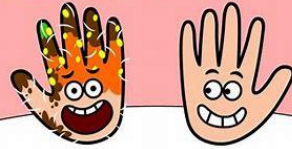


Big Nursery – WC 07.10.24 & 14.10.24

## Wash Hands?



Dear Parents and Carers,

Our rhyme of the fortnight is:  
Wash Your Hands

(To the tune of Frère Jacques)

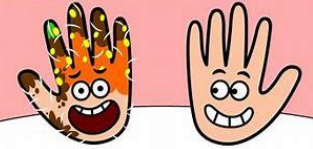
Wash your hands x2  
Front and back x2  
In-between your fingers x2  
Don't forget your thumbsx2

### What to do at home together:

- Sing the rhyme whilst your child is washing their hands. Ensure to model what this looks like by showing them with your own hands.
- Place black pepper into a bowl of water and ask your child to put their finger in. When the pepper sticks to their finger explain that this is what germs do without any soap. Now add soap to another finger and repeat. Explain that the soap keeps germs away the same way the pepper will no longer stick to their finger.
- Once familiar, experiment and play around with the words to make up your own rhyme.

Little Nursery – WC 07.10.24 & 14.10.24

## Wash Hands?



Dear Parents and Carers,

Our rhyme of the fortnight is:  
Wash Your Hands

(To the tune of Frère Jacques)

Wash your hands x2  
Front and back x2  
In-between your fingers x2  
Don't forget your thumbsx2

### What to do at home together:

- Encourage your child to get their hands dirty! Explore outside to see if they can cover their hands in order for you to wash them. Sing the song as they do, modelling by showing them your own hands along with the song.
- Once familiar, experiment and play around with the words to make up your own rhyme
- You could make a chart that records when your child washes their hands throughout the day and use this to support conversations about keeping germs at bay.

Big Nursery – WC 07.10.24 & 14.10.24

**Dear Parents and Carers,**

**Our book of the fortnight is:** The Colour Monster by Anna Llenas



The children have thoroughly enjoyed reading this book over the last fortnight. The conversations we are getting from the children regarding their feelings have been amazing. We feel the children could really benefit from another fortnightly focus on this.

In keeping with Harvest Festival and celebrating Healthy Living Week, we will also be sharing lots of stories that support healthy eating.

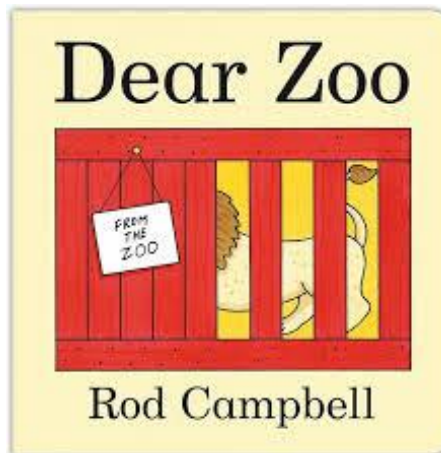
**How to get the most out of reading to young children:**

- 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? 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 07.10.24 & 14.10.24

**Dear Parents and Carers,**

**Our book of the fortnight is:** Dear Zoo by Rod Campbell



Discuss the design of the book, names of animals, repetition, introduction of adjectives e.g. tall.

In keeping with Harvest Festival and celebrating Healthy Living Week, we will also be sharing lots of stories that support healthy eating.

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

- Be expressive! How can we expect children to be engaged in a story if the adult reading it clearly isn't
- 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 sign of the fortnight is:



Move thumb up and down.

Healthy

(Always remember to say the word as you sign)

## Our Right of the fortnight is:



*We have been celebrating Healthy Living Week. As a result, we will be finding lots of opportunities for children to learn about their right to a nutritious food and safe water to drink.*

*Activities related to oral health, fruit and vegetables, healthy cooking and exercise will all be championed over the next two weeks.*

### Article 24

You have the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment, and information to help you stay well.