



Horn End News



Phone: 01889 271 051

Fax: 01889 271 051

Email: hixon@hornend.co.uk

...providing **FIRST CLASS**
education and care.

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Health and Exercise at Horn End

Children are naturally active and get involved in physical play on a daily basis. This is important as gaining physical skills has a major impact on a child's ability to learn, for example:

- The ability to draw or write rests on children gaining sufficient physical strength, manipulation and fine motor control
- Children can only dress themselves if they have learnt to balance and to co-ordinate and control their movements.

Physical activity is also a key factor in ensuring good health. Being active through physical play will encourage your child to continue being active later in life, helping them to maintain a healthy weight, to develop stamina, flexibility and strength, to decrease their risk of heart disease and increase their self-esteem and wellbeing.

We value this aspect of your child's development and therefore recently selected a few members of our team to attend a Top Start/Top Tots course which focussed on activities to improve physical well being for children aged 2-5 yrs.

The training was in two parts; there was a Top Tots / Top Start session, focusing on physical play, led by a qualified trainer and subsequently input from the Community Dietician on healthy snack and health promotion. We received some resource cards to use within the nursery these cards link into the Early Years Curriculum.

We have implemented a Top Tots activity into our outdoor play on a daily basis. Please speak to your child's key worker if you would like to see in more detail what your child is taking part in whilst outdoors



Activities and Special Days

Here are just a few of the things your child may have done or be taking part in in the near future

Baby Smalls

Have been enjoying Table top painting ,it's a great way for the babies to explore the feel of the paint on their hands .

The babies all brought in pictures of their pets for the animal magic display, the babies are enjoying sharing their photos with their friends at Horn End

Tommy Thumbs

Water water everywhere !!! We celebrated this by having a Rainy day dressing up !!! The children had great fun slashing about in their Wellies .The Tommy Thumbs also visited the local farm and then did a display about all the different animals they saw. Tasty Tasty !! We are teaching the children all about different foods from all around the world .The Tommy's will be enjoying their very own Teddy Bears picnic !!

Toby Talls

We covered the theme old and New .Mr Hopton one of our parents very kindly brought in their vintage car to show the children .We also took the children to visit the residents at Anson House