

## School News

We have had an exciting week celebrating our Book Week. Thank you so much to our parent volunteers who have visited and read a story with different key groups. Each child should have received a book and World Book Day token. Please let us know if your child/ren have not received theirs yet. We have also received our last delivery of new equipment for the playground and the children will be introduced to the new equipment and taught how to make the most use from it.



### Do you feel a sense of belonging?

This term we have been looking at creating a sense of belonging in each school. We started the term with a fabulous inset session on 'What it means to belong' then further sessions on inclusion and neurodiversity and challenging gender stereotypes. We would like your feedback and will put a 'Button Survey' in each school. Please look out for this next week and let us know your views.

## Curriculum - Why we do what we do - Gross Motor

### What we do at school

Did you know that the government guidance is for children under 1 to have at least 30 minutes tummy times across the day and for 1-5-year-olds to be active for 180 minutes? In school we try to ensure our children are physically active as much as possible because we know that physical exercise has so many benefits for our children:

- **Physical Health:** Gross motor skills involve large muscle groups and whole-body movements, which are essential for overall physical health.
- **Coordination:** Gross motor skills lay the foundation for coordination and balance.
- **Independence and self-esteem:** Mastering gross motor skills supports the development of fine motor skills that allows children to become more independent with self-help skills like using cutlery and being able to dress themselves!

At school we invest heavily in well resourced outdoor spaces; provide activities that involve crawling, walking, running, jumping, throwing and catching a ball, hopping, skipping, and jumping. All of these activities will develop our children's hand-eye coordination and spatial awareness.

### What you can do at home

- Look at the government guidance we have sent out – it has suggestions of ways to stay active!
- Visit outdoor spaces as often as possible, get fresh air (even in rainy weather!) and encourage running, jumping, crawling etc..
- If you have an under 1 find 30 hours across the day for tummy time.



## Sign of the Week

At the Nursery we teach all children to sign. This supports communication and ensures the communication of all children is valued.

This week's sign is: "Gentle Hands"

Ask any staff member to show you if you are unsure.



Touch back of right or left hand as appropriate. For plural touch back of both hands

# Reminders / Information

## WORLD DOWN SYNDROME DAY - WEDNESDAY 21ST MARCH

On Wednesday we are inviting all children to raise awareness of 'World Down Syndrome Day' by joining in the theme #LotsOfSocks! We will be wearing bright socks, odd socks, crazy socks for the day. We will be planning activities to talk to children about celebrating difference and embracing diversity through the book 'Simon Sock!'



Please help us raise awareness!

### SAD NEWS

Vicki Wright, one of our senior teachers, will be leaving us at the end of the term. Vicki has been at Heath Lane since 2016 and has been instrumental in implementing many changes and improving provision year on year. She is going to pursue her dream of immersing herself in Forest School.



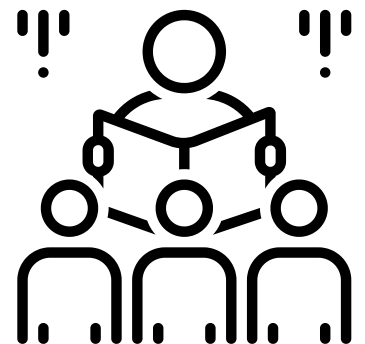
*'I have loved my time at Heath Lane Nursery working with all the wonderful children, families and staff. I'll be moving on to develop my career in Forest School education in the near future.'*

Thank you!

We are sure that you will join us in thanking Vicki for her commitment and passion she has shared with us at Heath Lane and wish her all the best in her future pursuits.

### HUGE THANK YOU

A huge thank you to all of our parent volunteers who have visited and read to different key groups this week. The children have really enjoyed the story telling and access to some new books.



### DATES COMING UP:

- Nursery Closed for Easter Holidays - 29th March to 16th April 2024



HEADTEACHER; MRS GEMMA WILLIAMSON & HAYLEY YENDELL