

Nursery Weekly News

10.7.23



We hope you had a nice weekend. Thanks so much for wearing yellow last Friday and for the contributions for the Cystic Fibrosis Trust.

Although the children are still enjoying learning about mini-beasts and life in the garden, over the next couple of weeks, we are going to start to think about holidays and journeys. Hopefully the weather will not be too rainy this week, and we can enjoy lots of outdoor fun and water play. We do encourage children to wear water aprons, but it would be a good idea to make sure the children still have a **spare outfit** on their pegs over the next couple of weeks in case some get a bit too soggy!

Children who are transitioning to school are going to have their **visit tomorrow**. Parents don't need to do anything different to usual. The children need to come to nursery for 8:30am and we will register them and take them through for their visit and we will send home from nursery.

On Wednesday morning there is an opportunity for parents to join the children for activities from 9-9:30am if you would like to. As all the afternoon children have only been with us since April and will still be with us next year, we will ensure there is another opportunity then for parents to join them.

Please could we ask that you send in a fairly good-sized **carrier bag** this week (with a name on) for your child to bring home any pictures etc. Also, please return any schoolbooks that have gone home in book bags by the end of the week. That would be really helpful, thank you.

Next week will be **Sports & Health Week**. In Nursery we also 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, keeping ourselves clean and brushing our teeth. We built in more activity through our week and enjoy additional physical activities.

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)

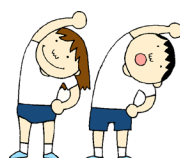
Please see the guideline for physical activity for under 5's below.

On Friday the children have their first taste of a sports day. Thankfully most 3- and 4-year-olds love running and don't care too much about who comes where, they just enjoy the feeling of running. For some the crowd might be a bit daunting, so thank you in advance for your support cheering everyone on and making the children's experience a good one. For further details about sports day please refer to the Woodstock Weekly. Our time for races will be 9:15-10:15am. If any of the afternoon children would like to come along with their parents, they are welcome, but if it's not convenient don't worry as they will have another opportunity next year.

If you could make sure the children have practical shoes on this week and next for running that would be really helpful, thank you.

Best wishes

Ellie Green & Kelly McIlroy



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)