

Dear Parents and Carers,

As I write I have the 'Hello' song ringing in my ears! This is the regular opening song of the Southbank Sinfonia session which takes place most Friday mornings.

Listening to the session reminded me how lucky our children are to have the opportunity to watch and join in with a classical musician. This week we had a very talented violinist who kept the children entertained with her version of various songs and rhymes which were extremely varied and diverse ranging from the scary Jaws film theme tune to familiar favourites such as 'Old Macdonald'. What a lovely way to start a Friday!

### **Transport strikes**

Next week there are confirmed train strikes on Monday and Wednesday, and a tube strike on Thursday. We have done our best to make sure we are fully covered next week and are planning to run as normal a service as possible. Thursday is the most challenging day to cover as many of our staff travel by tube. It would be helpful if on Thursday you could drop your children off after 8.30am and collect them by 5.30pm. This is when we have the most staff on shift and will allow us to cover should the staff have difficulties getting to and from work on the day. Thanks for your support.

### **Autumn activities**

Autumn is a great season to observe the changes in nature. The nursery children have been bringing back lots and lots of leaves of various sizes and colours to use in their artwork this week. The Discoverers are finding out why leaves change colour and why they drop off the trees!

There are lots of activities you can do with your children when you're out and about.

Follow the link to get some tips and ideas...

[https://www.famly.co/blog/10-outdoor-activities-to-try-this-autumn?utm\\_campaign=uk-newsletter&utm\\_medium=email&\\_hsmi=65298469&\\_hsenc=p2ANqtz-8FJBFTc5snpcW-c31vRCb5I9FVWfYSR3teirHcRLoobTvrHB29eKhQ9uQhLt15WLPd2HXGox8\\_VIRBHhJkdDWm1QrSiaTDaTrq\\_WbN2J8ADmLQYs&utm\\_content=65298469&utm\\_source=hs\\_email](https://www.famly.co/blog/10-outdoor-activities-to-try-this-autumn?utm_campaign=uk-newsletter&utm_medium=email&_hsmi=65298469&_hsenc=p2ANqtz-8FJBFTc5snpcW-c31vRCb5I9FVWfYSR3teirHcRLoobTvrHB29eKhQ9uQhLt15WLPd2HXGox8_VIRBHhJkdDWm1QrSiaTDaTrq_WbN2J8ADmLQYs&utm_content=65298469&utm_source=hs_email)

### **Columbo Gym**

We're now up to 6 parents that have taken up the offer of FREE membership at Columbo Gym. This week Eileen and I finally ventured over to give the gym a try. We were pleasantly surprised at the equipment and facilities they have on offer.

So, I say to you all 'Why not give it a go'.

If you're interested, please don't forget to ask in the office for your letter of introduction.

### **Baby Talk**

From a very young age, we are well-equipped with the skills required to acquire and produce language. At just 6 to 9 months, infants understand the meaning of many common words, even if they are unable to join in on the conversation.

The development of language in childhood happens quickly. Within the first year of life, babies go from cooing, to babbling, to producing words. However, every child's speech development is different, so the onset of these milestones may vary (which is totally fine, too!).

There's a common misconception that there is a specific word count that we must hit each day in our social interactions with babies, to help maximize their learning.

In reality, this isn't exactly the case.

Speech and early language development are complex subjects. It can be difficult to know what to say, and how to say it, in order to support the little ones.

So how exactly can we use baby talk, also known as infant directed speech, in early education? It's not just about our speaking style or facial expressions. It's also about knowing when to talk.

Click the link to find out more about the information we recently shared with our team:

[https://www.famly.co/blog/baby-talk-infant-directed-speech?utm\\_campaign=uk-newsletter&utm\\_medium=email&\\_hsmi=64674495&\\_hsenc=p2ANqtz-\\_xx3GIoTJUsvHWQriLabASUez8UoIQsb5obDZlvRRA8S1qmBXhKKM9RH-jQ4KPWjKUJ95fI64HO-MwzPKvYYwsuFF3GpqJwo85ld-a2QSNLHD2XKA&utm\\_content=64674495&utm\\_source=hs\\_email](https://www.famly.co/blog/baby-talk-infant-directed-speech?utm_campaign=uk-newsletter&utm_medium=email&_hsmi=64674495&_hsenc=p2ANqtz-_xx3GIoTJUsvHWQriLabASUez8UoIQsb5obDZlvRRA8S1qmBXhKKM9RH-jQ4KPWjKUJ95fI64HO-MwzPKvYYwsuFF3GpqJwo85ld-a2QSNLHD2XKA&utm_content=64674495&utm_source=hs_email)

### **Reminder: Save a Baby's Life Workshop**

The 2 sessions take place 12.30-2.30pm on Wednesday 9th and 23rd November in the Bernie Spain Room in the neighbourhood centre. Please pop along if you are interested in finding out more.

### **£25 shopping voucher**

Take part in a 1-hour discussion group to help researcher from Kings College to gather parent views on baby and toddler food labelling.

See attached poster for further information of how to get involved.

### **Recipe – Lentil Hot Pot**

This week we'd like to share another children's favourite for you to give a try at home.

Thanks for reading,

Best wishes,

Jane & the team