

# Playgroup News

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## Autumn 2019



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 Topic

All about me will be this terms topic. The children will be painting self portraits, exploring technology by taking selfies, looking at similarities, emotions and how we are different from when we were a baby. We shall be discussing who is in our family and where we live. We will also be using our senses to discover our likes and dislikes by looking at different fruits and vegetables. Please look on our notice board for our topic week planning dates and how you can help support us and your child's learning.

As part of our topic this Autumn we will be asking for various items from home or nature to enhance the children's learning. This may involve asking for different shaped leaves, conkers, acorns, pine cones; pictures sometimes items in a particular colour or asking you to concentrate on looking for items which start with a particular sound such as 'sss' sound for 'shoes'. We often ask for craft items at different times of year too.

### 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: 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 chocolate and treats for home please and no nuts in any form including peanut butter or Nutella.



### 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 10 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 Whitechapel Mission as part of this year's Harvest giving. This charity supports homeless people. Please see the letter with the list and the notice board 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 Tuesday 22 October, Mr Lenman, our regular, brilliant 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 Dean and there is no obligation to buy.

If you would like a photo with your child's sibling/s, please let Mrs Dean know ASAP so she can advise a time to arrive. Please note the following times:

- School aged siblings, Mr Lenman will be available from 8.15am. Please arrive on time as there are often other families wanting a family photo.
- Current children with younger siblings who normally come on a Tuesday, are welcome to arrive from 8.55am.
- If your child doesn't attend Tuesdays, they are welcome to have their photo taken including with younger siblings. PLEASE NOTE THAT Brett Lenman will leave by 10.45 so if your child attends in afternoons only you will need to visit in the morning



## Nutrition Guidance

New nutrition guidance from 'The Nutrition Foundation'.

The British Nutrition Foundation (BNF) has published its updated 5532 guide, a resource about portion size and healthy eating focussed on toddlers, which includes new information on free sugars, and more advice on vegetarian and vegan diets for young children, aged 1-4 years.



For further information see our notice board or cut and paste the link below (via our website): [https://www.nutrition.org.uk/attachments/article/1253/BNF%205532%20Leaflet\\_2019.pdf](https://www.nutrition.org.uk/attachments/article/1253/BNF%205532%20Leaflet_2019.pdf)

## Hertfordshire Family Centre Service

The Autumn Programme is now available to view on

<http://ow.ly/d0gh50vrnwq>. (You can cut and paste via the newsletter on our website)

We recommend you to register with your local Family Centre to receive regular updates and newsletters you can use this form <https://bit.ly/2JvnWuv>.

## FREE Parenting Puzzle course

The Parenting Puzzle course is a FREE course which is run by the

Hertfordshire Family Services Centre. The course enables you to understand how emotions can influence actions and offers practical ways of guiding children so that they learn to manage their feelings and control their behaviour.

It is open to parents/carers with children aged 3-11 years. It will run on Friday 27th September—6th December (not 1st November) at 9.45-11.45am.

For further information contact 0300 123 7572.

## Staffing

Having said goodbye to Mrs Mash after 14

years at St John's and also to Mrs Aherne-Sime who has decided to spend more time looking after her family; we are very pleased to welcome Mrs Claire Dean as our new Deputy alongside Mrs Stone. Mrs Dean has worked in the nursery at The Wroxham School for 10 years so has lots of experience to bring to St John's. She has two children of her own who are at Secondary school. Mrs Dean has already caringly taken up both her role as keyworker and efficiently gathered all the information for funding, newsletters and assessment data. We look forward to working with her for many years to come.

## Facebook

We regularly post pictures on our Facebook page of the children's learning, playing, activities, walks in the local area. We also put articles which we think might be of interest to you, so do check in regularly.

## Term Dates

### Autumn Term 2019

#### 2 September-18 December

Mon 2/9 & Tue 3/9 inset days - closed

Wed 4th Sept - children's first day back

Fri 6th Sept - new children's first visit

Thur 10<sup>th</sup> Oct - Harvest Festival, all families invited; 11 for 11.15

Tue 22<sup>nd</sup> Oct - B Lenman Photo, all children + siblings welcome 8.15-10.45

Mon 28<sup>th</sup> Oct-1<sup>st</sup> Nov - Half term - closed

Wed 18 Dec - Nativity Play and last day of term; we finish at 12.55

### Spring Term 2020

#### 6 January - 3 April

Monday 6 Jan - inset day - closed

Tuesday 7<sup>th</sup> January - first day current children

Friday 10<sup>th</sup> January - new children first visit

Thursday 2<sup>nd</sup> April Possible Easter Service in church tbc

### Summer Term 2020

#### 20 April— 17 July

Monday 20 April—inset day

Tuesday 21 April—current children first day

Friday 24 April— new children induction visit

TBA—Picnic, fundraising & sports day