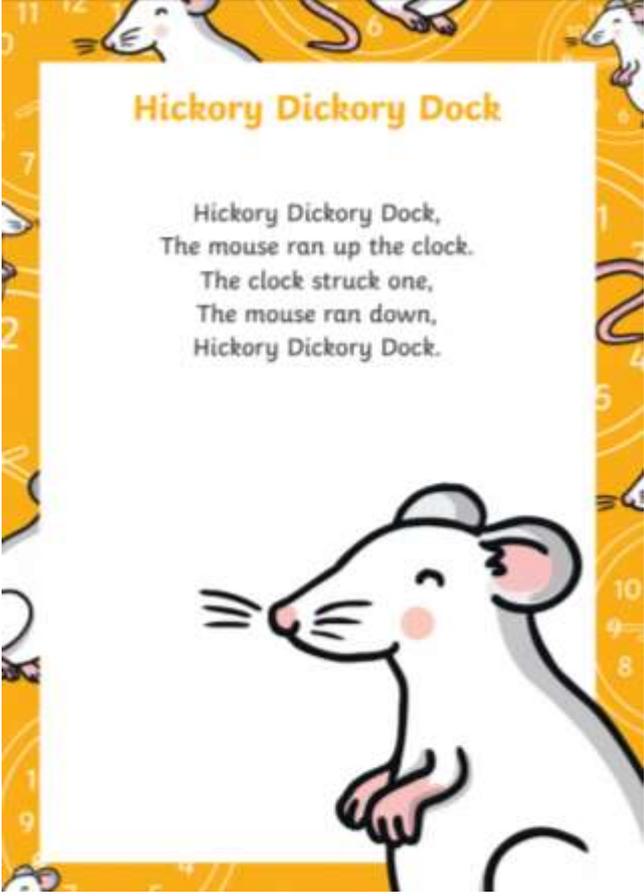
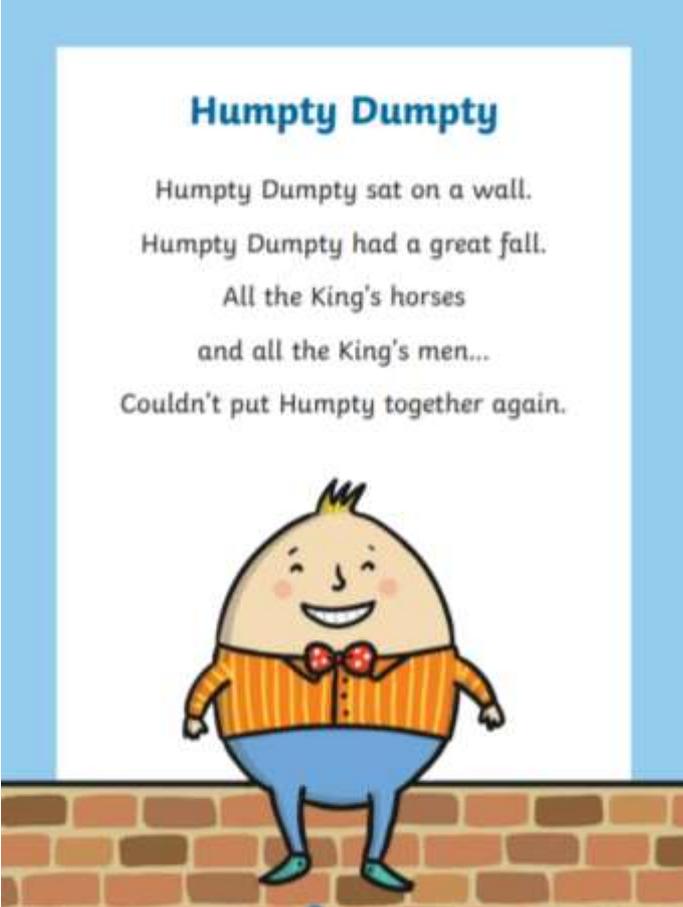


Next Week in Nursery
Week Beginning 12th October 2020

What we will be doing in school	How you can help at home
<p style="text-align: center;"><u>Topic - Rhyme Time</u></p> <p>This week we will focus on the rhymes, Hickory Dickory Dock and Humpty Dumpty.</p> <p>We will explore the sounds that instruments make.</p>  <p style="text-align: center;">Hickory Dickory Dock</p> <p style="text-align: center;">Hickory Dickory Dock, The mouse ran up the clock. The clock struck one, The mouse ran down, Hickory Dickory Dock.</p>	<p>Practise these rhymes and other nursery rhymes at home.</p> <p>Talk to your child about the sounds different objects make.</p>  <p style="text-align: center;">Humpty Dumpty</p> <p style="text-align: center;">Humpty Dumpty sat on a wall. Humpty Dumpty had a great fall. All the King's horses and all the King's men... Couldn't put Humpty together again.</p>
<p style="text-align: center;"><u>English</u></p> <p>We will add new verses to Hickory Dickory Dock and practise rhyming words.</p>	<p>Practise saying some rhyming words e.g. cat, mat, hat, bat.</p>

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Try rhyming words with your child's name - they can be nonsense words e.g. Harriet Barriet.

Maths

We will look at numerals on the clock and count actions (e.g. how many times the clock chimes).



Look out for numerals in the environment (door numbers, bus numbers) and have a look at numbers on a clock.



Talk about some times that you do things e.g. we have breakfast at 8 o'clock, we go to bed at 7 o'clock.

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Other

We will be building walls for Humpty Dumpty, making him from playdough and putting him back together with puzzles.

We will be hunting for mice, and later eggs in the sand and exploring tunnels and chutes in the water. Our mud kitchen will be open to make delicious 'omlettes', 'scrambled' and 'fried eggs'

We will be junk modelling and trying to build walls for Humpty Dumpty to sit on and exploring block printing with duplo and lego.

We will be discussing our new school Value for October: **Equality**

On Friday we will take part in an African Drumming Workshop!



Next Week in Nursery Week Beginning 12th October 2020

Reminders:

- Please bring in book bags to school on your child's book change day - either Monday or Wednesday. Please try to use a bag that is big enough to fit in picture books (A4 size and slightly over).
- URGENT - please return artwork for the Christmas Cards from Cauliflower Cards as soon as you have done your order online.
- Please can we have donations for our junk modelling box. We would like bottle tops, washed out plastic containers and cardboard boxes and tubes.

Thank you

Nursery Team 😊

School Reading Books:

Just a gentle reminder: We are still really short on our stock of reading books post lockdown! If you have any left at home from the summer, please do pop them in your child's book bag. Thank you.

Foodbank Donations:

At Stillness Infant School, we regularly support Lewisham Foodbank by collecting the items they need. This term, they have asked if we can collect **toothpaste, toothbrushes, shower gel and soap**. These items can be any size/pack from any shop (Lidl and Aldi do great products and maybe you could buy two or more items instead of a more expensive Sainsbury's or Waitrose item!) Also, items can be for adults or children. Please give your donation to your child to bring into school. We will be collecting these items all term.

After school collection:

Please make sure that children have coats (preferably with a hood) as the weather changes. The children do have to wait for some time in the playground at pick-up time, and may get very wet if they only have a fleece! Please also remember not to double park at collection time as this really blocks the road and could easily lead to an accident. Thank you for helping us to keep your children safe.

October Weekend Walks:

As part of our TfL STARS school travel plan, Zara will suggest a local walk each month to get you out and about enjoying the area we live in. This October, why not go on an Autumn nature walk and find some autumnal treasure such as conkers and acorns as well as feathers and bark. Maybe you could do some counting or art with your finds whilst enjoying a well earned hot chocolate!

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This Saturday is World Mental Health Day. Sadly, at this time, we are also in a global pandemic, that has impacted life in a way that has challenged our social, emotional and mental wellbeing.

We are presented with a time where looking after our mental health is so important and it is being influenced by social, cultural, environmental and commercial factors. The pandemic can be scary and has varying effects on people, with guidelines that separate us, not only from our friends and family, but also from society and regular social activities. We are having to spend a lot more time at home and this can present its own challenges, for those who live alone and for those who live with others that might not be used to spending so much time together.

During the many changes and challenges that continue to present themselves, there are things that we can do to keep our mind healthy.

Daily routine is important and although this has changed in many ways, you can create a new routine that will also prioritise taking care of yourself. Perhaps build in to the routine things like reading, exercise and a daily walk, or trying some relaxation practises. Writing a timetable might help. Eating, sleeping enough, moving and staying hydrated are part of everyday life that are sometimes forgotten about if you are feeling low.

Keep connected with others. Although the way we do this has changed greatly, it is valuable to try and keep in touch. We are naturally social beings and function better with the company of others. Most of us need a balance of being on our own and being with others, although this can be more of a challenge when we are forced to be on our own. Seek support and give support to others when needed. Keeping in touch with friends and family by phone, texting, email or even social

Next Week in Nursery Week Beginning 12th October 2020

media can help. Building a circle of support for when times are hard. Support can be practical or emotional and as small as sending a text each morning to check up on each other.

Recognise when you feel distress. We all feel vulnerable or overwhelmed in times of stress and the current pandemic may make you, at times, feel more vulnerable, especially to the effects of what is happening in our environment. Acknowledge your feelings and know that it is ok to feel that way. Be aware of how you feel on a daily basis and try to seek reassurance from others, as well as giving reassurance, which can be mutually beneficial. Realise that many people may be feeling the same way and that there are places that you can seek support. Sometimes it may be hard to explain worries but do not suffer in silence. Try to reach out or even write things down. Getting it out can be helpful so maybe keeping a journal or blogging can help. Know that you are worthy of support and remember to be kind to yourself.

Try to be in the moment. It's not unusual to have things that have happened in the past affect how we are now. We may spend a lot of time thinking about the past or worrying about what is going to happen tomorrow and how the future will be. Both are valuable and help us to understand our lives but it can be helpful to try and live in the present. A helpful thing to do might be to gather a toolkit of activities that will help you when you are feeling low. This could be having some music that you find relaxing and soothing, a mindful YouTube video, some mindful colouring or drawing or doing something creative that you enjoy. Write these choices down or place a note in a box that you know will be there when you need to use it.

Try to do something nice for yourself each day. Even the small things can bring us moments of calm and relaxation. Even in London we can notice the nature around us and go out for walks in nature. Relaxing in a warm bath, lighting some candles or watching a good movie can be nurturing. Keep a note of the things that you like to do. Also, some people find it helpful to write down things that they are grateful for.

Below are some ideas of places to reach out to that give support. Remember to ask for help if you need it and be kind to yourself.

Samaritans. To talk about anything that is upsetting you.

24 hours a day, 365 days a year.

Call: 116 123 (free from any phone) or email jo@samaritans.org

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The Mix. If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm)

Campaign Against Living Miserably (CALM). For males aged 15 to 35
Call: 0800 58 58 58 (5pm–midnight every day) or use their [webchat service](#)

SANeline. If you're experiencing a mental health problem or supporting someone else, call 0300 304 7000 (4.30pm–10.30pm every day).

Sydenham Garden, wellbeing centre utilising its gardens, nature reserves and activity rooms. Call 020 8291 1650 email: info@sydenhamgarden.org.uk

The following websites might also help:

List of helplines on NHS website:

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Improving Access to Psychological Therapies, a Lewisham Service

<https://slam-iapt.nhs.uk/lewisham/welcome-to-iapt-lewisham/>