



Lisbellaw Community Nursery Newsletter End February-March 2026

PEOPLE WHO HELP US



Theme for the month: **Helping each other**

Our emotion for February: **Feeling special and proud of our achievements at nursery so far**

Colours: **Light and dark shades of all colours**

Some things we will be doing:

- ◆ Using our "Helpers Chart" to encourage taking a little extra responsibility in the Nursery classroom
- ◆ Developing an appreciation of people who help us at home and at school, and how we can help others
- ◆ Taking a walk to the village and learning about some people who help us in the community-shopkeepers, dentist, bus drivers, minister, Post Office keeper
- ◆ Being visited virtually and in person by some people who help us in our community
- ◆ Becoming involved in role play- doctor's surgery/hospital; shop/post office; hairdresser; library
- ◆ Doing lots of weighing activities, and using the words heavy/heavier; light/lighter; balance
- ◆ Thinking and talking about our achievements and what we are proud of
- ◆ Having some fun exploring musical instruments.

Thank you to everyone for taking such an interested part in our 'Bring your parent to school' week. The children may not have mixed as normal but they really enjoyed having you in to play and hopefully you discovered something about their time in nursery!

Our school/nursery are taking part in the **Big walk and Wheel** event during the fortnight from Monday March 16th-Friday March 27th (26th for us). If possible, it would be good if nursery children could join in with this and walk or cycle to school.

My Dentist Says...(Poem)

My dentist says,
"Hello my dear.
I'll check your teeth,
Now you are here."

My dentist says,
"Just open wide
and let me take
a look inside."

My dentist says,
"There, all's OK.
Now brush your teeth
Twice every day."

Granny (Poem)

Mummy says, "I'm busy,
So please go and play"

Sister says, "I'm reading,
So please go away."

Daddy says, "Later,
I'm making the tea."

So I'll go and ask
Granny.
She's always got time for
me.

Crossing the street -action rhyme

Stop, look and listen
(Shade eyes with hand and
look from side to side)
Before you cross the street.
First you use your eyes, then
ears,
Before you use your feet.
(Point to eyes, ears and feet
in turn)



Riddle—sung to tune of Frère Jacques

What is my job?
What is my job?
Can you guess?
Can you guess?
I help people get well,
I help people get well,
Who am I?
Who am I?
Child guesses answer
Other verses could include I
make your pets better, I
cook tasty meals for you, I
deliver letters etc

Miss Polly had a dolly (Song)

Miss Polly had a dolly who was sick, sick, sick,
So she called for the doctor to come quick, quick, quick.

The doctor came with her bag and her hat,
And she knocked on the door with a rat-a-tat-tat.

She looked at the dolly and she shook her head,
She said 'Miss Polly, put her straight to bed!'

She wrote on some paper for a pill, pill, pill,
'That will make her better, yes it will, will, will!'

**I'm a Little Firefighter (to
tune of I'm a little teapot)**

I'm a little firefighter on
the go,
Here is my helmet (*tap
head*),

And here is my hose
(*stretch arm out*).

When I see a fire,
Hear me shout...

"Turn on the water
I'll put this fire out!"

**A sailor went to sea sea sea
(clapping song-in pairs, alternately
clap hands together with your part-
ner and then tap own knees)**

A sailor went to sea sea sea
To see what he could see see see
But all that he could see see see
Was the bottom of the deep blue
sea sea sea!



Links to some more Super Simple
songs

https://www.youtube.com/watch?v=5rdlXji2jR0&list=RD5rdlXji2jR0&start_radio=1

https://www.youtube.com/watch?v=wCio_xVlgQ0&list=RDwCio_xVlgQ0&start_radio=1

https://www.youtube.com/watch?v=RI6UT82cB_E&list=RDRI6UT82cB_

How you can help this month

- Please encourage your child to be helpful at home this month by giving him/her one small task to be responsible for each day.
- Maybe encourage them to appreciate someone in the family/a neighbour who has helped you with something, by giving them flowers or other sign of appreciation.

Dates for your diary:

- Thank you all for attending the parent - teacher meetings. A lot were rearranged so thank you for your understanding.
- Lisbellaw Little Ones will be held next on Tuesday March 3rd.
- We plan a hairdressing day (thank you Emma) on Tuesday March 3rd. With your agreement we will use hair gel and spray colour for all who want it as well as clips and hair bobbles. Please let us know if you do not want your child to participate.
- We are celebrating World book Day on Thursday March 5th. Your child may dress up as a favourite book character.
- There will also be a nail bar (thank you Vanessa) on Monday March 9th. Sorry these days are a bit girly but the boys are not excluded! We will have a green option if anyone wants to get ready for our St Patrick's trip to St Ronan's on March 11th! Please let us know if you do not want your child participate.
- An additional staff day has been added to the calendar on Monday 16th March because of the changes being brought to our education system by the Department of Education at Stormont. This will give you a nice little break as the St Patrick's Day holiday is Tuesday March 17th.
- On Wednesday March 18th we are having a little trip on our own (SHHHH!!) to Burleigh Street role play in Irvinestown. A permission slip will be sent out in due course. There will have to be a charge of £5 perchild towards
- The children finish for Easter on Thursday March 26th and return to Nursery on Monday April 13th.

Parents and their jobs

- We would very much appreciate if there are any parents who would be happy to come in to talk to the children about their jobs. This could involve a talk through a typical day at work, maybe briefly mention any training you had to do to get your job (including working hard at school!) and show some photographs of you at work or show some actual items that you would use in your job. All jobs are of interest so please do not feel that yours would not be - all jobs are important!
- We have already been using our lovely stock of videos made for us in the past. We have a sheep farmer, dairy farmer, police officer, dentist, dog groomer and baker! Thank you again if any of you made them a few years ago. The great thing about the videos is that the children can see a lot more of you at work than you could actually show in Nursery - cows being milked, cakes being made etc. If any parent this year feels that you would prefer to make us a video of you at work, please let me know and we will be forever grateful as, with your permission we can re-use these videos from year to year. Please keep it to just under five minutes and it can then be uploaded to me via Seesaw. Slightly longer videos can be uploaded via a Google drive so that wouldn't be a problem either, but Seesaw keeps it short and simple.



WE'RE RUNNING THE MARATHON!
03.05.26

Lisbellaw Primary School is excited to have 7 relay teams running the Belfast Marathon to raise vital funds for the school!

Please support our runners with a donation to our GoFundMe page... Scan the code or use the link below
<https://gofund.me/5b8ad93f4>




Mrs McCleery is part of the team running in the Belfast marathon this year to raise funds for school and nursery. Please support their efforts by donating on the gofundme page below. Thank you. <https://gofund.me/5b8ad93f4>

Toothbrushing

For the month of March, the children will brush their teeth in Nursery every day after snack. Toothbrushes and toothpaste are provided. We will also send them home a toothbrush and tube of toothpaste. The Western Health and Social Care Trust community dental service provides the following advice to parents.

Caring for Children's Teeth

Prevent Tooth Decay

Restrict food/drinks containing sugar to mealtimes

Choose fruit as a snack

Choose water or milk to drink between meals

Read labels for hidden sugars e.g. glucose, fructose, lactose

Always ask for sugar-free medicines

Tooth Brushing

An adult should brush a child's teeth twice daily until the child is at least 7 years old

Use a fluoride toothpaste 1000ppm for 0-3 years

Use a fluoride toothpaste 1450ppm for 3 years and over

Use a pea-sized amount of toothpaste

Brush all surfaces of the teeth

Spit, do not rinse

Change toothbrushes at least every 3 months

Visiting the Dentist

Register your child with a dentist and attend regularly

