

Newsletter

January 2016

Welcome back and a Happy New Year to all our children and their families. We would also like to welcome our new children who will be joining us this term.

Inset Day
Friday 5th
February
The nursery
will be closed

Donations of fruit
for snack would be
really appreciated.

Thank you.



Parents are invited to change their
child's
library book at the
beginning of a session.



Dates For Your Diary

Spring Term

- Friday 5th February - Inset Day (Nursery Closed)
- Monday 15th February - Friday 19th February
Half Term

Stay and play sessions
are open

Monday & Tuesdays
1.15 - 2.45

All children under 3
are welcome with their
parents/carers

Rhyme Time!

We sing rhymes everyday they help children learn about
letters & sounds. They are also great fun!



Hickory, dickory, dock!
The mouse ran up the clock;
The clock struck one,
The mouse ran down,
Hickory, dickory, dock!



Every day, without realising, we're ALL having too much added sugar

You'd be surprised at the amount of added sugar lurking in everyday food and drink and it builds up quickly over the day



Download the Sugar Smart app



Scan the barcodes on food packaging at home and at the shops



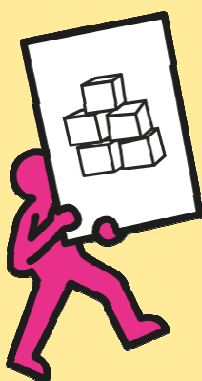
See the number of sugar cubes in everyday food and drink. You'd be surprised just how many there are!

Available on the **App Store**

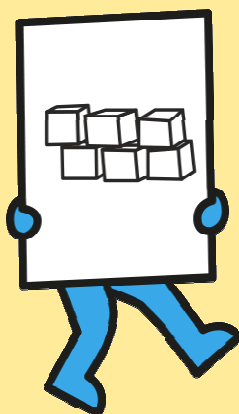
GET IT ON **Google Play**

But how much is too much?

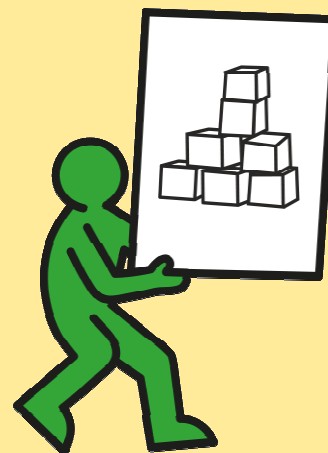
The maximum daily amounts of added sugar* are:



4-6 years
5 cubes max*
or 19 grams



7-10 years
6 cubes max*
or 24 grams



11+ years
7 cubes max*
or 30 grams

* **1** = 4g of sugar