

# Curriculum Newsletter



Welcome to our first Curriculum Newsletter. Each half term, we will send you a newsletter explaining more about an area of our curriculum. This will hopefully give you a deeper insight into our curriculum and how your child is being supported in their learning and development. Our curriculum is based on Froebelian Principles, influenced by the early years educator Friedrich Froebel who developed the Kindergarten. An important part of our curriculum is offering our children lots of first hand experiences. For example, buttering their own toast and pouring their own milk at snack time, learning how to use real tools like hammers and graters, helping in the garden and learning how to cook. These type of experiences help to develop children's social skills, confidence, physical skills, language and communication and lots more! In this newsletter we are going to focus on cookery and how it contributes to all areas of children's development.



## Personal, Social and Emotional Development

Cooking and sharing food together is a social event that creates strong positive relationships.

In cookery the children have to share ingredients and take turns. There is a lot of perseverance involved in cooking. For example learning how to roll dough and use a cutter takes skill and practise, and children have to keep trying.

There is a lot of satisfaction in making food and then eating it together, which gives children a sense of pride and accomplishment. Taking cooking home to share with their family, is something the children love to do and they are always pleased to show you what they have made.

Cooking is also a calm, organised activity which is good for everyone's wellbeing.

Cooking is a positive and meaningful way to find out about different cultures and celebrations and helps children learn about similarities and differences.



## Language and Literacy

Cooking is great for supporting children's language development and early literacy skills. We have created simple recipes for the children to follow, so they are learning to read in a meaningful context.

Cookery provides lots of opportunities to follow instructions and ask questions. It is also great for modelling new vocabulary to children as there are so many different words linked to cooking - stir, mix, squash, squeeze, roll, pinch, cut, grate, chop, sieve... can you think of anymore?!

Cooking in a small group and sharing food together, promotes conversational skills and listening and attention.

### Mathematical Development

There is lots of maths involved in cookery. Most of our recipe cards measure ingredients in spoonfuls, so the children have to count carefully.

Children might have to solve problems, such as separating their bread dough into three equal parts or counting out the right number of cake cases to put in the cupcake tin.

There is also lots of opportunity to use mathematical language such as language of size (big and little), quantity (more and less) and shape.



### Making home/school links

We are currently undertaking a cookery project to develop community links through cookery and we would love your help. If you would like to come in and help with cooking, we would welcome volunteers. We would also like to learn more recipes and would love our families to share their favourite recipes with us. It can be anything—sweet or savoury!

Please also share any cooking you do at home with your child. Perhaps they can teach you one of the recipes from nursery!

### Physical Development

There is a lot of physical skill in learning how to hold a bowl and mix ingredients! Mixing, rolling, spooning, cutting, chopping and kneading all require good physical skills and the children become really confident at all these tasks.



### Connecting Learning

Children learn best when experiences are connected so their learning is linked together.

Cooking links in with lots of other areas of learning. We often link books or rhymes to our cooking, for example if we've been enjoying the story of the gingerbread man, the children can learn to cook gingerbread men biscuits. Last week we were learning the rhyme 'Five Currant Buns'; as well as using lots of different resources to help us to learn the rhyme we also had a go at making our own currant buns.

