

We are delighted to be back this week after having a enjoyable Easter holidays. The children have really enjoyed sharing with us all the wonderful things they have been up to while they have been away as well as enjoying being in the company of all their friends again.

This term the theme is "lets get moving" the children will be learning about different ways they can move, how to stay healthy and what they can eat to keep healthy as well as learning about different sports and activities they can do to keep moving.

We have been enjoying the lovely weather and making the most of it by being outside, taking walks and playing on the field, running and jumping and seeing how many different ways we can move. The children have been learning about different foods, playing games such as Healthy or Special Treat. Food bingo was a favourite! They had to work out which foods were healthy, to make us big and strong.

During snack times we have been trying a variety of different fruits which help keep us healthy and have been encouraging the children to 'try something new' trying fruits they have not eaten before. Next week we will be doing a blindfold taste test with different fruits. We will let you know how it goes!

Little Chefs continues to big a big success. This term making a variety of healthy foods to enjoy such as healthy fruit kebabs. The children have been learning to use knives to cut the fruit and learning how to use knives safely.

The children have been exploring all the different ways they can move, using their whole bodies, such as jumping, rolling and hopping. We have taken pictures of our different ways we move and created a display board at pre-School. We are also looking forward to 'wheels week' where the children get to bring in their bikes and scooters to ride supporting balance and co-ordination and also learn about the importance of staying safe.

We have been keeping active during our Work Out Wednesday which in the nicer weather we have been doing on the field. The children have been learning a variety of different movements which they have been doing to music. We have also been learning the importance of warming up our bodies before exercise and warming down after exercise too. Physical activities have many benefits such as helping to build confidence and improve children's social skills. It strengthens muscles and bones as well as providing opportunities to learn new skills and develop co-ordination and enhance children overall concentration and learning.

Diddi dance has started back this term. The children are provided the chance to discover different music and dance styles as well as having lots of fun, using action songs, dancing games, fun exercise, hoops, ribbons and much more. Our new theme this term is Salsa.

On behalf of Checkendon Pre-School C.I.O. we would like to say thank you so much for your continued support.

To find out more about Checkendon Pre-School do visit our website [www.checkendonpreschool.co.uk](http://www.checkendonpreschool.co.uk), call us on 01491 682589, e-mail [preschoolcheckendon@gmail.com](mailto:preschoolcheckendon@gmail.com) or just pop in – we always look forward to welcoming you to Checkendon Pre-School C.I.O.

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