



## Wednesday workout!

The children have been busy since they returned after half term. Forest Fun sessions have begun to take place with small groups of children. This is being led by Karen and Elvira.

Forest Fun is based outdoors, children are dressed in appropriate clothing and learn a lot of vital skills when in the Forest Fun area outdoors. Children learn to develop good listening and attention skills, build relationships with their peers, develop their expressive language and learn about the world in which they live.

More information about Forest School's can be found on the following website:

<http://www.lboro.ac.uk/media-centre/press-releases/2017/october/study-reveals-forest-school-benefits/#.Wedr52Z2RY4.twitter>

This week why not have a go at some or all of the following activities:

- Put your wellies on and go splashing in puddles
- Go for a walk to the local park or woodland, along the canal or on a national trail.
- Make a shelter outside-either in your garden or at a local park-using materials you can find.
- Have fun outdoors-making mud pies or collage's with natural objects.
- Introduce new words for your children to learn
- Share your adventures with your key worker either face to face or on Tapestry.
- Create a bird feeder talking about what happens in the winter to some animals.
- Go and visit your local library and borrow stories about winter.
- Talk with your children about keeping warm and clothes we need to wear to help us.



As the weather is getting colder, please ensure that children attend nursery with appropriate clothing and footwear suited to the weather. Children will have access to the outdoors in all weathers every day "There's no such thing as bad weather, only unsuitable clothing" -Alfred Wainwright

Have a fantastic week! From all the team at Highfield Nursery School!