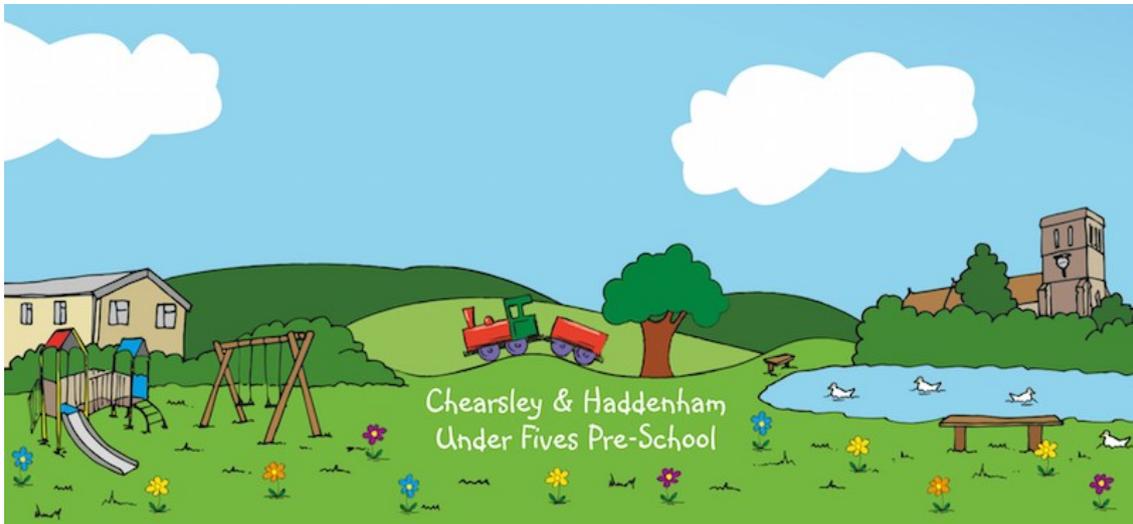


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The CHUF Courier

Welcome to the first issue of the CHUF Courier! We hope that our new regular way of staying in touch with you will help both you, and our wonderful CHUF children as we all adjust to new routines. The CHUF ladies have lots of ideas to share. In our first edition we felt it might be helpful to share our daily 'CHUF' routines with you as well as some other more specific ideas, which we will add too in each edition. This is quite a 'meaty' edition, as we try to outline as much as possible for you to build on, further editions we hope will be less wordy and more fun as well as educational so please bear with us! **Our most important message to you and your children is to have fun and please do not feel that you have to implement all or indeed any of the ideas below (& certainly not all in one go, many of these ideas are basic principles that can cover the entire period we are away from CHUF), they are just suggestions. Stay Safe!!!**

The 'CHUF' Daily Routine

We thought it would be helpful to share our daily 'routine' with you, the structure of which may help you at home (at times!) and of course the children are all familiar with , it does change at different times but, you can of course take from it what you find most helpful. The Early Years Foundation Stage (EYFS) provides the curriculum framework (across the Seven areas of learning) these are the 'building blocks' of knowledge that children need to learn and progress in.

The CHUF room which is the 'Continuous Provision' is set out to reflect these 'Seven' areas of learning. We have listed these below and shown how we encompass ideas and learning opportunities within these areas for children to learn by. Hopefully you'll find and enjoy playing with some of these ideas. We hope you have fun!

Safety: Always remember allergies and small items should be used differently when other small people in the house might want to explore also.

Firstly, Our Routine.....

Arrival and Free Play

The children are encouraged to self register by choosing their name first thing. You could set this up at home, using familiar family names. The children love taking the register. Have a clip board, paper and pen and see! The children are then free to play or choose an activity.

See (Seven Areas of Learning) play and activity ideas below.

10.30 Tidy up Time (Can be anytime!)

This is always fun! The children use different songs/music to tidy up to. You could choose a new song at home! We always give the children 5 minutes to finish off what they are doing though before we ever tidy up!!

10.40 Group Times/Game Time/Coming Together

Listen to a story, Share news, Show and tell (encourage your children to talk about a favourite toy or object). It could be absolutely anything! Play a game, such as shape bingo, or a senses game (hide objects in socks). Sing nursery rhymes. Have little pictures of rhymes in a box or a purse, that the children can choose from. Maybe help prepare a healthy snack for later....

11.00 Snack Time

Take ourselves off to wash our hands. Sing, Row Row Row Your Boat or other song whilst washing and drying our hands well to ensure that hands are washed for the appropriate amount of time (At least 20 Seconds), Turn off the taps! At the table, speak about healthy eating, which foods are healthy which are treats etc and encourage your children to pour their own drinks. At CHUF we have a small amount of water or milk in (small plastic) jugs, encourage children to pour their own drinks to develop hand/eye coordination and hand strength. Snack time is also the perfect time to reinforce sharing and taking turns.

Outside Play

At CHUF we use this as practice for putting on our own coats and shoes etc. Take stories outside and anything else which can go outside, into your garden or outside space (making sure that you adhere to the Governments current and up to date advice about where and when we are able to access outdoors). Being outside will help develop large gross motor skills (Amongst many other things) Ideas include using footballs, bats and balls, skipping

ropes, hoops, parachute play, sand play or build your own obstacle courses with whatever you have to hand that is safe to use.

Lunch Time

Lunch time at CHUF is a relaxed time for the children to unwind from the mornings activities, whilst socially interacting with their peers and learning to eat their lunches in order (Ie, Sandwiches first before other savoury snacks and then fruit and any sweet goodies such as yoghurts or cake etc, sometimes it's just too tempting to eat all the fun stuff first!!!), it's also a good time to get the children recycling any of their food waste as well as any other rubbish, learning which item goes in which bin etc. Maybe you could still organise a packed lunch for your child if that helps with your routine?

Afternoon:

We loosely follow the same routine of events as our morning sessions, ideas include :
Table top activities maybe games and activities such as Snakes & Ladders, Snap, simple board & card games, puzzles, Constructing a marble run, construction such as building a tall tower and measuring it, Lego Club, Gardening Club, and even Scissor Club (Pracising to use scissors safely, using guidelines (both straight and wavy lines) drawn onto paper). As with any session it's important to break the time up and make time for drinks or even a mid afternoon snack. Make time for some further outside time and or free play too!

The Seven Areas of Learning

As mentioned above the Early Years Curriculum is made up of the seven areas of learning, below are some examples of the activities you would find within our settings, and that encompass these areas:

Personal, Social & Emotional: Play shops, cafes. Talk about money and quantity. Make cakes together. Measure and weigh ingredients. Make play dough, roll it and squeezing it is great for developing hand strength. Make dens.

Communication and Language: Lots of reading books, encourage children to join in stories, especially well known stories. Let the children fill in the gaps, pointing at words as you go. Go on a treasure hunt.

Physical Development: Build up hand strength/Gross motor skills, paint a fence with brush and water. Put paper on fence (Using Clothes peg) and paint patterns, get the chalks out and draw on path or patio. Manipulate play dough. Try cutting leaves (with children's scissors), Tear up and scrunch up paper.

Fine Motor Skills: Pick up small objects with tweezers, thread Cheerios onto string, pick up peas, peg items onto washing line. Scissors (Children's scissors) once grip is confident practice snipping on straight lines, cutting on lines to the left and right, then zig zag lines.

Writing: The children learn to write using its 'Cursive' form when they go into school. In

Preparation for this, schools encourage the build up in hand strength, enabling each child to be able to hold a pen confidently. What you can do to help: Pre-writing marks are ideal. Draw lots of Lines: ///// \\\\\\\ ----- and crosses ++++++, Use clockwise and anticlockwise movements, draw lots of circles etc.

Maths: Colour recognition, Matching quantity with numbers, Counting such as: How many claps, hops and steps etc. Encourage children's interest in number problems. Number recognition. Which number comes before and next? Awareness of shape. Using the names for 2d and 3d shapes. Going on a shape or number hunt around the house. Measure. Use language relating to size. Which animal is the shortest, tallest etc. Use positional language. In front, on top, behind.

Literacy: Phonics (Phase 1 letter and sounds). Take a look at: You Tube. Jolly Phonics sounds & songs, we start with the letter sounds for S,A,T,P,I,N. These are the first letter sounds we teach. You could go on a hunt to match objects to these initial sounds. Jolly Phonics then continues through the next set of letter sounds to learn. The children are familiar with this Jolly Phonics programme, you can learn each letter sound together.

Understanding the World: Talking about time throughout the day. Different times of the day. Look at the clock. Senses Eg) Touch: hide objects in socks. Smell: Cover foods. Investigate. Listening, what can we hear in the house or outside? Value science and nature and our planet. Look at Space and the planets.

Expressive Art and Design: Dressing up, Acting out stories: Being aware of a beginning, middle and end of story. Instrument sounds (It's amazing how many household objects can become instruments): Loud/soft, Tapping to a rhythm. Junk modeling with recycled boxes. Glue and sellotape. Have your own Craft table.

Messy: Freeze dinosaurs or (similar plastic toys) in ice, Use shaving foam in tray to play with, Painting etc.

Activity/Suggestion of the Week:

This week we are spilling the beans (Or more like the flour) on the CHUF play dough recipe. Please feel free to try this at home. The recipe requires no cooking and can be made on a table top, and the children can join in and help (Just mind the temperature of the water). If you don't have all the ingredients to hand now maybe you can add them to your shopping list or find alternative suggestions for recipes online. our ingredients are: 2 Cups of flour (Any Type), 1 Cup of Salt, 2 tablespoons of Oil (Sunflower or vegetable), 2 teaspoons or Cream of Tartar, 2 Cups of Lukewarm water (it might not all be required), and 1 teaspoon of food colouring.

Method: Place all the dry ingredients in a bowl, and add the water slowly and gradually, mixing and with your hands until it forms a dough (You may not need all the water). The

add the teaspoon of food colouring and ensure that this is worked into the whole dough for even colour coverage. Then have fun playing with the dough, use cookie cutters, rolling pins and any shape cutters you may have, or look for alternatives that might work just as well.

Some Useful Websites for Ideas and Resources:

You may find some of the following websites of use to you when looking for ideas or resources:

Twinkl : <https://www.twinkl.co.uk/resources/home-early-years>

Topmarks (Maths) : <http://www.topmarks.co.uk>

Imagination Tree: <https://theimaginationtree.com/>

Also you can search 'You Tube' for 'Jolly Phonics' sounds and songs

EyLog Communication

Your child's Key carer will endeavour to be in touch with you via the EyLog as soon as they can, and we welcome your comments and observations back via this method . But please bear in mind that not all the staff have been able to take home an EyLog tablet, so are having to use other devices to access the platform and broadband coverage is not always reliable for some of our staff living in more rural areas. Most of the staff are also supervising their own school children's home learning too. So if you don't get a response straight away to anything you add to the EyLog please be patient. Please do feel free to check your child's next steps on the Eylog system, you can then use the areas and ideas above to help develop your child's next steps.

Parents Corner

We will of course welcome your feedback on what you would like to see or indeed we would love to share any ideas you may have for activities or perhaps a particularly useful website you've found etc, If you have any makes your child is particularly proud of as well we would love to share them. Please send any suggestions or photos to our usual email address found at the bottom of this email (We will assume that any pictures or suggestions you send in come with your specific permission to share unless stated otherwise, if you are

sending photo's in please do not send in pictures which display your child's face unless you are happy with it being shared via email to all CHUF Parents, as well as potentially on our Facebook site, and website). Email: info@chufpreschool.co.uk.

And lastly, for your amusement this is Betsy (Sally's -Our Administrator's dog) practising WFH, whilst adhering to the latest government guidelines.



Stay Safe
The CHUF Team



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Our mailing address is:

Chearsley and Haddenham Under Fives
Chearsley Village Hall
Winchendon Road
Chearsley, Buckinghamshire HP18 0DP
United Kingdom

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