



# HEDGEHOGS NEWSLETTER

## FRIDAY 23RD JANUARY

We have had a busy week in Nursery learning all about how to keep safe and healthy. The children have been talking about road safety and how we can look after ourselves when we are out and about, as well as why it's important to wash our hands and brush our teeth. It has been lovely to see the children joining in with the discussions and showing great understanding of the ways we can keep ourselves happy, safe and well.

We started the week by focusing on road safety. The children watched a video about different types of crossings and what to look for to make sure it is safe to cross. We also sang a road safety song and played games to help reinforce the messages. Outside, the children loved using the bikes, trikes and cars as part of our road safety role play. We drew zebra crossings, made red and green man lights, and the children acted out different scenarios together. Everyone did brilliantly at remembering that a red man means stop and a green man means go. They also remembered to "Stop, Look and Listen" before crossing. We talked about the importance of staying with our adults at all times when we are out and about, and not running ahead, to help keep everyone safe.



**Oliver's Battery**  
PRIMARY & NURSERY SCHOOL

## EXPLORE. LEARN AND DISCOVER!

We then moved on to learning about hand washing, talking about how we do it and why it is so important. The children listened to the hand washing song and practised the actions themselves to make sure their hands were super clean. We also carried out an experiment together while sitting in a circle. A small amount of soap was squirted onto everyone's hands, then some glitter was added to a few children's hands. As the children shook hands with one another, they could see how the glitter spread from hand to hand. The glitter represented germs, helping the children understand that if we do not wash our hands, germs can easily spread from person to person. The children enjoyed this activity so much that we ended up doing it twice!



Moving on from hand washing, we finished the week by learning about teeth brushing. We talked about how we brush our teeth, when we need to do it, and why it is important. The children had a go at using toothbrushes and toothpaste on laminated teeth sheets. First, they coloured the teeth with whiteboard pen, then used the toothbrushes to "clean" them and see how shiny they could make them! We also discussed visiting the dentist, what a dentist looks for, and why check-ups are important. The children were brilliant at asking questions and sharing their ideas throughout.



**HAVE A LOVELY WEEKEND  
SOPHIE AND THE TEAM**