

# Playgroup News

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Facebook: St John's Nursery Playgroup Potters Bar



Autumn 2020



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.

A big thank you to parents and children for following all the new guidance which we have put in place due to Covid. The children have fully accepted the new routines and the layout of the room, where we are divided into 2 groups with consistent staff looking after them. The children all have the same opportunities to go outside as much as possible and lots of lovely learning is taking place. The new children have mostly settled and have started to make friends.

Covid has meant a lot of changes for us all. We sent home a guide to what your actions should be if you have been in contact with Covid. We ask that you to always let us know when a child is kept at home (even if it is a cold or a day off) so we have up to date information. We hope we will all keep safe and healthy, taking all the appropriate precautions

## This Terms Topic

All about me is this terms topic. The children are painting self portraits, looking at similarities and differences, 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 and tasting different fruits and vegetables.

As part of our topic this Autumn we are asking you and your child to collect items from nature to enhance the children's learning. Please look for different shaped leaves, conkers, acorns, pine cones and bring them in so we can compare shapes and sizes. We will make stickman pictures, count, sort and arrange natural shapes. We will look at the different shapes of leaves and try to work out which tree they come from.

Our caterpillars are growing well and have turned into cocoons. We are looking forward to seeing the butterflies emerge.

Later in the term we will talk about Divali, fireworks and then Christmas, while we prepare for the nativity play, which may have to be without an audience this year—for the first time in over 50 years

## Healthy eating, Birthday Treats & Lunches

At St John's we promote healthy eating. BNF Healthy Eating

Week is 28 September to 4 October. During this week we will be talking about what is healthy to eat and what we should avoid. We will put different posters up on the outside display board as each day has a different focus.

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. See our poster on the display board for more ideas



Lunch box contents: we would like to encourage you to pack healthy foods. An email has been sent to everyone about healthy lunch boxes, with ideas for content and portion size



Snack; remember to provide a snack for your child for each session.

Remember NO NUTS IN ANY FORM INCLUDING PEANUT BUTTER OR NUTELLA. NO SESAME SEEDS

## Harvest Festival

St John's Nursery Playgroup are celebrating Harvest differently this year. Although we can't invite parents to the church, we will still take the children for a visit to the church to look at the beautiful harvest decorations. We will talk about people who do not have enough food and sing some songs about fruit gathering. St John's Methodist Church continue to support Whitechapel Mission as part of this year's Harvest giving. This charity supports homeless people in London. This year they are asking for money donations. If you would like to contribute we will leave a donation box or you can donate via text:



Text HOMELESS to donate £3; Text FEED to donate £5 on 70144 Text costs £3 or £5 plus network charge. The Whitechapel Mission receives 100% of your donation. Obtain bill payer's permission. Customer care 03000 111 400. Charity No: 227905You will receive a confirmation text in reply.

## Nutrition Guidance

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 <https://www.hertsfamilycentres.org/events/whats-on-at-family-centres-in-hertfordshire.aspx> (You can cut and paste via the newsletter on our website)

We recommend you register with your local Family Centre (PB1 or Furzefield) to receive regular updates and newsletters. [https://www.hertfordshire.gov.uk/ufs/CHSERV\\_FCREG.eb?ebd=0&ebz=1\\_1601375741952](https://www.hertfordshire.gov.uk/ufs/CHSERV_FCREG.eb?ebd=0&ebz=1_1601375741952)

Some more links which you may find useful:

The **JUST TALK** website provides a host of useful information about looking after your mental health during COVID 19: <https://www.justtalkherts.org/just-talk-herts.aspx>; [Families First News](#) contains a regular article on mental health and emotional wellbeing support with many useful links.

The [Families First Portal](#) provides links to information, advice and guidance on local and national services for families, parents or carers needing support.

## Facebook

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

## Term Dates

### Autumn Term 2020

#### **3 September—17 December**

Wed 2 Sept - Inset day, playgroup closed

Thurs 3 Sept - current children return

From Monday 7 Sept - new children's induction

Wed 7 Oct Harvest Festival, Children to visit church

26 Oct—30 Oct - Half term, playgroup closed

Thurs 17 Dec—Nativity play (Covid dependant) and last day of term; we finish at 12.55

### Spring Term 2021

#### **4 January—26 March**

Mon 4 Jan—Inset day, playgroup closed

Tue 5 Jan—current children return

From Thursday 7 January New children's individual induction

15 Feb—19 Feb—Half term, playgroup closed

Thurs 25 March—Possible Easter Service in Church TBC

### Summer Term 2021

#### **12 April—16 July**

Mon 12 April—Inset day, playgroup closed

Tue 13 April—current children return

From Thursday 15 April—new children's individual induction visit

Mon 3 May—Bank Holiday, playgroup closed

31 May—4 June—Half term, playgroup closed

Sunday 27 June Potters Bar Carnival

July: Picnic, fundraising & sports day

July: End of term party