

Let's Celebrate Healthy Week Together!



Dear Parents /Carers

Just a little reminder that this week and next we are talking to the children and reading stories about keeping ourselves healthy. We will also be doing lots of fun activities to promote and develop an awareness of how to keep ourselves healthy, including;

Vegetable dips

Vegetable Pizza

Vegetable crisp

Aerobics



Physical and obstacle courses.

Preparing snacks for our peers

Learning how to clean and floss our teeth

Role playing a green grocer shop

Role playing a Doctor surgery

Exploring healthy and non-healthy foods through The Very Hungry Caterpillar story.

Please talk to your child about what they have been doing at nursery. Please continue to support us at home by giving your child opportunities to cut up vegetable sticks to prepare healthy snacks. Let your child walk part of their journey to nursery without their buggy. Encourage them to brush their own teeth. It is important that they brush their teeth twice a day. Please look out for photos of what we have been doing. We would appreciate any contributions of vegetables to support our cooking activities. Thank you for your support

Marcia, Amisha and the Toddler Team