



Thomas Coram Centre  
and Nursery School

## HELP US TO CELEBRATE HEALTHY WEEK!

Dear Parents and Carers,

We started celebrating "Healthy Week" yesterday, and talked with the children about looking after our minds and our spirit, as well as our bodies. We will explore wellness and emotions with the children, and how it is important to be happy, and help our friends and family to be happy.

Throughout the week we be exploring different physical activities with the children, and talking about the impact of these activities on our bodies. The children will explore dance, yoga and obstacle courses.



Thank you for supporting us by sending in vegetables for snack time. We will also be cooking healthy vegetable-based food with the children. On Tuesday, we will be making beetroot yoghurt dip. On Wednesday, we will be making tortilla pizzas. **Please could we have donation of peppers, mushrooms and courgettes for the pizza topping?** On Thursday, we will be making Gruffalo Crumble. **Please could we have donations of carrots, potatoes, onions and leeks for the crumble?** On Friday, we will be making the salad for the children's lunch. We are also sprouting broccoli and alfalfa to use in our salad.



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Vegetables are very good for children's teeth. This term we will again explore dental health, and the importance of everyone cleaning teeth twice a day, particularly just before bed.

Many of you walked to nursery on Monday. **Thank you!** We talked to the children about the importance of walking, scooting or cycling to school every day, and from Tuesday the children will be collect a sticker if they do not use a buggy.



Thank you for all your support. Next week we will share with you how the week went, along with some photos.

With best wishes,

Nicole and Sarah, and everyone in the Kinder team



P.S. The Foundling Museum will be visiting again on Thursday. With some of the children they will explore journeys, using a range of mark-making materials to create collaborative floor drawings inspired by the Fighting Talk exhibition at the Museum.