

Dear Nursery Parents,

I hope you are all well and safe at this very difficult time. All of the staff at the nursery are missing the children and looking forward to the nursery opening its doors again. Unfortunately, none of us know when that will be. In the meantime, I will be giving you some ideas that you can do at home to help educate and help your child. Whilst nursery is not compulsory education it is really very important that we still prepare them for their year in Reception. So here are some general things I have been thinking about.

#### So firstly, what do we tell our children?

I think it's essential to answer questions truthfully but only answer the question your child asks, there is no need to elaborate! They will normally be very happy with a simple explanation. There is lots of advice on the internet. Have a look at websites you know and trust like the BBC or Gov.uk. Read it first then you will be prepared for questions your child might ask.

#### Reducing Risk

Make sure you are up to day with all the latest health advice and endeavour to keep you and your family safe. Teach your children how to wash their hands properly. We had started doing this at school so hopefully they will remember. Some parents have been using soap, pepper and water to show how the virus spread. Here is the link, watch it first and decide if its suitable for your child.  
<https://www.youtube.com/watch?v=uvG6uBq-dVO>

#### Sleep

Please remember that sleep is so important for a child's development so try to maintain normal sleep routines. I spoke about this at the last parents evening and cannot stress enough how important this is.

#### Activity

Its very important to do some physical activity every day. When you go out for your daily exercise include some running games. Have fun with the family, play games like, first one to the... hide and seek etc.

#### Diet

Its vital to eat well and drink plenty of water. Exercise and a good diet are important for both mind and body. Try to ensure they fresh fruit and vegetables every day and not too many sweet things.

#### TV/Internet

Its easy to sit your child in front of the TV/internet and let them watch it for long periods of time. Try to be a little inventive. Audible has released 'a collection of audio books' for free. There are lots of children's stories on there. This normally costs around £15.00 and is free while the schools are closed.

There are on line PE lessons every weekday at 9am with Joe Wicks on You Tube. I have tried it and I can guarantee the whole family will have fun and be out of breath.

Carol Vordeman has given free access to 'The Maths Factor'. Its aimed at 4-11 years olds. Again, it's free while the schools are closed.

Pinterest has some great ideas and is free, just type 'minibeasts EYFS' (Early Years Foundation Stage) it will give you some great ideas.

### Time

There are 1,440 minutes in a day! Please try to spend 20-30 minutes a day teaching and listening to your child. I mean really listening. Turn off your phone and computer and set aside a little time to spend with your most valuable asset. It doesn't have to be done all at the same time but don't let a day go by without doing this. This is the most valuable advice I can give you.

### What would we be doing in the nursery?

#### Literacy

We have been learning to write our name. Please refer to the red file you have at home. Remember the letter patterns and either draw them on paper or use flour or sand to write on. If you use paper always draw a line so your child can see each letter begins on the line. Use a capital letter for their name and lower-case letters for the rest of it. The handwriting letters we use are in the red folder, have a look so you know the formation of each letter. We have been learning the sounds s,a,t,p,i,n. If you have a look on You Tube (Jolly Phonics) you will find the actions songs that go with each letter. The reason we start with these sounds is so when the children know the sounds, they can blend them to make CVC words such as sat, tap, pat, pin, pan, sin, nip, nat. You can also come up with some nonsense words like tas!

I have also been teaching the children to listen to rhyme. This is really important for them. If they can hear rhyme then this will help them with their independent spelling later. If you can spell hat you can spell mat, sat, cat, bat etc. There are some lovely stories out there. Julia Donaldson has some great stories. Can your child fill in the missing rhyming word when you read to them?

Sing with your child, they love to sing and dance! Have a look at some nursery rhymes and children's songs on the internet. You can learn them too!

If English is not your first language try to spend some time everyday speaking some English. It's vital that your child can communicate with us when they return to school.

#### Maths

Most of the children now recognise a few numbers and this is fantastic! But what they find difficult is giving you the right amount of things. I.e. Matching numbers to quantities. You don't have to sit down at the table to do maths. When you are getting dinner ready ask them to get 5 potatoes, 4 forks, 3 plates etc. Get them solving real life problems. There are 3 of us in the family and we all want two strawberries each. Can you get that many? How many are there? Cut an apple up and share it out equally. You can be very imaginative and the children will have fun and learn. Look for numbers and shape in the environment.

Play board games. This teaches the children how to take turns, recognise numbers and even lose Oh dear, this is always hard to do 😊

#### Topic work

Our topic for the next half term is 'Minibeasts'. This is a lovely topic to do with the children, especially when the weather is warm. You can do this in your garden if you have one. Look under stones and see what you find. Can you name it? If it has 6 legs it's an insect. How many body parts does it have? What colour is it? Can you draw it? Maybe take a photo and then you can paint it when you get home. Always replace the stone very carefully afterwards. Look around for other animals. All the children now know what a Robin is and some children know other bird names. It's

easy to spot seagulls, blackbirds, blue tits, pigeons and magpies. Do they know the difference between a male and female Mallard duck? Look at the dragon flies and notice how they hover and have a look at you! Butterflies have just started appearing and make lovely symmetrical patterns you can do at home by putting some paint on a piece of paper and folding it in half. Ladybird spots make great counting games. Throwing a dice and putting some black spots on a paper ladybird is a great way to include some maths. Teach your children to be kind to all God's creatures, even the very tiny ones.

I hope this information helps you a little. Please take care of yourselves and your family.

Very kind Regards  
Debbie