



Our Learning



This Week

27th April to 1st May 2025

This week we have been working on our third curricular goal, to manage our bodies with increasing spatial awareness. The team have been focusing on climbing using the ladder, tunnels and different sized steps.

This week our Pre-Nursery children were excited to welcome a visit from the newly hatched chicks from Nursery. Many chose to have a chick on their lap and we were so impressed with their gentle hands and voices! They enjoyed stroking them and watching them move. Some were surprised that they could jump and climb!



The children have all enjoyed climbing this week! It has been wonderful to see them grow in confidence. When at the park or in the garden use mathematical language to help the children make links between their actions and words. Try giving just enough support to help them to feel confident when climbing while still encouraging their independence skills.

Top Tip of the Week!

It can be confusing to know where to get the best advice in regards to healthy eating for young children. We will be sharing some information about nutrition with parents over the next few weeks in our updates and newsletters. This poster shares some information about healthy foods and portion sizes. Click on the [link](#) to access the poster.

A healthy balanced diet for children

Food group	Examples of food included	Main nutrients provided	Recommended serving
Fruit and vegetables	Fresh, frozen, canned, and dried fruit, vegetables, and pulses	Carotenes (a form of vitamin A), vitamin C, zinc, iron, and fibre	At least 5 portions each day Provide a portion as part of each main meal (breakfast, lunch and tea) and with some snacks
Potatoes, bread, rice, pasta and other starchy carbohydrates	Bread, potatoes and sweet potatoes, starchy root vegetables, pasta, noodles, rice, other grains, breakfast cereals	Carbohydrate, fibre, B vitamins and iron	4 portions each day Provide a portion as part of each meal (breakfast, lunch and tea) and provide as part of at least one snack each day
Dairy and alternatives	Milk, cheese, yoghurt, fromage frais	Protein, calcium, and vitamin A	3 portions each day Provided as part of meals, snacks and drink
Beans, pulses, fish, eggs, meat and other proteins	Meat, poultry, fish, shellfish, eggs, beans, pulses, nuts	Protein, iron, zinc, omega 3 fatty acids, vitamins A and D	2 portions each day Provide a portion as part of lunch and tea (two to three portions for vegetarian children)

"It is important to offer children a variety of foods, textures and flavours in order for them to get the right amount of nutrients as they grow. This can help children form healthy eating habits. This is especially important during the time of early growth and development." - DofE website.

Our key words this week...

High, low and climb

Our key words next week...

Inside, behind, in front