

Our rhyme/song of the fortnight is:

How to wash your hands NHS song

Wet those hands and apply some soap!

Rub the palms, one, two
Rub the knuckles, one, two
Rub the inside of your fingers and
the back of them too.
Rub the thumbs one, two
And the nails, one two
Now time to rinse
Happy clean hands for you!



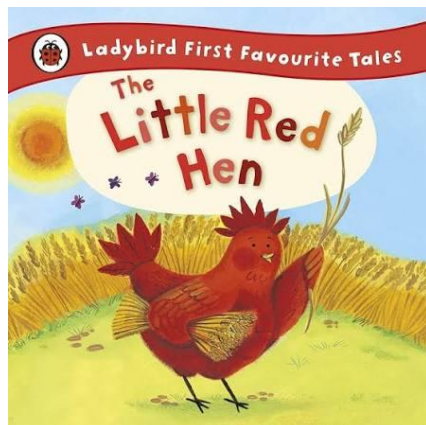
What to do at home together:

- Talk with your child about germs and the importance of washing our hands.
 - Talk about when we need to wash our hands.
- Sing the song together, particularly when children are washing their hands.
 - Watch the song below to see all the actions and sing together.
<https://www.youtube.com/watch?v=S9VjeIWLnEg>



Big Nursery – WC 21.09.26 & 28.09.26

Our book of the fortnight is: The Little Red Hen By Ladybird Picture Books



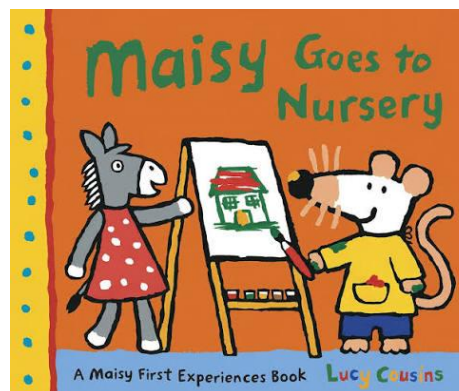
This book explores friendships, working hard, helping others, different animals, planting and growing, and the process of making bread historically. It will look at how old mills were used to grow wheat.

How to get the most out of reading to young children:

- Sit close together. You could encourage your child to hold the book themselves and turn the pages, too.
- Take a look at the pictures. You don't just have to read the words on the page. What might they tell us about the story before we read the words?
- Ask questions and talk about the book. What do they think will happen next? How do you think Little Red Hen is feeling when no one wants to help?
- Why did Little Red Hen share her food? How are they feeling?
- Have fun! There's no right or wrong way to share a story – as long as you and your child are having fun. Don't be afraid to act out situations or use funny voices... your little ones will love it!

Little Nursery – WC 21.09.26 & 28.09.26

Our book of the fortnight is: Maisy Goes to Nursery By Lucy Cousins.

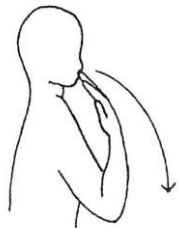


This book links to our experiences at nursery. We will be continuing the story to support children settling into nursery, learning the routine and rhythm of the day and exploring their new environment.

How to get the most out of reading to young children:

- Be expressive and show interest.
- Picture books can be a great way to talk through your child's fears and worries, or to help them deal with their emotions. Give them space to talk, and ask how they feel about the situations in the story.
- Talk to your child about nursery. What have they enjoyed? What are their worries?
- Use props and toys to act out the story, either whilst you are reading it, or together afterwards.
- Ask your child what adventures they have been on in nursery or what their favourite thing to do is.

Our Makaton signs of the fortnight are:



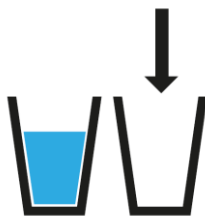
Please



thank you

(Always remember to say the word as you sign)

Our Concept Cat signs of the fortnight are:



Empty



Long

Our Right of the fortnight is:



Over the next two weeks, we will continue to settle into nursery life and build familiarity of our rhythm of the day. We will be learning our routine songs, including the NHS Hand Washing song. This will support children to stay healthy as we enter the autumn/winter period. We will encourage all children to wash their hands as they enter nursery, before eating and after using the toilet and playing outside.

Article 24

The right to health, water and a clean environment. Every child has the right to be as healthy as possible.



2 Snacks Max



Lots more early years health information, activities and recipes can be found on the Startwell website:
<https://startwellbirmingham.co.uk/>

2 Snacks Max encourages children to develop the habit of having a healthy mid-morning and mid-afternoon snack. We know that children have smaller stomachs than adults and need to eat smaller amounts of food regularly. Having 2 healthy snacks in between 3 healthy 'me size meals' will help to ensure that children have enough energy to keep them going throughout the day.
What sort of snacks do you think '2 Snacks Max' likes to enjoy?