



Our Learning



This Week

15th June to the 19th June 2026

This week our Pre-Nursery children have been continued to learn about their feelings and emotions. The children enjoyed practicing deep breathing, stretching and dancing to help them feel calm. We also talked about how to cool our bodies down in the hot weather that we are having!



Tiny Happy People- Stay safe in the Sun!

Tiny Happy People have some great tips for staying safe in the sun.

Whether you're heading to the beach, playing in the park or out in your own backyard, it's really important to think about sun protection for little ones. Follow our tips on sun safety for kids and make sure everyone enjoys the sunshine safely when you're out and about.

1. Stay in the shade when possible.

It's a good idea to keep children in the shade in the middle of the day when the sun is at its strongest - try and get into the habit of heading indoors between 11am and 3pm, or use a parasol or a play tent to provide some shade.

2. Use a good sunscreen.

Make sure your little one wears sunscreen that covers any exposed skin - use plenty, and don't forget their shoulders, the back of their neck, the tops of their ears, nose and cheeks and the tops of their feet. Choose a sunscreen that is SPF30 or above, with at least 4 stars for UVA protection.

3. Keep topping up the sunscreen.

Try and put sun cream on your child at least half an hour before heading out to play - remember that you'll need to put more on throughout the day, especially if they've been swimming or paddling.

4. Always pack a sunhat.

It's a good idea for children to wear a floppy sunhat that protects their face and neck whenever they're out in the sun. Wearing a hat yourself can really encourage your reluctant toddler to follow suit - and hats with chinstraps can be very useful if your child likes removing their hat!

5. Drink lots of water.

Give little ones access to water throughout the day, especially in warm weather. Encourage them to drink regularly - particularly when they've been running around.

For more information on [staying safe in the sun](https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids) and [keeping your baby safe in the sun](https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids), visit the [NHS website](https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids). <https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>

Labelled hats and water bottles!

Please can we ask you to ensure that your child's water bottle is named as we have lots of similar styles! Could we also remind you to bring in a named hat and sun cream to nursery too please? Thank you for all your support.

Our key words this week...

**Something different,
emotions**

Our key words next week...

Texture, touch, feel