

Exwick Heights Primary School

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Wednesday 25th February 2026

Dear Parents/Carers of Exwick Heights Primary School Pre-School pupils,



Personal, Social and Emotional Development

This half term, we will be exploring the theme: Healthy Me. Through a range of adult-led and child-initiated activities, we will begin to understand what 'healthy' means. We will learn about the importance of being active for good health and talk about the things that keep us healthy. For example, we will learn that some foods are healthier than others; how to get ready for sleep and that sleep is good for us; and the importance of good hygiene, particularly with regard to handwashing.

Supporting learning at home: please draw your child's attention to (and praise) the choices they make each day which help to keep them healthy e.g. brushing their teeth, resting, eating their vegetables at dinner time, having a drink of water, being active.

Communication, Language and Literacy

This half term, we will continue to 'tune into sounds' focusing on u, r, h, b, f, l and j. We will learn to identify the initial sounds of words and names of objects, as well as focus on articulating sounds correctly. We will continue to practise blending a range of words using oral blending and learn to recognise the capital letter that starts our name.

Supporting learning at home: please help your child to recognise their name, for example, by writing their name on multiple Post-it notes. Place the Post-it notes around the house (at their table, on their bedroom door, at the front door, on their toys). Support your child to go on a 'Name Hunt' to find all the pieces of paper that have their name written on them.



We will continue to increase our repertoire of nursery rhymes by learning and joining in with the nursery rhymes - 'Mary, Mary Quite Contrary', 'Incy Wincy Spider' and 'Humpty Dumpty'. We will also be learning to recognise and make rhymes during rhyme time activities. We will continue to develop our love of reading through daily story times and we will also explore a few key texts including: 'Monkey Puzzle', 'Godfrey is a Frog', and 'Pick a Perfect Egg'.

Supporting learning at home: please continue to take every opportunity to share books and read with your child, as well as sing nursery rhymes together, as it makes a huge and positive difference to their learning and development. Videos illustrating a variety of nursery rhymes can be found on the Little Wandle website in the parents' section.





Mathematics

Through a variety of daily routines and playful activities, we will be learning to understand that the last number said (when counting) is the number of items there are in total; to match simple shapes using a variety of equipment; and to recognise small quantities (up to 3) without counting.

Supporting learning at home: capture opportunities to practise counting; and play simple games with dice, to help your child become familiar with/recognise dot patterns.

Physical Development

As part of daily continuous & enhanced provision, children will continue to have a broad range of opportunities indoors and out, for physical development. The focus for gross motor skill development will be on balancing, jumping/hopping and rolling objects.

Supporting learning at home: please plan time to share active and/or outdoor play with your child. This might include: messy play, jumping, walking, dancing, swimming, climbing, skipping, games such as hide and seek, throwing and catching, scooting, riding a trike/bike and other outdoor activities.



This half term, our key texts will provide the springboard for learning in **Understanding the World**. Initially, the children will begin to make sense of their own life story by learning about humans at different ages. Following this, we will explore spring time, by learning to recognise the signs of spring in the natural world and talking about spring time celebrations.

Supporting learning at home: together, look at baby photos of your child (and other family members) and encourage them to describe how they have changed since they were a baby.

In **Expressive Arts and Design**, we will have varied opportunities to engage with the arts, enabling exploration and play with a wide range of media and materials. A variety of creative activities will link to our themes.



If you have any questions about your child's learning, please do not hesitate to speak to your child's teacher directly or email admin@exwickheights.devon.sch.uk; your query will be passed to them. If you have any concerns or want to bring something to our attention, please don't hesitate to ask one of us.

Yours sincerely,

Ms S. Hannaford
Pre-school Lead

Miss L. Bradbury
Assistant Headteacher