

Nursery newsletter

Sapphire

27.2.26

Azari

Stars of the week:

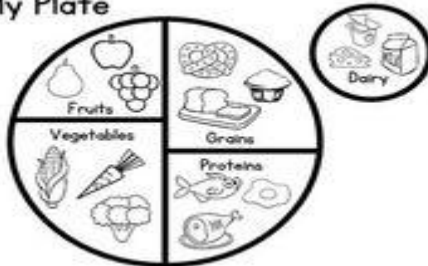
Sapphire for fabulous talk during her play

Azari for answering questions on the carpet

Next topic: Nutrition

We will learn about what healthy eating and a balanced diet means. We will try to understand how food affects our health, bodies and minds. We will learn which foods are good for us and why, and we will sort foods into the different food groups. We will also decide which foods should only be eaten as treats and what happens if we eat too much of them. We will make a collage of a what a healthy plate of food looks like.

My Plate



Next week's
letter/sound is...

Mn

Notices:

- Hope you had a lovely half term break
- World Book Day is Thursday 5th march children come dressed as favourite book character
- Remember to book your slot for parent's evening
- FYI I'm in the process of booking some animal visits to come into nursery in March and May

Tips to do at home...

- Decide with your child the meals you will eat next week. Discuss which items would make a healthy plate of food for dinner and which would be a treat
- Make a shopping list with your child, they can mark make or write initial or dominant sounds in the words on the list
- When you go to the supermarket discuss which foods are healthy and which are treats