

## Nursery Newsletter

24/02/2024



Dear Parents and Carers,

A busy week in Nursery. The children are certainly growing taller and becoming Reception ready. We are now half way through the Nursery Year, it's unbelievable how fast it is going. The children did lots of exploring this week with lolly sticks and blu tac! The focus was on revising 2d shapes whilst talking about the number of edges different shapes have and having a go at making them. The children found it quite tricky to begin with but many were successful at not only making simple shapes like squares, triangles and oblongs, but went on to create other models. The children showed good perseverance and did really well working with focus and determination alongside sharing the resources.

Recent training staff have attended has been based on using elements of **Theraplay**. This is a structured form of play therapy, the aim of which is to enhance attachment, self-esteem and trust in others. It works by regulating the lower brain stem which supports a child's emotional regulation. Many children benefit from the activities suggested on the course, especially those children who are struggling maybe with meltdowns and being able to label their emotions. It also helps children to take responsibility for their behaviours, can develop better coping strategies and can build skills for creative thinking and problem solving. It works with a child's natural inclination to play and can develop respect and acceptance of themselves and others. A simple activity we tried this week was **cotton wool football**. Using straws and a cotton wool ball or a feather, blow the cotton wool ball/feather backwards and forwards to each other. This was good for turn taking and blowing into the straw (which some children found difficult) is a good way to calm down and settle the mind if the child is feeling stressed. **Feather blow** is another activity you could try. Stand with hands slightly cupped and gently blow the feather between each other. **Balloon Tennis** Hit the balloon harder then softer, count how long you can keep the balloon up in the air. Try using your elbows or foot to add challenge!

Our Big Book focus this week was **Numbers 1-5**, a non-fiction book. There was lots of counting involved and labelling parts of animals bodies and our own bodies which we have a certain number of. If there are two children, how many elbows, shoulders, nostrils and so on using vocabulary that the children don't use as often.

We have an amaryllis plant in our Nursery. The children can't believe how all of a sudden it is growing a couple of centimetres each day. We have been measuring the stems using a piece of sting and marking it. Then checking the next day. Hopefully next week the buds will open up revealing three flowers from each bud. Definitely a sign Spring is on its way. We have also drawn the children's attention to the flowers in the outdoor flower beds which all of a sudden have suddenly appeared.

Warmest wishes,  
Mrs Riley