



Redhill Nursery Fortnightly Update

Email us at: nursery@redhillprimary.co.uk

Aspirations and Careers Week – 18th May 2026

On 18th May, we will be holding our annual Aspirations and Careers Week here at Redhill.

We are very much looking forward to an exciting week in which the children of Redhill will be inspired through a wide range of activities designed to help them explore future aspirations and career possibilities. To enrich this experience, we are seeking volunteers from local businesses and organisations who would be willing to take part in classroom discussions, talk about their role and answer questions from the children. If you would be happy to give some of your time, or if you know someone who could help make this week truly memorable for our pupils, please email Redhill@RedhillPrimary.co.uk.

We greatly appreciate any support you are able to offer.

Thank you.

Literacy Focus

We will begin our new book next week entitled, Dogger. This book links to our topic of Toys. The children will complete different activities based on the book such as exploring what toys are made from, sequencing the story and creating a school fayre role play in which the children will retell the story through. The children will also have a go at hearing, saying and forming some initial, middle and ends sounds of words related to the story.

Phonics Focus

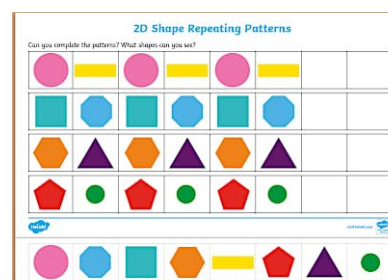
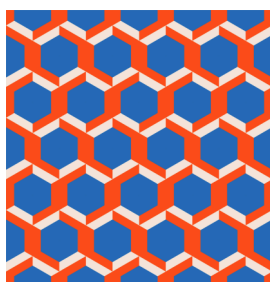
Nursery 1— The children will use rhythm through clapping and begin to sound out their names into syllables.

Nursery 2—We will focus on hearing and saying the initial sound 'v' and 'w'. We will play listening games and sort objects into the correct letter sounds. We will find words and objects in the environment that begin with the sounds 'v' and 'w'. We will also use our robot arms to sound out words such as 'van', 'vet', 'win' and 'wet'.



Maths Focus

In maths, we will be focusing on pattern. We will look at patterns in the environment, patterns on clothes and then, move onto to creating our own patterns using shape and colour. We will use different objects to create patterns and complete some shape and colour printing in art.



Screen Time Guidance For Under 5's.

Digital screens are a part of modern life, but finding the right balance between screen time and other activities for young children can be tricky.

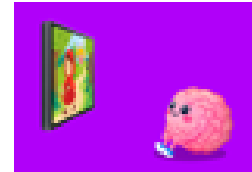
Healthy screen time habits for little brains

How much screen time should my child have?

Limit total screen time for young children, wherever possible.

Under 2 years: Avoid screen time other than for shared activities with family that encourage bonding, interaction and conversation.

2-5 years: Try to keep it to 1 hour a day. Less if possible.



What content is better content?

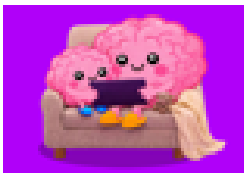
Young children's brains are stimulated more easily, so they need content specifically made for them.

Slow-paced content – slow pace predictable content is better for young brains.

Fast-paced, over stimulating videos may affect how young children learn to concentrate, so it's best to avoid them.

Choose safe content: use **PARENTAL CONTROLS** to block inappropriate, harmful content.

Avoid social media: Social media isn't made for young brains, so it should be avoided.



How does my own screen use affect my child?

Lead by example:

Children's brains are like sponges – they'll copy your screen use habits. Be mindful of how often you use your phone around your child.

Being present with your child: Spending long periods on your phone can make it harder to notice what your child is doing or feeling.

When and where is okay for my child to use screens?

Set clear boundaries for when and where little brains use screens to ensure time for other activities that support their development.

Avoid young children using screens alone as it reduces opportunities for social time and active play.

Screen-free zones: Keep bedrooms and mealtimes free from screens. This can protect valuable family time and interaction.

Background watching: Try not to have screens on in the background particularly during family time, meals or playtime.

How does screen time affect my child's development?

A large amount of screen time is linked with negative effects. It can affect social, emotional, language and brain development, sleep, eyesight and healthy weight.

Reading together, simple games, play and conversations all help them develop language, problem-solving skills, self-control and social understanding. **These early interactions, even before children can talk, create the foundations for every area of their lives.**

Ensure screen time of any kind doesn't replace sleep, physical activity, active play or direct parent-child interaction.

Safe Screen Swaps

Shared activities could include video calling with friends and family or looking through digital photo albums together.

Check what your child is watching – look for content with simple stories, fewer scene changes and characters speaking slowly. It should be easy to hear what people are saying and to see the emotions on characters' faces.

Mealtimes: Try swapping screens for background music, simple conversation, table games, colouring or even 'I Spy' with colours or letters.

Bedtimes: Swap screens for reading bedtime stories together. Try to avoid screens for the hour before bed, as this could affect sleep.

My child has SEND. Is the advice the same for us?

Screen-based assistive technology can be an important tool to help some children and families communicate. Like all young children, children with SEND need plenty of time for play, sleep and interacting with their parents and carers. Protect screen-free time for these important activities, where possible.

Healthy Eating—Packed Lunches

Our guidance aims to support pupils to have a balanced lunch and best prepare them for learning in the afternoon. Packed lunches should aim to include the following:

- Some starchy foods such as bread (sliced bread, pitta bread, wraps, bagels), pasta, potatoes, couscous; choose wholegrain where possible.
 - 1 portion of fruit and 1 portion of vegetables or salad.
- Dairy food such as cheese or yoghurt. Meat, fish, or another source of protein such as eggs, beans and pulses, hummus, falafel.
 - Oily fish once every 3 weeks e.g. sardines or salmon.

We kindly ask that packed lunches aim to be balanced and nutritious. While sweets are not permitted, we also encourage families to limit high-sugar items such as chocolate to help promote healthy eating habits.

We thank you for your support.



Nursery Trip—Tuesday 9th June 2026

We are excited to be organising our end of year trip to Wrekin Forest School. For this trip to go ahead we will need parent helpers to accompany us. If you haven't already done so, please can you fill out the Microsoft form that was sent out this week to let us know if your child will attend and if you can come along and help.

Thank you for your support.

Reminders

PE – Monday am and Thursday pm.

Please ensure your child is dressed in PE kit.

Welly Walk – Friday am

Please ensure your child comes into Nursery dressed for Welly Walk in a waterproof suit and wellies. Please can you also ensure the suit and wellies are named.

Show and Tell

Please check your child's reading record for their day to bring show and tell.

