

This week, the children have been busy learning through play in lots of exciting ways. In the role-play area, we transformed our space into a post office, where the children enjoyed writing letters, posting parcels, and taking on the roles of postal workers. They also explored our builders' area, using tools and dressing up as construction workers as we came to the end of our topic on **People Who Help Us**.

The children have thoroughly enjoyed this topic and have shown a fantastic understanding of the many different jobs people do in our community. They have also been thinking about how we can help others, showing kindness, curiosity, and great imagination in their play.

Book of the Week

The children enjoyed exploring how builders and postal workers help our communities. We talked about the different jobs they do, the tools they use, and how they help to keep everyone safe and connected. Therefore, we have been watching Bob the builder and Fireman Sam.



<https://www.youtube.com/watch?v=UIHi-HuTFqNw>

[Best of Season 7 | Fireman Sam | Cartoons for Children](#)

Rhyme of the Week

After enjoying lots of dough play last week, we continued to explore our rhyme "Pat-a-Cake" even further. The children have been learning about how dough is made, talking about the different ingredients and how they change when mixed together.



We also practised key skills such as rolling, pinching, and kneading the dough. This helped the children develop their fine motor skills while enjoying hands-on, sensory learning linked to our rhyme.

The children really enjoyed getting involved and exploring the process from start to finish!



This week the children have been singing a few of the people who help us songs from an online platform called sparkyard, they have sung 'snip, snip, snip, I'm a hairdresser' and 'I'm a little postman'

Diary Dates and reminders.



Friday 13th February- End of half term (last day of Pre-school)

Monday 23rd February- Children return to Pre-school

Tuesday 24th February- 9am Pre-school Language and reading workshop (Information to follow)

Easter craft session- Date to be arranged.

Friday 27th March- end of term

Monday 13th April- Children return for summer term.

Pre-school Language and reading workshop

We would like to invite you to join us on **Tuesday 24th February at 9.05am** for our **Early Language and Reading Workshop**. You will spend the first **20 minutes** with Mrs Bradley, who will share a short and informative presentation about how we support early language and reading in school, as well as practical ideas you can use at home. Afterwards, the children will join us for a **fun, interactive language and reading session** so you can see these strategies in action.

Why attend?

- ★ **Understand how your child learns** and gain simple strategies you can use at home.
- 📖 **Boost your child's confidence** by learning techniques that strengthen early reading and communication skills.
- 🤝 **Work in partnership with school** to support your child's progress.
- 🎉 **Join a fun session with your child**, celebrating language and reading together.
- 💬 **Ask questions** and explore ways to make reading enjoyable and engaging.

We hope you can join us for this valuable and enjoyable workshop. Your involvement makes a big difference to your child's learning journey.

Thank you for your continued support
Mrs Bradley and the pre-school Team

Safeguarding- Online safety

Online safety for EYFS children focuses on helping families build simple, age-appropriate habits that keep young learners safe as they begin to explore the digital world. Young children often use tablets, phones, or smart devices for games, videos, and learning apps, so it's important that adults stay involved and guide their experiences.

Key messages

- Young children should always be supervised when using devices.
- Use child-friendly apps and websites and check content before children access it.
 - Keep devices in shared family spaces, not bedrooms.
- Talk to children about asking an adult for help if something online makes them unsure or uncomfortable.
 - Use parental controls and safe search settings to limit what children can access.

Model healthy habits by showing children how to take breaks, switch off, and balance screen time with play, conversation, and outdoor activities.

Early online experiences shape how children understand technology, boundaries, and safety. With gentle guidance and clear routines, families can help children enjoy technology while staying safe, confident, and supported.

Mental Health Awareness week

Calm-down strategies give young children simple, practical ways to manage big feelings.

Calm-down ideas for young children

Rainbow breathing — Slowly trace the shape of a rainbow in the air while breathing in and out.

Five-finger breathing — Trace up and down each finger: breathe in going up, breathe out going down.

Calm corner — A small space with cushions, soft toys, and books where children can go to settle.

Squeeze and release — Squeeze fists or a soft toy for a few seconds, then relax the hands.

Blowing bubbles — Encourages slow, steady breathing and gives a visual focus.

Animal stretches — Pretend to be a stretching cat, a tall giraffe, or a slow turtle to release tension.

Name the feeling — Help children say "I feel..." to make emotions less overwhelming.

Outdoor reset — A few minutes of fresh air, listening for birds, or watching the clouds.

How parents can support

Keep routines steady so children feel secure. Model calm behaviour by talking through your own feelings in simple language. Offer reassurance and time to talk when children are upset. Use play, drawing, or stories to help children express emotions safely.