

Sycamore Room (big nursery) –
WC 20.10.25 & 03.11.25

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

Elm Room (little nursery) –
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Wash Hands?



Dear Parents and Carers,

Our rhyme of the fortnight is:
Wash Your Hands

(To the tune of Frère Jacques)

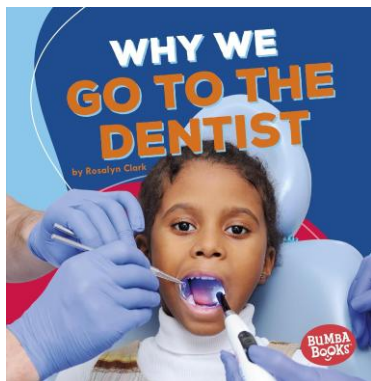
Wash your hands x2
Front and back x2
In-between your fingers x2
Don't forget your thumbsx2

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 documents when your child washes their hands throughout the day. Providing them with something nice (a treat that they don't normally have) when they complete a successful day.

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Our book of the fortnight is: *Why we go to the dentist* by Rosalyn Clark



This book links in with oral health week and the introduction of brilliant brushers after half term.

It introduces what a dentist is, the role of a dentist, oral health and looking after our teeth. It supports an understanding of healthy and unhealthy foods/ habits.

In keeping with Harvest Festival and celebrating Healthy Living Week, we will share 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!

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



This book helps children to explore feelings, naming feelings and emotions. It gets children thinking about their own feelings and supports children to explore what may be the triggers to those feelings. This book encourages children to understand it is ok to feel the way that they do.

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

- Be expressive!
- 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 signs of the fortnight are:



Diwali

Happy Diwali

(Always remember to say the word as you sign)

Our Right of the fortnight is:



Article 14

Children can choose their own thoughts, opinions and religion, but this should not stop other people from enjoying their rights. Parents can guide children so that as they grow up, they learn to properly use this right

Over the next two weeks, we will be exploring children's right to choose a religion or not. Exploring that every child has the right to their own thoughts and beliefs, and to learn about different ways people live and believe.



Lots more early years health information, activities and recipes can be found on the Startwell website:

<https://startwellbirmingham.co.uk/>

We will be concentrating on oral health and the importance of oral hygiene. We want our children to understand how important it is to brush their teeth twice every day.