



22 September 2025

Dear Parents/Carers,

### Nursery Weekly Information – w/b 22.9.25

#### Dates to remember

##### Tuesday 23.9.25 at 2:40pm

YN Parent/Carer play session for children who are full time or attend Monday-Wednesday

##### Thursday 25.9.25 at 2:40pm

YN Parent/Carer play session for children who are full time or attend Wednesday - Friday.

#### Reading Books

When your child brings home a reading book we ask that you set some time aside with your child to read it together. Reading can be a special part of a bed-time routine. Please take good care of our Nursery books and return them to school in the book bag so that the children can swap it for another one to share with you.

#### Help Needed Please

We are encouraging children to think about the changes that autumn brings. We would love the children to bring in conkers, acorns and interesting leaves which we will investigate with the children.

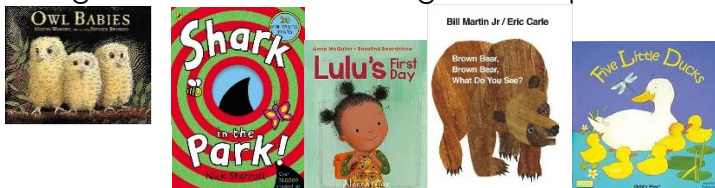
Thank you!

#### Notice for parents/ carers who use the West Gate on Wednesday for pick up at 11:40am or drop off at 12:10pm.

Due to the low numbers of children entering the West Gate at this time, from the 1 October you will need to enter via the South Gate instead for collection at 11:40am or drop off at 12:10pm. There will be no West Gate access at these times. Apologies for any inconvenience this causes but this change has been made to ensure that learning and play is prioritised for the children. Thank you for your understanding.

#### This week we are:

- Making Christmas cards (yes, you read that right!)
- Getting to know each other.
- Singing Baa, Baa, Black Sheep and acting out the song.
- Working on our turn taking skills. Sometimes we use sand timers to help us with this.
- Sharing lots of stories – including our five special books:



- Doing lots of activities to support fine and gross motor strength (such as making marks in shaving foam, drawing large shapes using chalk, putting pegs onto peg boards).
- Practising our 'Golden Rules' for carpet time – good looking, listening and sitting with our legs crossed.

#### Our skill of the week

This week we are encouraging the children to share a story and enjoy some quiet time with their key adult. We want the children to build strong relationships and to really enjoy this special time. They will

find a cosy spot and develop a love of reading. The children are encouraged to help by holding the book and turning the pages.

### **Handy Hints:**

Toddlers have big feelings, but they sometimes struggle to express them. By supporting your toddler to manage their emotions, you can help them develop lifelong skills to cope with big feelings as they grow.

### **All toddlers have big feelings**

We all have big feelings sometimes and your toddler has them too. As your toddler becomes more active and independent, they will need extra help handling their feelings. When toddlers struggle to communicate their angry or sad feelings, they might have what some people call a 'tantrum'. A tantrum is your toddler's way of saying "I need some help with my big feelings".

### **Say what your toddler is feeling**

You can help your toddler to understand their emotions by naming them. E.g. "I can see you're feeling happy that we're playing peekaboo."

### **Regulate, relate and reason**

To help your toddler to manage their emotions, it is important that you try to be calm as you may feel frustrated too. Take some deep breaths and remind yourself that your toddler isn't just being naughty, they are trying to learn and grow. A helpful way of managing big feelings in toddlers is called 'The 3 Rs':



#### **Step 1: Regulate**

This means soothing your toddler to help them calm down. Remind them that they're OK and remember to name their feeling.



#### **Step 2: Relate**

When your toddler is feeling a little calmer, show them that you love them even when they are angry or upset. Comfort them by offering a cuddle to show them that you are still there.



#### **Step 3: Reason**

When your toddler is calm they will be ready to hear you and learn. E.g. "It's OK to feel cross that you couldn't play with the toy. Everyone feels cross sometimes. But it isn't okay to push others. Next time you feel cross, you could..."

Have a great week!

Mrs Davis and Mrs Herman  
YN Class Teachers and Leaders of Learning