



SUMMER HOLIDAY ACTIVITIES....

At West Lodge, **play** is high on our agenda. We want children to be resilient, independent, critical thinkers who are able to tackle anything that comes along and we know that this happens if children know how to play. The summer holidays are a long stretch and we are asking you to do the following:

1. Spend lots of time playing **with** your children over the holidays - it is so important that they are learning the skills of imaginary play, turn taking and the need to tidy up from you/other adults that they spend time with and trust. Board games, imaginary play, dolls, Lego and other construction are great. Try to limit the amount of screen time that children have each day too.



2. Spend lots of time outside - children's fine motor skills develop once their upper arm strength is developed - this is done by swinging on monkey bars, climbing trees and other apparatus (Pinner Park is perfect!). It also means that children feel confident to take risks in their play which in turn helps to build resilience.



3. Spend time singing 'nursery rhymes' and 'counting songs' (Humpty Dumpty; Jack and Jill; Twinkle Twinkle Little Star; Heads, Shoulders, Knees and Toes; Mary had a Little Lamb; Hey Diddle Diddle; Hickory Dickory Dock; Ten Green Bottles etc.) Journeys in the car/train/boat or on a walk are the perfect time to have a sing song!
4. Try to meet up with other children for play dates - it helps if children are familiar with their new classmates before September.

Humpty Dumpty
Humpty Dumpty sat on a wall,
Humpty Dumpty had a great fall.
All the King's horses and all the King's men,
Couldn't put Humpty together again.



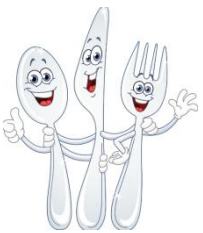
5. Encourage children to read their sounds if they are familiar with them. Focus on the sound it makes rather than the letter name (mmmmmm rather than M). If children want to write letters then encourage them but just keep it fun and not at all about 'practising'. There is plenty of time for reading/writing at school! Shopping lists and birthday cards are a great place to start.



6. Encourage children to count to ten and back. Practise writing numbers if children know them but do not make it a chore. Encourage them to find numbers in our environment (car registrations; bus numbers etc.)
7. Keep reading! Read to your children every day. Read a wide variety of stories to them and do not be afraid to repeat their favourites again and again!
8. Please encourage your children to get dressed and undressed independently (school uniform can be tricky and takes practice!). Perhaps set a timer and make it into a game. Please encourage them to do up the zip on their coat, and try to ensure they can fasten their own shoes/buttons. Encourage them to recognise their name on their school uniform.



9. Please practise using cutlery during meal times. Encourage children to cut up their own food where possible (this might appear impossible at first but they will get there across the Reception Year) and if they will be having packed lunch then give them a chance to practise opening packets/tupperware etc.) We will of course help children at lunchtime but it is great if they have begun to practise these skills - at home is the best place for this to happen. Clearing away from meals is also a useful skill.



10. Encourage your children to be able to manage in the toilet, including remembering to wash their hands.
11. In the run up to starting school, it is important for children to be in a good bedtime routine. Make sure that they have 'calm time' before bed (storytime is the perfect wind down) and then go to bed at a decent time.

And finally...

12. Children pick up on our emotions! Please make sure that you are positive and 'excited' about the children's journey to Reception. This will help them in turn to be positive and excited about this next step and will help to ensure a really smooth transition.



Thank you - The Reception Team