



## March Newsletter 2024

### Recent Events

Following our recent Christmas fund raiser, Easter Egg Hunt and Bonnet competition we are getting closer to our goals to improve our outdoor area. We would like to thank all our parents for supporting us to raise further funds and to offer such fun opportunities for the children to become involved in (We have seen so many smiling faces and lots of excitement during our parties).

All monies raised will be going towards new equipment for the outdoor area! We are also looking to improve our indoor environment and have focused the importance of reducing the amount of colour to build on children's engagement and extension of learning and development.

**Did you know?** "Too much colour can provide a sensory overload for our children, creating an environment where they are less likely to be highly involved and more likely to be distracted?"

Take a look at some ideas we would like to embed within our curriculum, through the curiosity approach;



If you have any items at home which may help us to extend our approach, we would be extremely grateful. We would be looking for;

**Old style scales**   **Large metal pans**   **Wooden Spoons**   **Children's small chairs**   **Wooden coffee tables (Small)**

### School Transitions September 2024

The wait is fast approaching for school places!

The Local Authority will inform you of your child's school place via letter or email on Tuesday 16<sup>th</sup> April 2024, following this confirmation the schools will then be in touch regarding transition dates and to meet your child's teacher. Many schools have various procedures during a child's transition into school from the September and to ensure the children are happy, confident and secure within their environment may allocate half day attendance for the first week.

Please let us know your child's school place as soon as possible, to enable us to build their awareness around;

Friendships, School Uniform, Photo's of their school teachers and their classrooms. We will also contact the school and the early years teachers to visit the children and support relationship building, confidence and recognition.

Following prior emails, the funding team have transferred their funding forms to an electronic system, and we will no longer fill out paper copies for you to sign. Going forward, we require any funded hours to be claimed through the attached funded forms on your email, to allow us to claim the funded hours and without this being provided in a timely manner any attended hours will be invoiced for.

To see if your child is eligible for funded hours, please visit the link above at childcare choices which will explain criteria and funded start dates. If you have any questions, or further clarity please contact me ([rscharman@liskeard.net](mailto:rscharman@liskeard.net)).

If you have not received my emails or your email address has changed, please contact me as soon as possible so this issue can be resolved.

## Weather and Appropriate Clothing



The weather has been so wet and cold recently, we have our fingers crossed for sunny spells

We do ask that you provide the following to ensure we can keep your children dry, warm and protected from the elements which will be weather dependant;

Spare clothes in your child's bag at all times (T-shirt, Jumper, underwear, socks and trousers)



Sun cream 50+ and 5 star UV with a sun hat (covers ears)

Splash suit and wellies

Water bottle (water only please, no juice)



Please bring your children ready for their start with their splash suit and wellies on or if its warm and sunny sun hat and suncream already applied. It is important that your child has spare clothes in their bag as we have limited storage and sizes to provide.

### **A warm Welcome to Emily!**

Many of you will have met Emily our new nursery practitioner who works alongside Beth in our Caterpillar Room 2-3 years.

Emily has settled well and the children have built some wonderful relationships with her over these past few weeks.



### Maternity

Lauren will be going on leave soon to have her little bundle of joy!

Lauren's last day will be Wednesday 17<sup>th</sup> April, we cannot wait to meet little one.

In the meantime, we have a wonderful and experienced practitioner supporting the pre-school room in Lauren's absence called Katie.

We look forward to working with Katie from April to January.

## Healthy Under 5's

We continue to be a JUICE FREE ZONE to support children's teeth and physical development.

Health for  
**Under 5s**

### Portion size guide for children under 5

**NHS**  
Leicestershire Partnership  
NHS Trust

Food	Hand Portion	Guide for 1-2 years	Guide for 3-4 years
Fruit and vegetables  5 a day	Cupped hand 	<ul style="list-style-type: none"> <li>- ¼ apple</li> <li>- ½ clementine</li> <li>- ¼-½ small to medium banana</li> <li>- 4-5 raw veg sticks</li> <li>- 1 tbsp cooked veg</li> </ul>	<ul style="list-style-type: none"> <li>- ½ apple</li> <li>- 1 clementine</li> <li>- ½- 1 small to medium banana</li> <li>- 5-6 raw veg sticks</li> <li>- 2 tbsp cooked veg</li> </ul>
Potatoes, bread, rice, pasta, and other starchy foods 3 main meals 1-2 snacks	Clenched fist 	<ul style="list-style-type: none"> <li>- ½ slice of bread/medium chapatti</li> <li>- 1 small potato</li> <li>- 2-3 tbsp of rice/pasta</li> <li>- 3-4 tbsp of cereal</li> </ul>	<ul style="list-style-type: none"> <li>- 1 slice of bread/medium chapatti</li> <li>- 2 small potatoes</li> <li>- 3-4 tbsp of rice/pasta</li> <li>- 4-5 tbsp of cereal</li> </ul>
Beans, pulses, fish, eggs, meat and other proteins  2-3 a day	Open palm 	<ul style="list-style-type: none"> <li>- 1-2 tbsp beans, pulses, dahl</li> <li>- ½ -1 tbsp fish</li> <li>- ½ slice of meat (1 tbsp chopped)</li> <li>- ½ egg</li> </ul>	<ul style="list-style-type: none"> <li>- 2-3 tbsp beans, pulses, dahl</li> <li>- 1-1½ tbsp fish</li> <li>- 1 slice of meat (2 tbsp chopped)</li> <li>- 1 egg</li> </ul>
Dairy and alternatives  3 a day	Two thumbs 	<ul style="list-style-type: none"> <li>- 1 cup (100ml)</li> <li>- 1-2 sticks hard cheese (1 tbsp grated)</li> <li>- 1 tbsp of plain unsweetened yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>- 1 cup (150ml)</li> <li>- 2 sticks hard cheese (2 tbsp grated)</li> <li>- 2 tbsp of plain unsweetened yoghurt</li> </ul>

Because children have small tummies, it's a good idea to offer a small amount of food regularly, rather than overloading them at mealtimes. You might want to try three small meals and between two and three healthy snacks a day.

Children are good at regulating how much they need to be eating and will tell you when they're hungry and or feeling full. It's very common for toddlers to eat very little for a few days, and then eat really well a few days later.

Children copy the behaviours of others. Try to eat and enjoy regular meals with them wherever possible and be a positive role model for them.

If you want your child to try new foods, try offering the new food alongside one that you know your child already likes. Remember, you may need to offer a new food ten times or more, before a child will eat it happily.

If you have concerns about your child's eating talk to your health visitor or GP. They'll be able to check their growth and development and give you further advice.