

Playgroup News

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Autumn 2021



Welcome to all the new families who 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.

Thank you to parents and children for continuing to be cautious due to Covid; thank you for washing your child's hands before entering. Every little helps to keep Covid at bay. 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.

Current recommendations around isolating at home is regularly changing so we will email the latest information with this newsletter. If you have tested positive for Covid you should stay at home, but you can bring your child to playgroup. We appreciate that where there has been a case of covid in your home that you have been extra careful to not bring it to playgroup. We do not ask you to test your child, just keep an eye on the symptoms of high temperature, continuous cough.

This Terms Topics

We are following more of the children's interests as we plan our activities, but also introducing lots of new ideas including talking about looking after our teeth. We will be talking about healthy foods bringing us on to the Harvest Festival and growing of food. Several children have shown an interest in space, so we will be building on this 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 stick-man 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.

We will be making pictures with dried herbs and flowers giving the opportunity to talk and learn more 'smell' words. We will be making special pictures which involves fresh flowers, petals and leaves, white cotton sheet and hammers!

Later in the term we will talk about Divali, fireworks and then Christmas, while we prepare for the nativity play

Healthy eating, Birthday Treats & Lunches

At St John's we promote healthy eating. Please see our poster for ideas for healthy lunch-box content.

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. Or if you enjoy baking a healthy banana bread (without nuts or sesame seeds) is another option. See our poster on the display board for more ideas



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

NO SESAME SEEDS

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 7th October starting at 11.15** in the church.

A song sheet will go home with each child, we hope you find some time to help the children practice the songs.

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 in London. This year they have asked for tins of baked beans and biscuits, or a money donation so they can purchase fresh food and other items needed. Please either bring the gifts in during the week or bring them on the day. The children will carry the gifts into the church.

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):

Family Centre news

The Autumn Programme is now available to view on 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 Furze field) to receive regular updates and newsletters. 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.

We will continue to email updates from Hertfordshire's Best Start newsletter relating to health, funding,, safety advice and any articles which we feel might be useful to you

https://best-start-herts.tfemagazine.co.uk/assets/1/early-years-choking-hazards-poster_final-21-sept-2021.pdf

https://best-start-herts.tfemagazine.co.uk/assets/1/early-years-choking-hazards-table_final_21-sept-2021.pdf

<https://www.nhs.uk/live-well/healthy-body/taking-care-of-childrens-teeth/>

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.

Lending books

The book borrowing scheme is starting up again this term. A couple of letters will be in the book bag, giving suggestions of how to support your child's interest in books. We hope your children are keen to borrow a book and that you are able to 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.



Term Dates

Autumn Term 2021

6 September—17 December

Monday 6 Sept - current children return

Friday 10 Sept - new children's induction

Thur 7 Oct Harvest Festival, families invited

Thursday 21 Oct Photographer 8.30-11 ALL CHILDREN INVITED, plus any siblings. Letter to follow

25 Oct—29 Oct - Half term, playgroup closed

Week commencing 6 Dec— parent consultations

Thurs 17 Dec—Nativity play provisional date

Thur 21 October from 8.15 Photographer

Spring Term 2022

5 January—1 April

Tues 5 Jan—Inset day, playgroup closed

Wed 6 Jan—current children return

Fri 7 January new children induction 12.20

14 Feb—18 Feb—Half term, playgroup closed

Thurs 31 March—Possible Easter Service in Church TBC

Summer Term 2022

19 April—22 July

Tues 19 April—Inset day, playgroup closed

Wed 20 April—current children return

Fri 22 April 12.20 —new children's induction visit

Mon 30 May—Fri 3 June Half term, playgroup closed

June Potters Bar Carnival

Week commencing 11 July parent consultations

July: Picnic, fundraising & sports day

July: End of term party