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This newsletter, other correspondence and full playgroup information is available on our website  
Our new Ofsted number is EY538418 as the Playgroup changed to Charitable status, all other details remain the same.

Welcome to all the new families that have joined us this September and welcome back to the families that returned after the summer holidays. The new children are settling in to the busy and lively routine of the playgroup. It's a busy term on the run up to Christmas with lots of new experiences for the children.

### This Terms Topics



This term our main theme is 'All About Me'. My Holiday which we covered in the first two weeks, we talked to the children about where and how they spent their summer holidays and created some lovely pictures, 3D fish tanks or shells made of clay.

For the All About Me theme, the children will learn about their bodies, naming and learning what the 5 senses are and what they do. Activities will include, tasting, hearing, seeing, smelling and touching! A whole sensory exploration...

Later in the term, we will celebrate different festivals including the Harvest Festival - see separate section; Diwali, Fireworks and of course Christmas with our very unique **Nativity Play on Thursday 15th December**. There will also be a week dedicated to Road Safety.



### Library Books



The book borrowing scheme is up and running. For new parents, useful information is included in your book bag. We hope your children are keen to borrow a book and that you spend invaluable quiet time together reading the story and talking about the pictures. Could we ask you to ensure your child's book is returned every week and we will endeavour to make sure they go home with a new book every week.

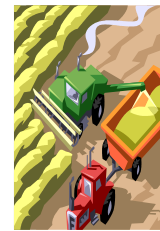
### Barnado's Big Toddle Waddle

We would like to thank all the families who joined the Barnados' Big Toddle Sponsored Walk which took place at the Furzefield in July. We had another fantastic day, the weather was brilliant and we raised £324.50 for Barnados. Thank you for your efforts in fundraising for this important annual event.



### Harvest Festival

St John's Nursery Playgroup and St John's Methodist church would like invite ALL St John's children and parents/carers to attend our short HARVEST FESTIVAL service on Thursday 6<sup>th</sup> October starting at 11.15 in the church.



We will take the children into the church to listen to a harvest story and the children will sing you some special harvest songs. St John's Methodist Church are supporting the Whitechapel Mission as part of this year's Harvest giving. This charity supports homeless people, mostly men. Please see the list on the notice board and on the separate invitation for current needs for Whitechapel mission. Please either bring the gifts in during the week or bring them on the day. The children will carry the gifts into the church.

### Photographer

On Friday 21st October, Brett Lenman, a competent child photographer will be taking individual photos of all the children during the morning (fully supervised by a member of staff). If you would prefer your child not to be photographed, please speak with Mrs Mash, there is no obligation to buy.



If you would like a photo with school aged siblings, Mr Lenman will be available from 8.15am. Last year the first family to arrive was at 8.40am then there was a rush to get the older siblings to school so please, plan to arrive early.

Current children with younger siblings who normally come on a Friday, are welcome to arrive at 9.00am. If your child doesn't attend Fridays, they are welcome to have their photo taken and please arrive after 9.15am.

### Staff & Student News

We say goodbye to Bobbie Welling who made a fantastic contribution to the playgroup last term and welcome Lauren Rice-Smith who is studying her Level 3 in Early Years with Oaklands College. Lauren will be with us Thursday and Friday's each week.

## Childhood Obesity

On the 18 of August the government published *Childhood Obesity - A Plan for Action*, which aims to reduce childhood obesity through supporting people to make healthier choices.

Nationally, 9.1 per cent of reception age children are considered overweight or obese, and by the time they reach year 6, 19.1% of children are overweight or obese. The figures for Hertfordshire are slightly better with 7.2% of reception age, and 14.6% of year 6 children, classed as overweight or obese.

A series of actions have been outlined by government in the plan of action, and the changes we will start to see over the coming years—see the Plan of Action on the following link:

<https://www.gov.uk/government/publications/childhood-obesity-a-plan-for-action>

One of the biggest impact on early years settings will be the early years foundation stage framework (EYFS) will be updated in early 2017 to make specific reference to the UK Chief Medical Officers' guidelines for physical activity in the early years. Pre-school age children should be physically active daily for at least 180 minutes, and all under-fives should minimise the amount of time spent being sedentary.



The British Heart Foundation National Centre has produced physical activity guidelines for under 5s to provide additional guidance on this—web link [http://](http://www.bhfactive.org.uk/earlyyearsguidelines/index.html)

[www.bhfactive.org.uk/earlyyearsguidelines/index.html](http://www.bhfactive.org.uk/earlyyearsguidelines/index.html)

## Learning Journal

Your child's learning journal is available



to view at any time, please speak with your child's key worker and don't forget to take a 'You're a Star at Home' slip which can be added to the journal, located in the green plastic pocket at the end of the notice board.

## Annual Stakeholders Meeting

The next Stakeholders meeting will be in November at St John's Methodist Church - Friday 11 November 1.15 All parents, carers, staff and interested parties from both settings will be invited to attend as we would really appreciate your views, ideas and feedback. We will be looking for new parent reps, if you are interested, please speak to Mrs Mills.

## Mobile Phones

A reminder that mobile phones are not to be used on playgroup premises in line with statutory requirements. The Playgroup uses a mobile phone for playgroup use only (as the mainline phone is in the hallway).

## Fruit Sharing, Birthday Treats & Lunches

At St John's we promote healthy eating and ask the children to bring in a piece of fruit once or twice a week to share with the other children to supplement what we provide: pitta bread, humus, crackers, cheese, bagels, oat biscuits, vegetable sticks, bread sticks, raisins and more.



Birthday treats can be supplied in the form of fruit either fresh, dried or exotic! These special fruits will be served at snack time to celebrate your child's birthday.

Lunch box contents, once again we would like to encourage you to pack healthy foods. There are great ideas for healthy lunch boxes and suitable portion sizes on the notice board. Please ensure you provide just enough food for lunch, some boxes are quite full and the children can spend too long eating and not enough playing! We would also ask if you could save treats for home please as other children can look on enviously at 'little chocolate wrappers'!



## IMPORTANT NOTICE

We have two children with nut allergies and two with egg allergies. If your child attends lunch club, please do **not** include egg, peanut butter or Nutella sandwiches or a hard boiled egg. Thank you for your understanding and co-operation.

## Treasure Chest

At St John's we have a treasure chest which is primarily for children who need to bring in a comforter ranging from a cuddly toy, an old muslin or any other object that a child has formed a special bond with that will give them comfort if they 'wobble' during the morning. We are finding it is turning into a very large lost property chest. If you bring in an item for your child, whether it is a comforter or item of clothing, please remember to take it home. Don't forget to label all clothing too. Thank you.



## Dates for your Diary

### Autumn Term 2016

Mon 5<sup>th</sup> Sept - Wed 21st December

Thur 6<sup>th</sup> Oct 11.15am — Harvest Festival

Fri 21st Oct from 8.15am - Photographer

24<sup>th</sup> - 28<sup>th</sup> Oct Half Term PLAYGROUP

CLOSED

Fri 11th Nov - Annual Stakeholders Meeting

Thurs 15<sup>th</sup> Dec - Nativity Play 11.30am Start

Tues 20<sup>th</sup> Dec - Xmas party all children invited

and parent helpers required

Wed 21<sup>st</sup> Dec - last day of term