



# Nursery Newsletter

Autumn | 2024

Hello everybody,

I hope you have all had a lovely Summer, despite the lack of Summer weather! This half term our priority is to ensure that your child is happy coming into school and they will be supported whilst they settle into their new nursery class, getting to know their Key Worker, making new friends and begin following a new routine. Your child will take part in small group sessions each day, developing their communication skills and personal, social and emotional development.

A few things from me before your child starts school;

- Please ensure that you have labelled each item of your child's uniform and bring a bag of spare clothes. You will also need to label any spare clothes that you bring.
- Please also label your child's water bottle and packed lunch if they are bringing one to school. Please be advised that if your child is bringing a packed lunch, that we are a nut-free school. Please do not pack any food items that contain nuts.
- Each week your child will take part in 'Fitness Friday'. Please ensure your child comes into school wearing a PE kit every Friday, such as t-shirts, joggers/leggings and trainers.

We are so excited to meet you!

Miss Burke



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## What to pack in a healthy packed lunch...



### A portion of starchy food

Base the packed lunch on starchy foods such as bread, bagels, pitta, chapatti, crackers, potatoes, pasta, rice, couscous and noodles. Choosing wholegrain varieties (e.g. wholemeal bread) wherever possible will provide more fibre for a healthy digestive system.

### At least one portion of fruit and vegetables

Fresh, frozen, canned or dried fruit and vegetables can all count towards your child's 5-A-DAY and provide vitamins and minerals. Try adding salad to sandwiches, making fruit kebabs, chopping up vegetable sticks, adding frozen or canned vegetables to pasta dishes or frozen fruit to yogurt.



### A portion of dairy or alternatives

Include foods such as cheese, yogurt or milk in your child's packed lunch for a source of calcium, important for the development and maintenance of strong and healthy bones and teeth. Choose lower fat and lower sugar options, and make sure dairy alternatives such as soya are fortified with calcium.

### A portion of beans, pulses, meat, fish, eggs, or other non-dairy sources of protein

Add some foods such as sliced meat (e.g. chicken, ham, turkey, beef), fish (e.g. tuna, mackerel), cooked eggs, meat alternatives (e.g. tofu, Quorn pieces), beans or pulses (e.g. hummus, mixed beans, lentils). These provide protein which is needed for growth and repair.



### A drink

Make sure your child has a drink at lunchtime to help keep them hydrated – water and milk are good choices.

## Top tips for lunchboxes

- Use one slice of white bread and one slice of wholemeal bread to make checkerboard sandwiches
- Make colourful fruit kebabs
- Use a sandwich cutter to make fun sandwich shapes
- Vary the types of bread used (e.g. bagels, wraps, pitta)
- DIY lunchboxes – lunch can be more exciting if they can put their own together (e.g. components of wraps)
- Children love dipping – why not try vegetable sticks or pitta bread as dippers and hummus, mackerel pate, tzatziki or baba ganoush as dips
- Use leftovers to save on prep time (e.g. leftover pasta, noodles, cooked meats) – make sure they are cooled and stored properly
- Get children involved in choosing and preparing what goes into their lunchbox to help encourage them to eat it

### Keeping lunches safe

- Wash your hands before handling food
- Wash fruit and vegetables before preparing or eating them
- Add an ice pack or a frozen drink/yogurt and use an insulated lunchbox to keep the lunch cool
- Keep chopped fruit and veg or grated cheese fresh in a small box with a lid
- Keep sandwiches moist in sandwich bags or tin foil
- Store the lunch in the fridge until it is time to go to school
- Throw away any perishable items at the end of the day
- Wash and dry reusable water bottles, lids and lunchboxes in warm, soapy water every day

Leaflet developed by Manchester Healthy Schools ([www.manchesterhealthyschools.nhs.uk](http://www.manchesterhealthyschools.nhs.uk)). For further information on packed lunches, please contact your School Nurse.



## The healthy lunchbox guide



Ideas for choosing a balanced packed lunch!





# Lunch box ideas...

## Packed lunch 1

- Tuna, sweetcorn and pepper pasta
- Banana
- Handful of raisins
- Carton of semi-skimmed milk

## Packed lunch 2

- Egg, cress and cucumber seeded roll
- Rice pudding
- Satsuma
- Bottle of water

## Packed lunch 3

- Mackerel and potato salad (peppered mackerel, new potatoes, watercress, pepper, cucumbers, chives, low fat mayonnaise)
- Fromage frais
- Raspberries
- Bottle of water

## Packed lunch 4

- Frittata (eggs, cheese, peas, peppers, sweetcorn)
- Slice of crusty brown bread with low fat spread
- Small tub of seeds, sultanas and chopped dried apricots
- Bottle of water

## Packed lunch 5

- Pita bread, falafel, tzatziki (yogurt and cucumber dip), lettuce and tomato
- Small pear
- Handful of plain popcorn
- Bottle of water

## Packed lunch 6

- Wholemeal bagel with ham and soft cheese
- Pot of cherry tomatoes
- Frozen cherries mixed with fromage frais
- Bottle of water



## Packed lunch 7

- Hummus
- Carrot and pepper sticks
- Wholemeal pitta bread
- Strawberries
- Yogurt
- Bottle of water

## Packed lunch 8

- Chicken, cream cheese and grated carrot wrap
- Fruit kebabs
- Sugar free jelly
- Carton of semi-skimmed milk

## Packed lunch 9

- Vegetable and lentil pasta (chopped tomatoes, carrots, celery, onion, red lentils, pasta)
- Small tub of grated cheese
- Canned peaches in natural juice
- Low fat custard
- Bottle of water

## packed lunch 10

- Vegetable cous cous (roasted courgette, peppers, onions, chickpeas, cubed cheese)
- Canned pineapple in juice
- Soya yogurt
- Bottle of water

All images are suggestions only.

## Preparing a packed lunch can often be time consuming and expensive, so why not try your child on school meals?

- Since September 2014 every infant (aged 5-7) is entitled to a free, healthy and nutritious school lunch, which could save you approximately £400 per year.

- Free school meals are also provided to families who receive qualifying incomes such as income support, universal credit. More information is available from the Manchester City Council website or from your school.
- Schools are required to meet School Food Standards which ensure the school meals provided are healthy, balanced and varied over the week.

**FACT** Research by the University of Leeds has shown that **only 1.6%** of primary school children's packed lunches met the nutritional standards set for school meals.

# Class Timetable



## Nursery Timetable



	08:45 - 09:00	09:00-09:20	09:00-10:00	10:00-10:10	10:10-10:30	10:30 - 11:00	11:00-11:10	11:10 - 11:30	11:30-11:45	11:45 - 13:00	13:00 - 13:10	13:10 - 13:30	13:40 - 14:40	14:40-15:00	15:00 - 15:15
Mon	<b>r</b> <b>e</b> <b>g</b> <b>i</b> <b>s</b> <b>t</b> <b>e</b> <b>r</b>  <b>c</b> <b>a</b> <b>l</b> <b>e</b> <b>n</b> <b>d</b> <b>a</b> <b>r</b>  <b>t</b> <b>i</b> <b>m</b> <b>e</b> <b>t</b> <b>a</b> <b>b</b> <b>l</b> <b>e</b>	CL&L Input Group 1 9:00-9:10 CL&L Input Group 2 9:10-9:20	Child initiated and adult led learning Indoor/outdoor provision	<b>T</b> <b>i</b> <b>d</b> <b>y</b>	<b>S</b> <b>n</b> <b>a</b> <b>c</b> <b>k</b>  & <b>S</b> <b>t</b> <b>o</b> <b>r</b> <b>y</b>  <b>T</b> <b>i</b> <b>m</b> <b>e</b>	Child initiated and adult led learning Indoor/outdoor provision	<b>T</b> <b>i</b> <b>d</b> <b>y</b>	phase 1 phonics	<b>T</b> <b>o</b> <b>i</b> <b>l</b> <b>e</b>  & <b>H</b> <b>a</b> <b>n</b> <b>d</b>  <b>W</b> <b>a</b> <b>s</b> <b>h</b>	<b>L</b> <b>U</b> <b>N</b> <b>C</b> <b>H</b>  & <b>O</b> <b>U</b> <b>T</b> <b>D</b> <b>O</b> <b>O</b>  <b>P</b> <b>l</b> <b>a</b> <b>y</b>	Maths Input Group 1 13:10-13:20 Group 2 13:20-13:30	Child initiated and adult led learning Indoor/outdoor provision	<b>T</b> <b>i</b> <b>d</b> <b>y</b>	<b>S</b> <b>t</b> <b>o</b> <b>r</b> <b>y</b>  & <b>R</b> <b>h</b> <b>y</b>  <b>H</b> <b>o</b> <b>m</b> <b>e</b>  <b>T</b> <b>i</b> <b>m</b> <b>e</b>	
Tue		CL&L Input Group 1 9:00-9:10 CL&L Input Group 2 9:10-9:20	Child initiated and adult led learning Indoor/outdoor provision			Child initiated and adult led learning Indoor/outdoor provision		phase 1 phonics			Maths Input Group 1 13:10-13:20 Group 2 13:20-13:30	Child initiated and adult led learning Indoor/outdoor provision			
Wed		CL&L Input Group 1 9:00-9:10 CL&L Input Group 2 9:10-9:20	Child initiated and adult led learning Indoor/outdoor provision			Child initiated and adult led learning Indoor/outdoor provision		phase 1 phonics			Maths Input Group 1 13:10-13:20 Group 2 13:20-13:30	Child initiated and adult led learning Indoor/outdoor provision			
Thurs		CL&L Input Group 1 9:00-9:10 CL&L Input Group 2 9:10-9:20	Child initiated and adult led learning Indoor/outdoor provision			Child initiated and adult led learning Indoor/outdoor provision		phase 1 phonics			Maths Input Group 1 13:10-13:20 Group 2 13:20-13:30	Child initiated and adult led learning Indoor/outdoor provision			
Fri		Squiggle While You Wiggle	Child initiated and adult led learning Indoor/outdoor provision			PE		Dough Disco			Child initiated and adult led learning Indoor/outdoor provision				



# Curriculum Overview

## Physical Development

- Use small motor skills to do things independently, for example hang their coat on their peg and use a knife and fork to eat their food.
- Explore different materials and tools which develop the fine motor skills (large tweezers, play-dough rollers and cutters, hole punch, threading etc)
- Practises large body movements, e.g. waving, up/down/ left/right kicking, rolling, crawling

## Personal, Social and Emotional Development

- Begin to manage transitions, for example from their parent to their key person.
- Find ways to calm themselves, for example seeking out their key worker for comfort.
- Learn to use the toilet independently and wash their hands.

## Communication and Language

- Join in with familiar songs/nursery rhymes.
- Shows focused attention for short periods when listening to a short story.
- Understand simple instructions 'line up', 'sit down', 'stop'.
- Use words to say how they are feeling such as happy, sad, tired, angry, excited.

# Curriculum Overview

## Mathematics

- Identify colours.
- Match items to colours.
- Match items of the same colour, shape and size.
- Sorting items by colour, shape and size.

## Literacy

- Show curiosity when looking at books and enjoy sharing books with adults.
- Enjoys mark making freely using a variety of materials (chalk, pens, pencils, crayons, paint)
- Make a wide variety of marks with control, such as a variety of simple shapes and lines.
- Pre-writing shapes: horizontal lines, vertical lines and circles.

## Understanding the World

- Use their senses to explore the world around them.
- Has a sense of own immediate family and relations and pets and how they are special to them.
- Builds on first hand experiences in the home corner and other areas.

## Expressive Arts and Design

- Makes intentional marks which they can talk about.
- Explores colour and colour mixing using paint.
- Take part in simple pretend play.



# Reading

Your child will bring home a reading record and picture book for you to share and enjoy together at home. This needs to be brought back every **Tuesday** to be changed.

To further support independent reading for pleasure, take a look at the suggestions below that are linked to the topics and authors we are focusing on this half term. All of these books can be found on Youtube to listen to at home if you do not have access to a physical copy.

