

Nursery Spring 1 Newsletter



Healthy Me



Welcome to spring term 1! This term we are excited to introduce our new whole school topic 'Change for Life,' where we will learn all about our bodies and how to stay active and healthy. Through well-loved stories such as 'The Hungry Caterpillar' and 'Supertato,' we will think about foods that give us energy and help us to grow. We will use our touch, smell and taste to explore different fruits and will learn to use tools safely and independently to make our own healthy smoothies.

Through our superhero focus we hope to discover who helps us in our community, while our Growth Mindset friend 'Charlie Challenge' will inspire us to keep trying and to think of different ways of approaching a task, even when we make a marvellous mistake! In our classroom we will have access to new areas that will help us to challenge ourselves and to become more independent in our learning.

The Nursery Team

Dates for the Diary:

Wednesday 20th January- 'Healthy Me' Café: more details to follow.

Monday 15th - Friday 19th February- Half term break.

Our Curriculum:

Communication and Language (C&L)

While sharing familiar stories, we will learn new vocabulary and listen to the ideas of others. We will sing a song to help us remember the days of the week and talk about the past, present and future when sharing our experiences.

Personal, Social and Emotional Development (PSED)

Charlie Challenge will help us to take on new challenges with a 'can do' attitude and will model how to access new areas independently. We will think about our superpowers and talk about our strengths and the strengths of others.

Physical Development (PD)

As part of our 'healthy me' focus, we hope to learn more about our bodies and how to stay healthy. The story 'From Head to Toe' will enable us to orally label

the different parts of our bodies and observe how we feel when we make different movements such as running and jumping. Through squashing, rolling and pinching play dough to music in our dough gym sessions, we will strengthen our hand muscles to help us become marvellous mark makers!

Literacy (L)

As part of our phonics programme, we will begin aspect 3 of the phase 1 Letters and Sounds curriculum, whereby we will focus on sounds we can make using our bodies, such as by tapping, stomping and clapping. Using the 'tales toolkit' approach, we will describe the main character, setting and problem within 'The Gingerbread Man' and use the vocabulary "beginning," "middle" and "end" when exploring the structure of the tale. In the story 'Oi Frog,' we will listen to rhyming words and have a go at matching rhyming words to make silly soup!

Maths (M)

Each week, we will continue to share different representations of a new number, for example by identifying the number on a dice, counting out on our fingers and using numicon tiles. Using fun rhymes we will practise writing numbers in meaningful contexts, such as to create a healthy shopping list. With our Charlie Challenge skills, we will help the Gingerbread Man to solve a sharing problem and use simple sentences to explain our reasoning. We will hunt for and describe 2D shapes using mathematical language and help Supertato to find and trap "small," "medium" and "big" Evil Peas hidden in our classroom!

Understanding the World (UW)

Using our investigative skills, we will discover which materials 'sink' and 'float' to make a boat for the Gingerbread Man to cross the river. As part of our 'healthy me' topic, we will find out the Hungry Caterpillar's favourite food and will observe what happens to different foods over the course of two weeks. We will find out about how the Chinese New Year is celebrated and have a go at some traditional Chinese activities.

Expressive Art and Design (EAD)

Through movement, role play and music we will express our ideas and recreate our experiences, for example by pretending to be characters from our favourite stories. We will draw our new self-portraits and experiment with different textures, colours and shapes to create our own mini beast collages inspired by the illustrations of Eric Carle.

Useful websites:

Find out more about Eric Carle here: <https://eric-carle.com/>

Some fun activities to help your family stay active at home:

<https://www.nhs.uk/change4life/activities>

Phonics play (phase 1)- <https://www.phonicsplay.co.uk/>

Top marks- <https://www.topmarks.co.uk/>