



## Spring Grove Primary School

### Nursery Homework and News

Friday 28<sup>th</sup> April 2023

Dear Parents and Carers,

This week, we have continued our learning about doctors and nurses. We have thought about our bodies and the different parts of our bodies that we can see and parts that we cannot see. Some of us have learnt new words such as stomach, lungs, brain and heart. We have thought about how to keep ourselves healthy and building upon the importance of washing hands, catching coughs and sneezes, eating healthy foods and not picking our noses! We spent some time learning about bones and we introduced the word *skeleton*. We spent some time looking at x-rays and recreating our own skeletons from loose parts such as blocks, dog bone biscuits, sticks etc. We also talked about dentists the important role that they have in keeping our mouths healthy and how we can also keep our own mouths and teeth healthy by brushing properly twice a day for at least two minutes.

To support your child at home you could:

- ✓ Talk to your child as you give them dinner explaining why you have chosen the foods that you have.
- ✓ Go to the park to encourage some physical exercise. As they run, notice how your heart is beating, can the children feel their hearts beating too? What other changes in our bodies do we notice when we are being active? For example, breathing faster. When explaining these changes to your child use the word lungs to help consolidate the learning that has taken place this week.
- ✓ Dr Ranj on cbeebies has a range of songs about different parts of our bodies, roles of doctors and keeping healthy. <https://www.bbc.co.uk/cbeebies/shows/get-well-soon> here is the link, choose 1 or 2 songs to share with your child based on their interests.
- ✓ Make a crown to celebrate the Kings Coronation. The Friends of Spring Grove committee are organising a coronation party on Thursday 4<sup>th</sup> May on the school field at 3:30-4:30. All our Nursery families are invited to come back to school for this event; it would be lovely to see you there. As part of the event the friends are holding a crown competition. They would like all the children to make a crown at home and then wear it to school on Thursday 4<sup>th</sup> May. A winner will be decided and then announced at the coronation event.

Please don't forget that we are still doing our celebration book. If your child has had a birthday or celebrated Easter, or any other festival recently and you would like them to have a page in the book please do send some photographs of their celebrations to [gratton@springgrove.hounslow.sch.uk](mailto:gratton@springgrove.hounslow.sch.uk) and we will work with your child to add their page. Staff find this a really valuable time to share and talk with the children in Nursery.

Next week, we will be taking part in the 'talk PANTS' campaign. Talk PANTS centres on five key rules:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

Although some parents may feel this is a sensitive area to discuss with their child, we feel that sharing messages such as these with children at an early age can be very beneficial in helping to protect your child. Research from the NSPCC also suggests that the messages are most valuable when taught at a young age. Here is a link for you to find out more information about how you can support this message at home. <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

*The Spring Grove Way: personal and academic excellence, everyone, every day.*

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Website: [www.springgroveprimary.london](http://www.springgroveprimary.london)

We will also be having our own king's coronation on Friday 5<sup>th</sup> May when two of our Nursery will be crowned King and Queen for the day! We are inviting all children to wear red, white and/or blue to help celebrate! We will be making our own bunting, and baking some goodies for our party!

Have a lovely long weekend and we look forward to hearing about all your adventures from the three day weekend!

Yours sincerely,

The Nursery Team