Big Nursery – WC 19.10.26 and 02.11.26



Our rhyme of the week is: Fruit Salad

(Tune of Frere Jacques)

Watermelon, watermelon
(make shape of watermelon with hands)

Pineapple, pineapple
(make shape of spikey pineapple with hands)

Place them in a pattern / Mix them all together

Fruit salad, fruit salad
(put your hands on your hips and swing them around)

(Repeat with other fruits!)

What to do at home together:

- Act out the nursery rhyme together using actions
- Using different fruits in your home, try cutting some fruit together and making patterns on a plate or board.
- Talk about healthy eating with your child.

- Watch the video below and discuss healthy eating at home.

https://www.youtube.com/watch?v=Gz2xtLHR1oI

Big Nursery – WC 19.10.26 and 02.11.26



Our rhyme of the week is: Autumn Time

(Tune of London Bridge is falling down)

Leaves turn orange, brown and red
Brown and Red
Brown and Red
Leaves turn orange, brown and red
In the Autumn

They twirl and flutter to the ground
To the ground
To the ground
They twirl and flutter to the ground
In the Autumn

What to do at home together:

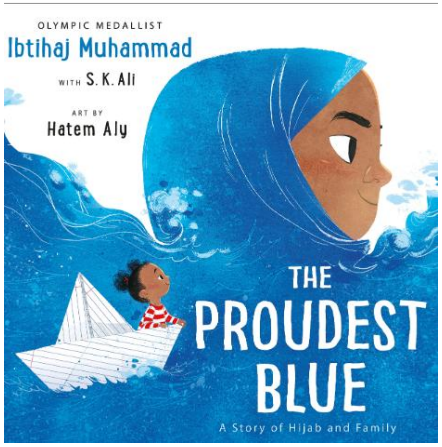
- Sing the nursery rhyme together.
- Collect leaves in the garden and in the neighbourhood and look at them closely-what do they look like? (red, brown, yellow, big, small, wet, dry, smooth, crunchy). What other natural items can you find out and about?

- Watch the video below and talk about autumn time.

https://www.youtube.com/watch?v=rMoPlZXcrXU&list=RDrMoPlZXcrXU&start_radio=1

Big Nursery – WC 19.10.26 and 02.11.26

Our book of the fortnight is: The Proudest Blue by Ibtihaj Muhammad



This book illustrates a bond between two sisters. The story helps children to discuss tolerance, respect and confidence. It supports the discussion on bullying and religious differences; helping children to think about similarities and differences between people and being proud of who you are.

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.
- 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? Why did a character act in a certain way? 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 19.10.26 and 02.11.26

Our book of the fortnight is: Autumn – a non-fiction book by Karen Bryant-Mole



.This non-fiction autumn book encourages children to explore seasonal changes, including the weather, trees, fruits, and the garden. It supports discussions about the natural world, helping children to observe leaf patterns, notice changes in nature, and develop curiosity about autumn.

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

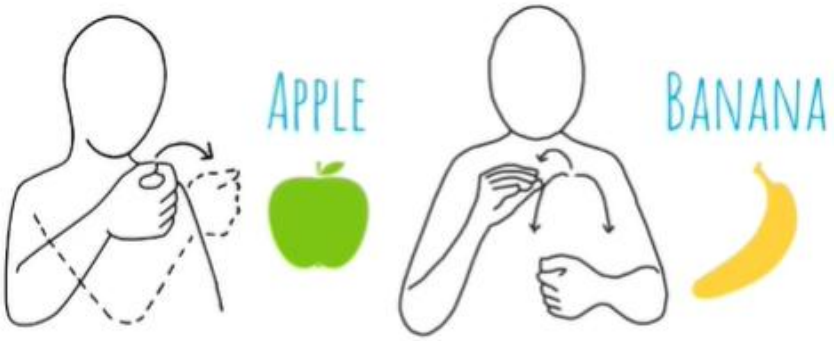
• Go on an autumn walk together and look for the things featured in the book, such as colourful leaves, fruits, seeds and changing trees.

• Encourage your child to talk about what they can see. Ask questions such as, "What colours can you spot?" or "How are these leaves different?"

• Collect fallen leaves and explore their patterns, shapes and textures. Compare them with the pictures in the book.

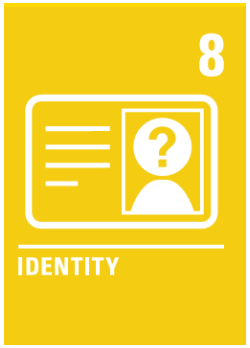
• Talk about the weather and how it changes during autumn. Notice windy days, rain showers and cooler temperatures together.

Our Makaton signs of the fortnight are:



(Always remember to say the word as you sign)

Our Right of the fortnight is:



Over the next two weeks, we will be exploring Article 8: Every child has the right to an identity. Through a variety of activities, the children will learn about what makes them unique, including their name, family, culture and interests, helping them to develop a strong sense of self and belonging.

Article 8

Every child has the right to an identity. Governments must respect and protect that right, and prevent the child's name, nationality or family relationships from being changed unlawfully.

Our Concept Cat signs this fortnight are:



Heavy

(Week 1)



Quiet

(Week 2)



For more information, visit the Startwell website. https://startwellbirmingham.co.uk/

Startwell

Being active, eating well, achieving more.

Fay 5 a Day encourages children and adults to eat the recommend 5 portions of fruit and vegetables per day. Fruit and vegetables contain vitamins, minerals and fibre. These are a very important part of a healthy diet and help to reduce the risk of certain diseases.

Did you know as well as natural, whole options, frozen, tinned & dried fruits/veg also count towards a child's 5-a-day? Fruit-flavour snacks and fruit drinks with added sugar do not count.