

Big Nursery & Little Nursery
– WC 02.02.26 & 09.02.26

Our rhyme of the fortnight is:

Mix a Pancake

Mix a pancake,
Stir a pancake,
Pop it in the pan.



Fry the pancake,
Toss the pancake,
Catch it if you can!

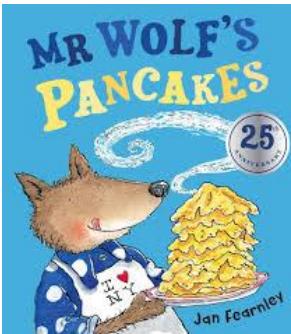
What to do at home together:

- Make pancakes together, following a simple recipe and singing the rhyme whilst cooking.
- Have a pancake competition! How many times can you toss your pancake?
- Sing the song with simple actions.
- Watch the video below and join in with the rhyme.

<https://www.youtube.com/watch?v=SH2QgHVgTqs>

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Our book of the fortnight is: Mr Wolf's Pancakes



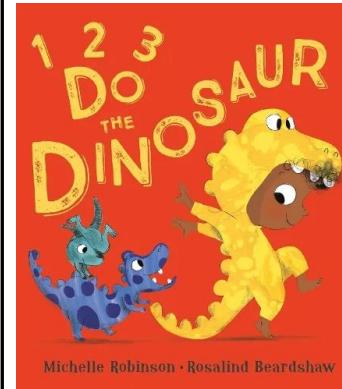
This book helps children to understand upcoming celebrations such as 'Shrove Tuesday' also known as Pancake Day. Key themes are explored such as kindness and co-operation as the animals refuse to help Mr Wolf, inviting discussion about Mr Wolf's feelings. Mathematical concepts are explored as children can count ingredients and use language of measure from the text.

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 do the illustrations tell us about the story?
- 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 – 02.02.26 & 09.02.26

Our book of the fortnight is:



Michelle Robinson • Rosalind Beardshaw

This lively book combines opportunities for movement, counting and imaginative play. Early maths skills such as counting forwards and backwards, number sequencing and linking actions to numbers are explored within the text. Children can copy the dinosaur dance moves, developing their coordination through stomping, jumping, swaying and turning.

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

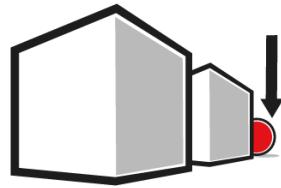
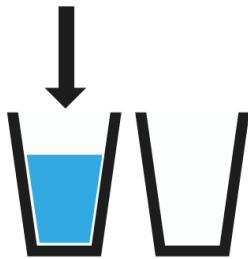
- Be expressive!
- Picture books can be a great way to talk through your child's fears and worries, or to help them deal with their emotions.
- Give them space to talk, and ask how they feel about the situations in the story.
- Use props and toys to act out the story, either whilst you are reading it, or together afterwards.

Our Makaton signs of the fortnight are:



(Always remember to say the word as you sign)

Our Concept Cat signs of the fortnight are:



Our Right of the fortnight is:



Over the next two weeks, we will be exploring different religious celebrations including Shrove Tuesday and Ramadan. We encourage the children to take part in all celebrations to learn about themselves and others.

Article 14

Article 14 says that children have the right to think for themselves, choose their own beliefs, and follow a religion if they want to, while also being guided by their parents or carers as they grow and learn. It also says that governments should respect children's freedom to have their own thoughts and beliefs, and can only limit this freedom if it is necessary to keep everyone safe or protect other people's rights.



180 Katie promotes the Physical Activity Guidelines for children aged under 5 years old. Toddlers aged 1-3 years – should spend at least 180 minutes (3 hours) per day in a variety of physical activities at any intensity, spread throughout the day. Remember to make activities more active to encourage movement and insert high energetic spurts throughout their day.

Pre-schoolers aged 3-4 years -should spend at least 180 minutes per day participating in physical activity and this should include at least 60 minutes of moderate-to-vigorous high intensity activity making the heart go boom, boom, boom, spread throughout the day. Physical activity is crucial for optimal growth and development.

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