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In the Garden this week we have enjoyed having picnics with our snack, and talking about shade and how to keep cool. We also talked about the sun and how too much heat can make us poorly so we need to take care in hot weather. Drinking lots of water and staying in shade. We also laid on the ground and talked about the clouds and their shapes. Asking questions what can you see? To create opportunities for children to think and link their ideas to the topic enhances vocabulary.

Inside to keep cool the children have been learning a basic meditation session, we sit comfortably and breathe slowly. We listen to a story with calm music and imagine we are on a space rocket going to the moon. This was really enjoyed by all children and it helped us to cool down. This activity has supported our listening skills.

We also have been trying yoga to some familiar stories such as ‘The Bear Hunt’ all the children have got involved in this following the cosmic lady on our projector. They have been asking to do this every day.

Finally, this week more of our children have left the nursery to start big school in September. This is always a bitter sweet time. We wish them all the very best as they take the next steps in to their education. We would like to say THANKYOU for all the cards and gifts we received from parents and for your kind words to the staff. We really appreciate your generosity and value the comments that you have made. I wish you all a very happy weekend ahead and look forward to seeing you on Monday.

**Dates For Your Diary**Next Wednesday 31st July, we will be having a messy play day. Please make sure your child comes in old clothes as we are planning ice jelly, water, baked beans, flour play and lots more messy activities and intend to have lots of fun and getting really messy! This will help and support the children’s Understanding The World through purposeful play. By touching, feeling, pouring and splashing play they learn to build concepts, developing language and promoting social skills.

**Welcome to another edition of Friday News.**

Happy Friday to you all, this week has been extremely hot, I hope you all have kept as cool as possible. The children have not been going in the garden in the afternoon due to the heat but have been enjoying meditation and other physical activities in the room.

**Our Mission is:**To ensure that every child feels cared for, is stimulated and nurtured to be the best they can, encouraging children to enjoy their time at pre-school and learn something new constantly whilst giving parents peace of mind that their children are safe, stimulated and developing when in our care.