. In Nursery we will be having a focus on health and physical activities. We will talk about the need to eat different kinds of foods and the importance of drinking plenty of water, sleeping well, exercising, and keeping ourselves clean. We will also be building more physical activity into our day. Friday is the school Sports Day. Although sadly it will not be a usual kind of Sports Day, we will have time on the field with Reception who are in our bubble to spectate each other doing some races. From practising last week, the children seem to really enjoy it. Please make sure the children are dressed appropriately to run and have on shoes or trainers that they can comfortably and safely run in, thank you.

Best wishes

Ellie Green & Kelly McIlroy



Building Blocks for Reading

Sounds

We have been revising the sounds and blending sounds to make words. Don't forget if you would like the Set 1 sound cards, they are available to buy at the school office. The writing rhymes are on the bottom of the cards. I sent home a sheet with these on last term. If you would like another copy, please ask.

Phonics Game

Hunt the Sounds (or words)

Use a set of letter cards for the sounds we have learnt, or if your child is now very confident you could use key words. Hide a number of them around a room (your child must not look). Your child must find the cards and bring them back to you saying the sound or words they find as they find them.



Activities this Week

This week we will have more focus on physical activity and health. It might be of interest to you to know that the National Association of Sports and Physical Education recommends that **every day** pre-schoolers should:

- Get at least 60 minutes of structured physical activity (adult-led activity)
- Get at least 60 minutes of unstructured physical activity (free play)
- Not be inactive for more than 1 hour at a time (unless sleeping)

For your information I have also included the NHS guidelines on the reverse this newsletter.



FACTSHEET 2

Physical activity guidelines for

EARLY YEARS (UNDER 5s) – FOR CHILDREN WHO ARE CAPABLE OF WALKING



1. Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.*
2. All under 5s should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

* Most UK pre-school children currently spend 120–150 minutes a day in physical activity, so achieving this guideline would mean adding another 30–60 minutes per day.

Individual physical and mental capabilities should be considered when interpreting the guidelines.

Examples of physical activity that meet the guidelines

Physical activity is likely to occur mainly through unstructured active play but may also include more structured activities. Activities can be of any intensity (light or more energetic) and may include:

- Activities which involve movements of all the major muscle groups, i.e. the legs, buttocks, shoulders and arms, and movement of the trunk from one place to another
- Energetic play, e.g. climbing frame or riding a bike
- More energetic bouts of activity, e.g. running and chasing games
- Walking/skipping to shops, a friend's home, a park or to and from a school

Minimising sedentary behaviour may include:

- Reducing time spent watching TV, using the computer or playing video games
- Reducing time spent in a pushchair or car seat – this can also help to break up long periods of sedentary behaviour

What are the benefits of being active for at least 180 minutes each day?

- Improves cardiovascular health
- Contributes to a healthy weight
- Improves bone health
- Supports learning of social skills
- Develops movement and co-ordination

For further information: *Start Active, Stay Active: A report on physical activity for health from the four home countries** Chief Medical Officers (2011)