



# Saint Ninian's Nursery Class Newsletter-March



*"Where adventure, nurture and learning go hand in hand."*

Our Nursery Values are: Friendship, Happiness, Kindness and Love

## A message from Mrs Roy

We had a very successful block of Big Movement time and the children enjoyed coming along to the main school halls for some physical activities. The children learned about how their bodies move and how they feel during warm-ups, skills time and cool downs.

This month we will be introducing Mindfulness Monday and Feelgood Friday to our week. On these days our staff team will lead the children in some other HWB experiences, eg. Cooking, sewing, fine-motor skills, etc. There will also be a chance for families to come along and join us, see below for further information.

We also have some things planned this month to help promote a reading culture in our nursery, eg. Librarian visit, World Book Day, Big Bedtime Read, Bookbug bags, etc.

## Value of the month

Each month we will choose 1 of our Nursery Values to focus on with the children.

During the month of March we will be focusing on:

Love



Please share any home learning with us via your child's online journal. It would be great to see!

## Wellbeing Indicator of the month – Responsible



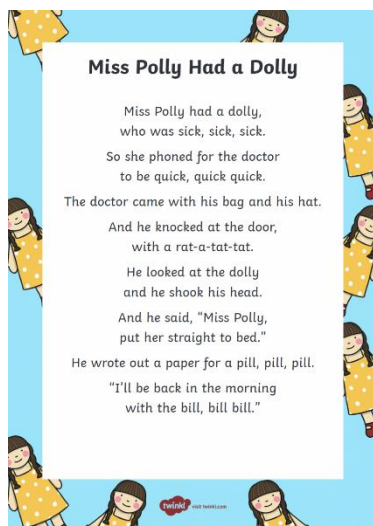
Over the next month we will be discussing this indicator with the children in nursery and in school. Please talk with your child at home about what 'RESPONSIBLE' means and ask them about what they have been learning.

As part of our focus on *responsible* some of the things we will be discussing and encouraging are: Children should be given opportunities to take responsibility for themselves and others. They should be encouraged to take on an active, responsible role at home, in nursery, and within their community. This indicator is linked to ensuring children become responsible citizens.

## St Ninian's Nursery Rhyme of the Month Miss Polly had a Dolly

<https://www.youtube.com/watch?v=4DFMooIpr70>

*Have fun at home practising this little rhyme-we'd love to see some videos/photo's on your child's journal! We'll be joining in too at nursery. Keep an eye on our Weekly SWAY for some home learning ideas.*



## Family Events-Health & Wellbeing

Mrs Sanderson & Mrs Murray are inviting you to our St Ninian's Mindfulness Monday and Feel-good Friday sessions.

These will be held on Monday 13th & 27th March 2.30pm-3.00pm for our PM or Full Day families & Friday 17th & 31st March 10.30am-11.00am for our AM families.

During these sessions you will be able to work alongside your child to develop their life skills around food and developing fine motor skills as we participate in sewing activities.

Monday 13th & Friday 17th March- Cooking activity

Monday 27th & Friday 31st March- Sewing activity.

**If you would like to sign up to any of these sessions, please speak to a member of the nursery team.**

## Promoting a reading culture in our Nursery

### World Book Day

World Book Day is about celebrating books and reading all year round. It's never too early to encourage a love of reading and we hope you find activities and advice here to help you enjoy sharing stories together as a family not just on World Book Day but every day of the year.

<https://www.worldbookday.com/families/>

Your child will receive a book token which they can use in exchange for a free book from many of our local supermarkets or book sellers. The book tokens are valid from **Thursday 16 February to Sunday 26 March 2023**

### Big Bedtime Read

One of our parents, Mrs Stevenson, will also be helping us relaunch our Big Bedtime Read bags this month for our AM session. She will be in nursery every 2<sup>nd</sup> Monday starting Monday 6<sup>th</sup> March 8.30-8.50am. Please take a book bag home and take some time to share the books with your child. We suggest you keep the bag for 2 weeks before swapping for a new bag.

We are keen for some helpers to do the same for our PM session. If this is something you can help us with please speak to Miss Fraser.

#### What is Big Bedtime Read?

Bedtime reading project originated in Mid Lothian



- Pack of 5 books go home with child from nursery every fortnight
- You have the pack for 2 weeks.
- A feedback tick sheet will be in pack each time and we would appreciate if it could be filled in and then put in the basket when handing back the pack.

#### Why Big Bedtime Read?

National & international research evidences that reading to your child at bedtime:

- Supports them to become a confident learner
- Establishes a good bedtime routine
- Improves behaviour and concentration
- Helps to develop decision making skills
- Improves attachment and bonding
- Great fun for all the family



### A reminder of what's happening in March:

Mindfulness Mondays- PM session (Families welcome on 13<sup>th</sup> & 27<sup>th</sup> – 2.30-3pm)

Weekly Welly Wednesdays –wrap up warmly (gloves/hats/waterproof suits)

Feelgood Fridays-AM session (Families welcome on 17<sup>th</sup> & 31<sup>st</sup> – 10.30-11am)

**Thursday 9<sup>th</sup> March** – Librarian Visit to Nursery

**Monday 6<sup>th</sup> & Monday 20<sup>th</sup>** – AM Session – Big Bedtime Read Bags available between 8.30-8.50am

**Tuesday 21<sup>st</sup>** – Nursery Natter with Miss Fraser at 2.15pm (Themes for discussion – UNCRC, Big Bedtime Read)

**Week beginning 20<sup>th</sup> March** – Sustrans Big Walk and Wheel week – children encouraged to come to school or nursery on foot or by cycling/scooter

**DATES TO  
REMEMBER**

### Ways to keep in touch



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