



# CROSSENS NURSERY SCHOOL

Happy Minds, Healthy Bodies, Kind Hearts

Tuesday 19th November 2024

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## Welcome back!

There are so many exciting things happening for our children this November at Nursery! We have raised money for Children in Need and had a very special visit from Home Safari in addition to Baby Ballet, Well-Being Wednesdays and our wonderful Mr Cutting!

## Dates for your Diary

**Christmas Party:** Wednesday 18th December 2024 – More details to follow

**Christmas Performance:** Thursday 19<sup>th</sup> December 2024, 9.30am

**Break up:** Thursday 19<sup>th</sup> December 2024

## Learning in the Big Room – 3&4 YO's

We are continuing with our theme 'Marvellous Me' but with a focus on understanding our own needs and recognising our body signals which tell us:

- I'm hungry/ I'm thirsty
- I need the toilet
- I'm hot/ I'm cold
- I need to wipe my nose
- I need to wash my hands

We are teaching the children how to recognise these needs and what they should do to address them. This builds awareness and develops their independence. Our bodies also give us signals when we are feeling different emotions. To support the children in understanding their feelings, we will be using 'The Colour Monster' by Anna Llenas. This focus will develop the children's awareness of how they are feeling and we will support them with ideas about what they need and who can help them when they are experiencing these emotions. Finally, we will be discussing friendships and how we can all be good friends at Crosssens Nursery School.



## What is the proprioceptive system?

The proprioceptive system is located in muscles and joints. Proprioceptive input develops body awareness. Proprioceptive input and deep pressure touch help to calm and regulate the nervous system, supporting children's abilities to regulate emotions and control body movements. This also supports the development of listening and attention skills, allowing children to focus and concentrate for longer periods of time.

Here are some activities you can try at home with your child:

- Hugs and squeezes
- Getting dressed with more independence
- Using large-muscle movements to wave flags and streamers, and make marks in steamy mirrors, mud or with water
- Wearing a backpack with some weight with it, to apply suitable pressure to shoulders
- Encourage your child to use climbing equipment, particularly where children are required to pull up or hold their own body weight i.e. wheelbarrow walk, crab walk, hanging from monkey bars or ropes
- Physical exercise such as swimming, cycling, running, jumping, kicking, dancing
- Stretching and squeezing an object such as playdough, a stress ball, fidget toys, exercise bands
- Heavy work such as moving small items of furniture, carrying the shopping, lifting boxes of toys
- Sensory and exploration play – water, sand, shaving foam, jelly bath, mud (children need the experience of different textures on their hands and body)

## Managing Emotional Moments

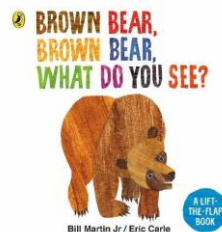
At Crossens Nursery we support children using our caring code, also known as the 3 Cs:

- 1. Curiosity** – We try to understand what the child is feeling and why
- 2. Care** – We acknowledge the feelings of the child and we help them in that moment, especially if what they want or need is not possible. We help them to regulate the emotion and calm down. Different children need different approaches during an emotional moment.
- 3. Communication** – We talk about what has happened and use the situation as a learning moment. We help children to recognise and label their emotions and remind them that we all have feelings. We are an Attachment and Trauma Informed setting and we were awarded the Bronze Award in 2023. Please utilise our skills in managing behaviours and emotions and ask us anything!



## 2YOs - Purple Room

A very warm welcome to lovely Mrs Davis who is now Room Leader for Purple Room. The children are enjoying listening to Mrs Davis playing the keyboard and it is wonderful to walk into the room and hear them singing and joining in! Mrs Davis is using her musical skills to teach action songs to the children and play circle games such as 'Ring a ring a roses' and 'Here we go round the Mulberry bush'. Inspired by the story 'Dear Zoo' (Rod Campbell), the children have been opening and closing boxes, putting animals of varying sizes within each one and using the language 'Too big, too small'. This week the children are reading 'Brown bear, Brown bear, What do you see?' by Bill Martin. With a focus on colours, Mrs Davis is encouraging the children to look at the world through different coloured foils, using quality questioning to support and assess the children in their colour knowledge, e.g. 'Who has a red coat?' The children will be painting animals this week and I am sure they are going to have so much fun whilst learning about colour. To support their mark making, the children will be finger painting, using the chalks and developing their fine motor skills using the oats and playdough as their malleable materials.



## School Governors

Our Nursery School Governors met earlier this term to review the work of our school. Governors look at children's attainment and progress and the work of the school to support this.

**Our thanks go to Peter Winter, our Safeguarding and GDPR governor, for completing our Safeguarding Audit. We are very lucky to have such caring and committed governors, who give up their own time to help us to keep moving the Nursery forward.**



## PARKING

Our school shares the site with three other schools and staff need access to spaces. Transport for the special schools also need access in order to support the children safely. Parking is strictly for staff and transport services on-site. When dropping off or collecting your children please **DO NOT** park on the school site. Many thanks for your support with this matter.

