

FEBRUARY 2026 NEWSLETTER

FEBRUARY TOPIC: BEING HEALTHY AND SAFE / PEOPLE WHO CARE FOR US

Throughout February, we will continue to explore the important roles of individuals who provide care and support within our community. These include professionals such as doctors, nurses, paramedics, postmen and postwomen, and police officers. Children will have opportunities to learn about how these people help keep us safe and healthy.

We have planned engaging role play activities where children will act out emergency scenes and set up areas representing a police station, fire station, or hospital. In these play spaces, children will use uniforms, telephones, and bandages to treat dolls, developing their understanding of these caring roles. Expect to see photos of your children dressed in police hats, firefighter helmets, high-visibility vests, and bandages, as well as experimenting with mirrors or filling bottles with coloured water in our 'medicine' station.

We would love to welcome *Real-Life Visitors* to school. If you, or a family friend, work as a firefighter, nurse, doctor, paramedic, or police officer, we invite you to come in and speak to the children about your job. Please email fhumphreys427@c2ken.net if you are able to visit us, dressed in your professional uniform, and answer a few questions from the children.

As part of these topics, we will also focus on maintaining our own health and well-being. The children will learn about the benefits of healthy eating, regular exercise, and practising safety in everyday life.

FEBRUARY: HOW CAN YOU HELP AT HOME THIS MONTH?

We encourage you to discuss the importance of healthy eating with your child and help them develop nutritious habits at home.

Consider participating in a family walk or taking part in structured physical activities together. This is a great opportunity for your child to observe the changes that occur in their body during exercise, such as an increased heart rate or changes in their breathing.

Start a conversation with your child about the individuals who support them in their lives – nurses, doctors, paramedics, and others. This will help reinforce the lessons learned at school and strengthen your child's understanding of the community around them.

MATHEMATICAL CONCEPTS

This month, we are helping children build their touch counting skills up to ten. You can support this learning at home by providing opportunities to count everyday items such as knives, forks, toys, cups, glasses, and socks.

We will also be discussing weight concepts, including terms such as heavy, light, heavier, and lighter. Your support in reinforcing these ideas at home will be very helpful for your child's learning.

LIFE SKILLS

Snack time is more than just eating – our nursery children have been practising washing up and putting dishes away, taking their first steps towards independence.

Children are learning that playtime includes tidying up as well. Most have been confidently returning items to their proper places and helping each other, though a few still need gentle encouragement!

Encourage your child to help tidy up at home, even if it's just putting away a basket or two. Make it a positive, shared experience. We're on the lookout for great little tidy people! Developing these life skills at home will give children a helping hand now and in the future.

TURN TAKING

This month, please check on your child's turn-taking skills. Turn-taking is a developmental skill that benefits from explicit teaching. Play simple games together, emphasising *Your turn... My turn*. Ideas include rolling a ball, blowing bubbles, sending cars down a ramp, playing posting games, pop-up pirate, building a jigsaw puzzle, or mixing a cake. Keep the wait for their turn short at first, gradually increasing it by counting slowly to help your child learn to regulate their waiting. Remember to praise **waiting**, not just **winning**. For example: *Good waiting. You waited for your turn.*

HEALTHY HEART WEEK: MONDAY 2ND – FRIDAY 6TH FEBRUARY

During Healthy Heart Week, activities will help children learn about keeping their bodies healthy. On Friday 6th February, we will have a non-uniform day to celebrate Rock Red Friday. Children are encouraged to wear red to school and, if possible, make a £1 donation. All money raised will go to **Children's Heartbeat Trust NI**, a local charity supporting children and families affected by heart conditions.

HALF TERM HOLIDAYS

Please remember that school will be closed from Monday, 9th February to Friday, 13th February, inclusive. We hope all children enjoy a lovely break.

COME AND PLAY SESSION- TUESDAY 24TH FEBRUARY 12:45-1:20 PM

Come and Play Session: A parent/grandparent/aunt is invited into school to play with their child for the last half hour of the day in the classroom on Tuesday 24th February. We hope to have another one on Tuesday 24th March if you are unable to come to this one. These will run from 12:45 until hometime at 1:20pm.

NEW NURSERY ASSISTANT IN FOX CLASSROOM

We are delighted to announce that Mrs Jackie Hall has been appointed as a permanent member of staff at Enniskillen Nursery School. She will join the Fox Classroom as the new nursery assistant after the half-term break.

January 2026		February 2026					March 2026	
Mon	Tue	Wed	Thu	Fri	Sat	Sun		
							1	
2	3	4	5	6	7	8		
Healthy Heart Week				Red Rock Friday- wear red				
9	10	11	12	13	14	15		
Half Term Holidays	Half Term Holidays	Half Term Holidays	Half Term Holidays	Half Term Holidays				
16	17	18	19	20	21	22		
	Pancake Tuesday							
23	24	25	26	27	28			
	Come and Play Session (12:45-1:20pm)							

TERM 2 HOLIDAYS

Half Term: Monday 9th February to Friday 13th February 2026

St Patrick's Weekend: Monday 16th and Tuesday 17th March 2026

Last Day of Term: Wednesday 1st April

Easter Holidays: Thursday 2nd April to Friday 11th April

Term 3 Begins: Monday 13th April 2026