

Big Nursery & Little Nursery – WC 17.11.25 & 24.11.25

Our rhyme of the week is:

Fruit Salad

This song is to the 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!

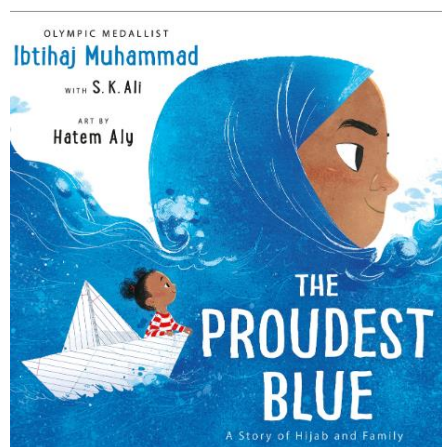
What to do at home together:

- 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 talk about healthy eating at home.

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



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

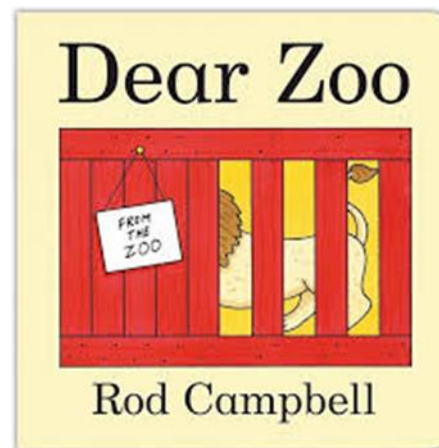


This book illustrates a bond between two sisters. The story helps children to discuss tolerance, respect and confidence. It supports the discussion on bullying and religious differences; helping children to think about similarities and differences and being proud of who you are.

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!

Our book this month is: *Dear Zoo* By Rod Campbell

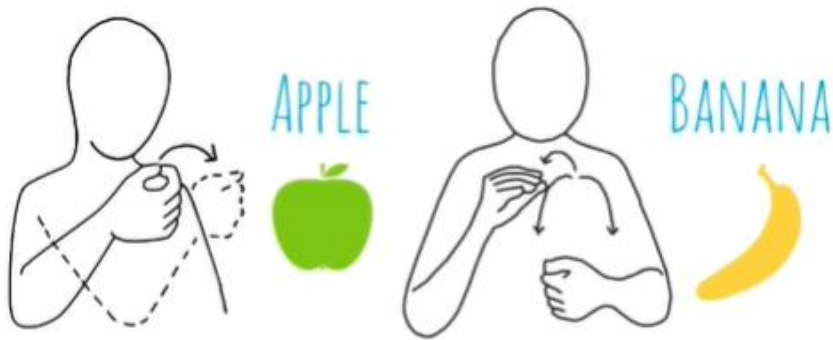


This story explores the different names of animals. Repetition in the story helps children to join in and learn new vocabulary. Throughout the story, children are exposed to a range of adjectives such as 'big' 'tall' and 'grumpy'.

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.
- Talk about whether you would like each of these animals in your home, and if not, why might that be?

Our Makaton signs of the fortnight are:



(Always remember to say the word as you sign)

Our Concept Cat signs this fortnight are:



Old
(Week 1)



Fat
(Week 2)

Our Right of the fortnight is:



Over the next two weeks, we will be exploring children's right to health, water, food and environment. The children will be exploring their right to the best possible health through a variety of activities looking at healthy eating and healthy lifestyles.

Article 24

Article 24 of the UNCRC says that healthcare for children and young people should be as good as possible. Children and young people have the right to be both physically and mentally fulfilled.

Children have the right to life.

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.