**February Newsletter:**

**Another busy month of activities coming up in Nursery school! Please take time to read the following information.**

Topic: **Being healthy and safe/ People who care for us**

**We will be continuing to learn about people who look after us within our community; doctors/nurses/police etc and also linked to this how we can take care of ourselves through healthy eating, exercise and keeping ourselves safe.**

**How can you help at home?**

**Talk to your child about healthy eating and encourage healthy eating at home. Go for a walk together or engage in some family exercise. What changes can they observe in their bodies when they exercise, feel their heart beat faster etc? Talk to your child about people who help them.**

**We are working hard to develop touch counting to 10 with the children and increased opportunities to count things around the home ie. Knives and forks, toys, cups and glasses, socks etc will be really beneficial.**

**We will also be talking about weight and the language associated with this; heavy/light, heavier/lighter and begin to make comparisons and you can help us with this at home as well.**

**Safe walking;**

**As part of our topic the children will be focusing on road safety. Each class will be going on a short walk around the area on 7th February to practice our road safety and then on 21st the PSNI will be joining us to walk again and they will be distributing safe walking certificates to the children for their school books.**

**Healthy Heart week Mon 6th-Fri 10th:**

**Our activities throughout this week will be focusing on the children’s awareness of keeping their bodies healthy. On Friday 10th February we will be having a non uniform day to celebrate Rock Red Friday. The children can come to school wearing red and we ask that you send a non uniform donation(£1 suggested). The money raised will go to support Children’s Heartbeat Trust NI, a local charity that supports children and families with heart conditions.**

**Parent Teacher Interviews:**

**We will be offering you another slot to talk about your child’s progress and development in school.**

**FT class: Monday 27th**

**PT class: Wednesday 1st March**

**Times will be posted on the school website and you can let the class teacher know if you would like to meet face to face or would prefer a telephone call.**

**Hqlf term holidays:**

**Don’t forget school is closed for all children from Monday 13th-Friday 17th Feb**

**Reminder**

**Please send nursery fund to school at the beginning of each month in the yellow envelope. This covers the cost of all food and activities in school.**