

# NEWS #7 - MARCH 2026: SPRING TERM

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MARCH		TOPIC: PEOPLE WHO HELP US			CELEBRATIONS / EVENTS			WK
WEEK	DATE	CUB FOCUS	BEAR FOCUS	SWAN FOCUS				
1	3 - 6	Fire-fighters & The Police		People Who Keep Us Safe	5 <sup>th</sup> World Book Day TBC			1
2	10 - 13				2			
3	17 - 20	Doctors, Dentists and Healthy Eating		Doctors and Dentists	Mum's S & P's	St. Pat 17 <sup>th</sup>	Eid 20 <sup>th</sup>	3
4	24 - 27			Healthy Me!	Swan Easter Show 25 <sup>th</sup>			4

## EVENTS THIS MONTH ...

**SAINT PATRICK'S DAY CELEBRATION** – Tuesday 17 March – This is a celebration morning of dancing, crafts and music for Tuesday children. Many of our Tidbury families enjoy sharing their Irish heritage with us, including two of our team Miss Jo and Miss Angie.

**MUMMY'S STAY & PLAY:** 17 – 20 March - Visits for Swan & Bear Mummy's 8:45 to 10:15, visits for Cub Mummy's 2:45 pm to 3:45 pm. Invitations to follow.

**EID UL FITRE CELEBRATION:** Friday 20 March: This is a celebration morning of dancing, crafts and music for Friday children. Eid ul-Fitr is a three day Muslim festival that marks the end of the fasting month of Ramadan. Muslims across the world begin Eid celebrations with prayers, followed by a day of visiting relatives and friends, feasts and sharing of sweets.

**SWAN EASTER SHOW:** Wednesday 25 March: The swans will be performing The Three Little Pigs. Further details will be sent out to the swan families.

## TOPIC – PEOPLE WHO HELP US: What your child will be learning at nursery this month ... Also a few suggestions of how you can extend & support their learning at home

What all the children will be thinking about and learning	Home learning for the cubs ...	Home learning for the bears ...	Home learning for the swans ...		
<ul style="list-style-type: none"> <li>Talking about and playing fire fighters and police officers. Discovering the jobs they do, the uniforms they wear and how they can help us and others when needed.</li> <li>Who else can help to keep us safe? Thinking about familiar adults, parents, family members, teachers and ourselves.</li> <li>Thinking and talking about feelings through our play and stories. How did you feel when you fell over? "hurt/sad" How do you think they are feeling about tackling the fire? "Brave"</li> <li>How to be healthy – what food is healthy, why we drink water, why we exercise?</li> </ul>	<p>Introduce Nursery phrases and signs at home "Hot"- don't touch and "Danger" - stay safe</p> <div style="display: flex; justify-content: space-around;">   </div> <table border="1" style="width: 100%; text-align: center;"> <tr> <td style="width: 50%;">Move your hand from a stretched open position sideways to a claw</td> <td style="width: 50%;">Place a stretched hand, with thumb tucked at the top of your forehead</td> </tr> </table> <p>Talk about keeping safe at home and outside, think about ... What is hot? What is not? "Remember don't touch". Encourage your child to look after you, Can I cross the road by myself? "Hold hands mummy!"</p> <p>Encourage your child to listen when you hear an emergency vehicle and copy the sounds they make. Label them and tell your cub where they might be going.</p> <p>Encourage your cub to join in some simple role play with you "dolly has hurt her knee, let's get a plaster" "teddy is lost, can we find him?" "fire, fire, quick put it out", "uh oh monkey forgot to brush his teeth, let's help!".</p>	Move your hand from a stretched open position sideways to a claw	Place a stretched hand, with thumb tucked at the top of your forehead	<p>Role play: fire fighters, police officers, doctors and dentists together. Focus on what they do in their roles to help people.</p> <p>Put out a fire together "this hose is heavy, let's work together and take turns!" Encourage your child to help you as a police officer too. "Which teddy has been eating all the biscuits?" look for clues, paw prints, furry bits, and crumbs. Grab some teddy patients, "dolly I can see you're feeling a bit worried" "I'll help you" "teddy well done for cleaning your teeth" "great job"</p> <p>Look out for open days and events locally where you could go together to meet real fire fighters and police officers too.</p> <p>Remember and recall with your Bear times you have visited the doctor or dentist this helps children make sense of what happened and how they might have felt at the time. Where did you go? Why? Who did you see? What happened there? Did you need some medicine? How did you feel, before or after?</p>	<p>Teamwork and problem solving are at the heart of People Who Help us and Keep Us Safe theme.</p> <p>Give your swan challenges at home to support their problem solving skills, set up scenarios you can't solve and need their help with.</p> <p>Outside at the park or in the garden encourage them to challenge their physical skills, think together about safety around trying something new, what could happen? How can we keep ourselves and others safe?</p> <p>Look out for other dangers, can your swan help to keep themselves and others safe by spotting the danger and solving the problem?</p> <p>Think about ways we can keep ourselves safe and healthy. Exercise together, think about healthy foods, building strong bones, muscles and teeth and practice some calm breathing together.</p>
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