

Virtual Handsworth Pre-School: Weekly Bulletin



This week's bulletin has been prepared by: Mundele

My favourite thing about half term will be: Shrove Tuesday, celebrating Pancake Day.

Over half term, you might like to celebrate: February Festivals

Pre-School Leader's News:

We hope to give you a few ideas for activities and interests over the February half term. There are a number of festivals happening during the break week including Chinese New Year, which starts on 12th February and runs through to 28th. It is the year of the Ox. 12th February also marks Vietnamese New Year – Tet. On 14th February we celebrate St Valentine's Day. Shrove Tuesday, or Pancake Day, is on 16th February this year, with Lent starting on 17th February.

We have been looking forward to these celebrations in Pre-School over this last week (whilst playing in the snow, too). As well as the suggestions from Mundele, below, I have put a number of resources on a Twinkl page. These include some more craft activities: a lucky fish, a cut-out shapes dragon and a paper chain dragon; a pancake pencil control activity; a pancake recipe; a valentines science experiment; and a valentines I Spy and count. As ever, you don't need to follow these activities to the letter (unless you want to), or to print out loads of sheets but they may just provide you with a bit of inspiration or something to do on a dull, rainy day. The Twinkl link is here: [Online Educational Resources | Twinkl Go!](#) and the code is: **LK7534**.

On 18th February, NASA is hoping to land their Mars rover, Perseverance, on the red planet. I know a number of children are interested in space, and you can watch the landing live on the NASA website. The link is here: [NASA Live | NASA](#)

I hope you are able to make the most of the half term, even if we can't get out and about so much this year. Just a reminder, too, that you can access community testing for adults and children even if you don't have symptoms. The latest information about testing centres is here: [Testing centres | Waltham Forest Council](#). We look forward to seeing you back at Pre-School on **Monday 22nd February**. We will be celebrating Carnival (or Mardi Gras) during the first week back. Make sure you have your Samba, Salsa and sparkles ready!

Janet

Craft Activities:

You can make a Mardi Gras mask, to bring in to Pre-School:



What you will need

1. Cut out some shapes for your mask: an oval for the background, some eyes and a beak. You can cut out some feather shapes or use real feathers to decorate.
 2. Now it's time to decorate your feathers! We used washi tape, but you can use crayons, markers, stickers, or feathers. Get creative and let your personality show!
 3. Use glue or tape to put together your pieces. See Below.
 4. Use a small hole punch to make two holes next to the eyes (there are two black dots marked on the template). Measure and cut your twine (enough to go around your head), then put it through the holes and tie on each side.
- Now your bird mask is ready to wear! Have Fun!

13 HEART-SHAPED ANIMALS for Valentine's Day



...it's amazing what animals you can create with some cut out heart shapes...

...or you can use some cardboard tubes to make love bugs...



...and the best activity for pancake day is a bit of baking...

Pancake Recipe

- 100g plain flour
- 2 eggs
- 300ml milk
- 1 tbsp oil
- pinch of salt



1. Put the flour and milk into a bowl.
2. Crack the eggs and add to the bowl.
3. Whisk the ingredients together.
4. Pour some of the mixture into the pan.
5. Cook until browned then flip.
6. Once the other side is brown leave to cool.
7. Enjoy eating.

Play Ideas

Pancake Day: Use your toy cooker and set up a kitchen corner where the children can have fun making pretend pancakes and serving them to each other.

Can you try to use 'real' things from the kitchen, rather than toy utensils, and you can include:

- :: a frying pan
- :: wooden spoon
- :: mixing bowls
- :: jugs or milk cartons
- :: sieve
- :: egg boxes
- :: aprons

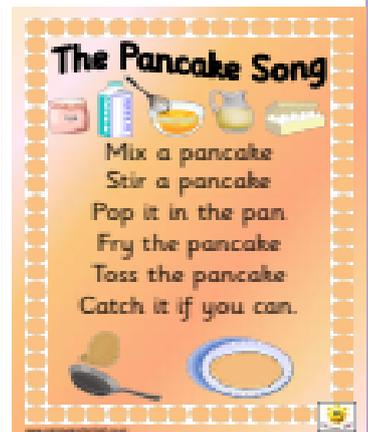
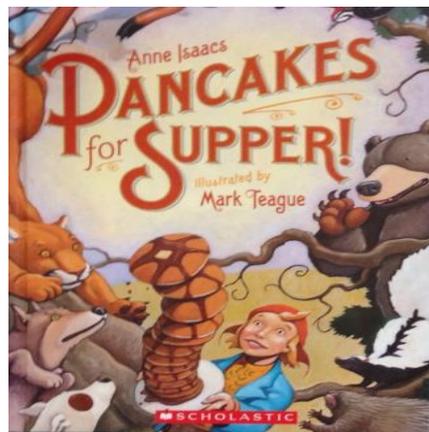
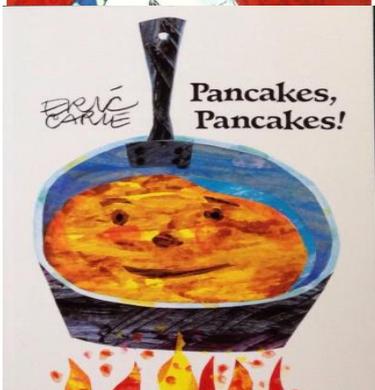
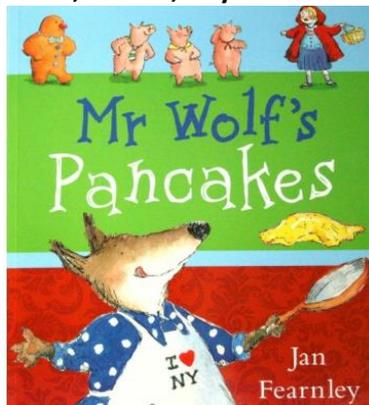
You could make a pretend pancake too, from cardboard or use a beanbag, and see if you can toss them and catch them in their pan – great hand-eye co-ordination practise!

You can have a 'flipping pancake' race: cut out some pancakes (circles) from paper. Put them on the floor or a table and use a toy frying pan (or anything flattish) to 'waft' the pancake along without touching it. Have a pancake race with another family member!

For Valentines Day: you could go on a 'pink' hunt; or a heart-shaped hunt. Valentines is a good excuse for some sensory play, too – try exploring your sense of smell and touch. You can play games involving 'guess the item' by smell or by touch. You can try out different smells and tastes – herbal teas are a good way of exploring smell, too.

For Chinese New Year: flying a kite (if the weather is reasonable) – or making your own kite and taking it flying, would be fun. If you walk around the lake or into the forest – can you go on a dragon hunt? What about some of the other animals from the Chinese New Year story? Maybe you could have a 'red' day? You can find out about the stories of Chinese New Year here: [The Story of Chinese New Year - YouTube](#)

Books, Stories, Rhymes Etc



Chinese New Year: you can follow the story of the Lunar New Year here: [Fortune Tales | The Story of Lunar New Year - YouTube](#)

And sing along... [Chinese New Year Song for Kids | Chinese Dragon Dance for Children | Chinese New Year for Kids - YouTube](#)

Valentines Day: [I Have a Little Heart | Valentine | Valentines Day | The Kiboomers | Kindergarten | Toddler - YouTube](#)

Exploring Number and Shape:



VALENTINE'S MATH



Valentines Day is great for exploring shape – how many ways can you make a heart shape? You can use marbles, heart-shaped sprinkles or anything else pink to help you do some counting, comparison, sorting or ordering...

...or if you don't fancy the pink, what about using love heart sweets?

...sharing sweets for Valentines Day is a good way of counting out, dividing, adding one more or taking one away.

Chinese New Year is good for introducing money – putting coins in a red envelope for your family members...



...or stringing lanterns. Can you make some patterns and some sequences with lanterns (or pom poms that are pretending to be Chinese lanterns...). Can you match colour (or perhaps quantity) using pom poms and some pictures of Chinese lanterns? If you have some children's chop sticks (or children's tweezers, or kitchen tongs) picking up pom poms using the tongs is a good way of supporting children's fine control skills.

There are other ideas on our Twinkl page – see above for the details. The link is: [Online Educational Resources | Twinkl Go!](#) And the code is **LK7534**

PANCAKES TRADITIONS AROUND THE WORLD



In France, Shrove Tuesday is called **Mardi Gras** (Fat Tuesday). The name comes from the ancient custom of parading a **fat ox** through Paris on this day, in order to remind the people that they were not allowed to eat meat during Lent.

The main day of eating pancakes is **Candlemas** on the **2nd of February**.



Danish people celebrate on the last **Sunday** before lent. They eat Danish style **buns** with the middle taken out and filled with whipped cream and/or jam.

The day is called "**Fastelavn**".



In Poland, Shrove Tuesday is **Herring Day** with **herring** in various styles being the most popular dish of the day. People organize parties to celebrate the end of the Carnival. They finish at midnight when Lent begins with Ash Wednesday.

Doughnuts and "**faworki**" are eaten on the last Thursday (**Fat Thursday**) before Ash Wednesday.



In Newfoundland symbolic **objects** such as coins, wedding rings, buttons are baked into the pancakes. If you find a coins you will be rich but if you find the ring you will be the first married.

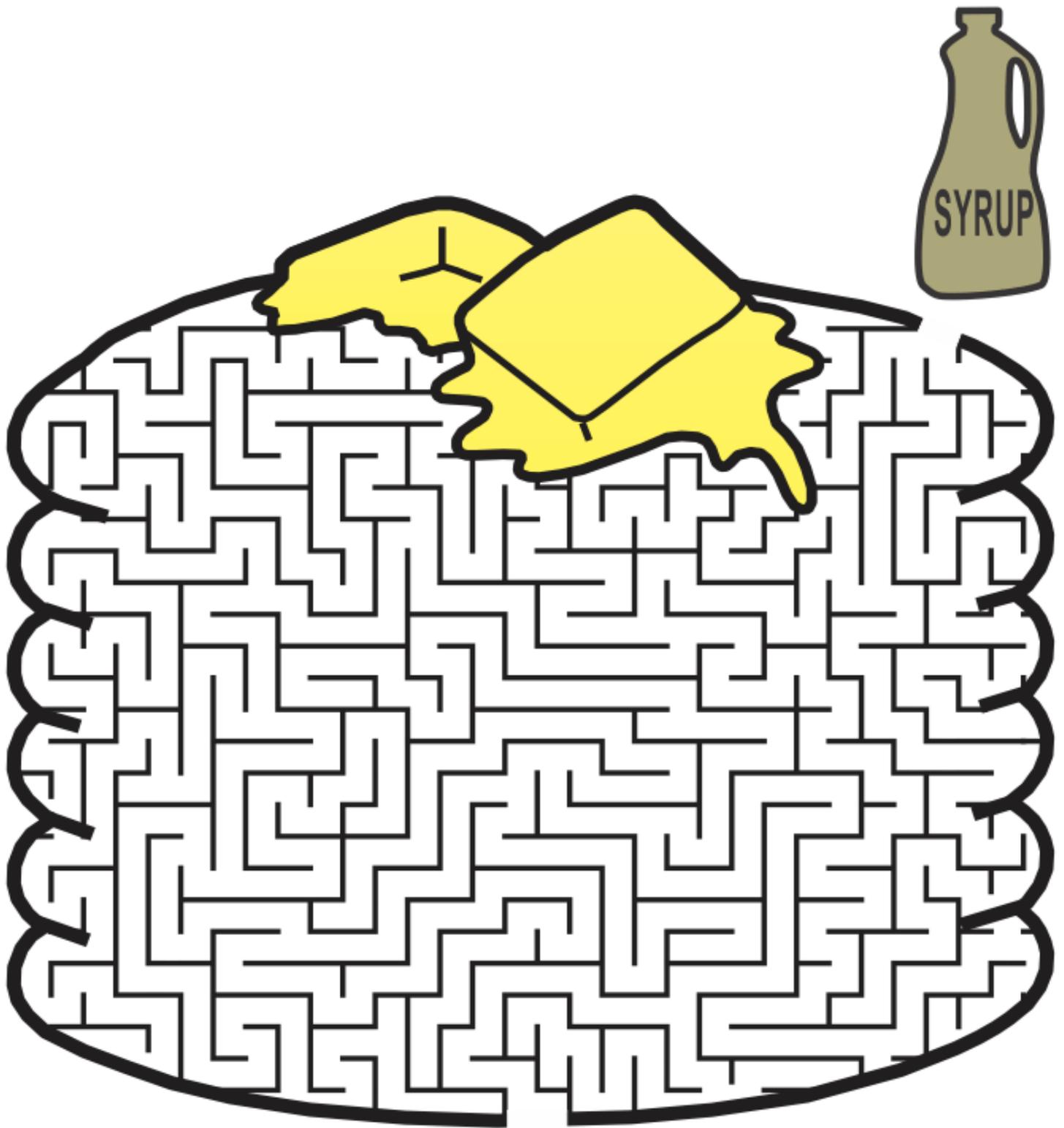
Pancakes are **served** with syrup, partridgeberry jam and sausages.



Pancakes in Australia are known as **pikelets**. They are: **smaller** and **thicker**; Served **cold** with butter or jam and cream.



In Sweden Shrove Tuesday is called **Fettisdagen** (Fat Tuesday). **Fettisdag buller** takes place of a pancake. It is a round **bun** with the middle part scooped out and replaced with Marzipan with whipped cream. The top of the bun is placed back on and sprinkled with icing sugar.



What would you like
on your pancake?

