

## Hillview Nursey School Newsletter 20<sup>th</sup> April 2021



### Activities you can do at home.

Give your child the opportunity to practice throwing at home, use items to set your child challenges, e.g. throwing balls (or socks!) into a laundry basket, make tunnels using paper or skittles out of toilet rolls! This supports gross motor skills.

You could make a paper aeroplane and practice throwing and aiming.

Have a go at searching for these different energetic activities on YouTube:

- PE with Joe Wicks
- The Wiggles – Shake away the sillies
- Milkshake – Wake up and shake up
- Cosmic Kids Yoga

Ask your child to notice how their body feels when they are exercising. You can use words such as jumping, hopping, wiggling, balancing, throwing, far, near, faster, slower.

This supports language development and mathematical concepts.

Please remember to share some pictures of activities you are doing at home on Evidence Me. We would really love to see them.

### This week at nursery we are learning.

This week we are focusing on physical development.

As the weather is getting better, we will be setting up our large climbing apparatus to create obstacle courses. Children will be encouraged to find different ways to move across the equipment.

We will also be practicing throwing, catching and kicking at small and large targets

We will be looking at the effects exercise has on our bodies, how our breathing feels, are we feeling hot or cold? Do we feel sweaty? Are we breathing faster and can we feel our heart beating faster if we put our hand on our chest?



### Dates for the diary.

Please apply sunscreen on your child before they arrive at nursery and bring in a hat each day for them.

Please ensure they bring in a water bottle every day.

Fruit will be provided by the nursery each day for snacktime

### Books to share at home.

#### **The Busy body book**

[The Busy Body Book - read by Coach Spina - YouTube](#)

What humans need to do to stay healthy  
[BBC Learning - What Do Humans Need To Stay Healthy - YouTube](#)

Keeping your body alive and well  
[Keeping Your Body Alive and Well: A Children's Book About Physical Needs -](#)

### General Information:

**We would like to take this opportunity to welcome you all back to nursery. Let's hope this term welcomes some long awaited normality and plenty of sunshine. We will be keeping you updated as we follow the road out of lock down.**

#### **Rapid Testing**

As a parent we strongly encourage you to use the free rapid flow testing for Coronavirus. Testing is available across all London boroughs. It is recommended that adults who have children attending nursery/school have a rapid flow test twice a week.

Harrow: <https://www.harrow.gov.uk/test>

Brent: <https://www.brent.gov.uk/yourcommunity/coronavirus/testand-trace/>

Ealing: <https://wb-ealingtests-uk.qmatic.cloud/qmaticwebbooking/#/preselect/services/42bbd2fd271cc6d8ac4ee991298b78570c4c2f071aa28fc8eb0947d65d2a48ff>

*Ofsted (October 2019) said: "Children achieve well at Hillview Nursery School. Staff plan activities carefully and review these activities to respond to children's interests. Children with SEND receive excellent support. Leaders and staff know what they want the children to learn and understand. Their expectations are ambitious, including for the two-year-old children. They plan ....learning so that children build on what they already know and can do"*