

Cookham Nursery School

Weekly Update - 25.09.2026



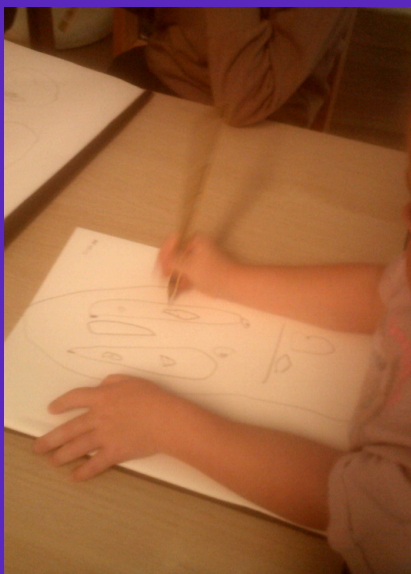
THIS WEEK

We have been exploring the 'very first amount' – **one** in Group Times this week, finding and discussing one 'thing'! We sang 'one finger, one thumb,' moving our bodies and joining in with the actions to the song.

The children were reminded about the Zones of Regulation and remembered the Green Zone. This relates to when we feel calm, happy and are ready to learn and play. This week, we looked at the Blue Zone and discussed feelings such as sad and tired. We talked about what we could do if we are feeling sad and tired, and what might help us get back into the Green Zone. The children came up with some great suggestions such as talking to an adult or reading their favourite story.

We have been focusing on our Creative Area this week, showing the children the equipment and resources they can use. They have been joining two or more boxes together with sellotape, singing a rhyme to help them to remember – "one end here and one end there, not just sticking anywhere."

The children drew some self portraits in their sketchbooks. They discussed their facial features with their friends and then had a go at drawing their faces. The children used pencils to sketch their faces and remembered to include the key features such as eyes, nose, mouth, ears and hair.



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NEXT WEEK

We will be reading the story "Peace at Last" at Group Time, encouraging the children to join in with the sounds that are heard in the story. We will begin to discuss the 'characters' in the stories that we read this week.

The children will begin their woodwork inductions, thinking about how to stay safe with equipment such as hammers. They will learn about the importance of wearing the protective safety glasses before beginning to hammer nails into their wood piece.

We will be thinking about and exploring two of things, playing game such as eye spy and noticing two on our bodies, for example, two hands, arms, legs and eyes. It is important to remember here that the children are learning to subitise and not count things one by one. We say 'don't count, see the amount.'

AT HOME



As the season changes, notice and explore the outdoors. What can you find? Perhaps some conkers or leaves that have dropped from a tree. There are lots of opportunities for rich, descriptive language such as *crunchy* leaves, *spikey* shells and *smooth* conkers. You might like to collect what you find and bring them home to explore.