

Newsletter

10th May 2022

We hope you had a lovely holiday over Easter and Bank holiday weekend.

The children have been very excited to see our peas and beans growing in the orchard this week. We are looking forward to inviting all our parents to come and have a look soon.

Remember as the days get hotter please put sun cream on your child before they come in to school. We have sun hats and some shade for the children.

Emma (Headteacher)

CLASS PHOTOS

We will be having our class photographs taken on Wednesday 25th May. If your child does not attend on a Wednesday but you would like them to be in the photo please speak to your child's class teacher.



OPEN DAYS

Over the next few weeks we will be settling in new children. We are looking forward to meeting our new families and having new children start. We are planning some open days when you will be able to come in to Nursery and play alongside your child. This will allow you to find out what happens at Nursery and speak to your child's class teacher and key worker. Look out for an invitation on Seesaw from your child's class teacher.

NEW BABY—HURRAY

Katie, our class teacher, has had a beautiful baby girl called Madeline. She was born on 27th March, weighing 6lbs 11oz. They are both doing very well. Katie says she is missing seeing the children here at Nursery and is looking forward to coming in for a visit.

Congratulations Katie!



FOOD BANK VOUCHERS

Here at Camborne Nursery, we have food bank vouchers. These are available for any family. Please use them if you are worried about feeding yourself or your family. Speak to Emma or phone 01209 713607.

STAY AND PLAY

Stay and play is available for children aged 0-3yrs.

Tuesday at 1.15pm to 2.30pm.

Thursday at 9.15am to 10.30am.

£1.50 a session.

Fun, exploration, singing, outdoors, play, messy activities and chat. Booking essential. Phone Debbie to book on 01209 713607.



FROEBEL MEETING

Emma was very lucky to be invited to meet other Nurseries and Schools at a conference at Roehampton University. This was a great chance to hear about how real experiences such as exploring outdoors, playing musical instruments, woodwork and planting can help children develop. We are working closely with the Froebel Trust to support children in all aspects of their play.



NASEN SEN REVIEW

We have been working with Heather Williams (the service manager for the Early Years Inclusion team) on a brand new NASEN Special Educational Needs review. We looked at the provision we provide children with special educational needs and are pleased to share that we have successfully completed the review. This means we can now offer our support to local settings in the area to help them with their special needs provision.

LOOK AFTER YOURSELF

If you are struggling with your own stress levels at the moment have a look at this website for information

<https://www.annafreud.org/parents-and-carers/self-care-for-parents-and-carers/>



BBC TINY HAPPY PEOPLE

Look out for new content on the BBC Tiny Happy People site for April;

<https://www.bbc.co.uk/tiny-happy-people/15-activities-you-can-do-in-10-minutes/z937m39>

[Weekly fun activity planner: Download our free interactive schedules and calendars - BBC Tiny Happy People](#)



SNACK

We provide a healthy snack for all of the children during the session. To help us to provide this, we kindly ask if parents can either:

- ♦ Donate £5 a term
- ♦ Donate bananas, satsumas or small apples

Thank you. All donations are really appreciated.



THERE'S A WORM AT THE BOTTOM OF MY GARDEN

"There's a worm at the bottom of my garden
And his name is Wiggly Woo.
There's a worm at the bottom of my garden
And all that he can do
Is wiggle all day
And wiggle all night
The neighbours say
What a terrible fright!
There's a worm at the bottom of my garden,
And his name is Wiggly Woo."



MAKATON

Baby



Rocking
movement

Grow



DIARY DATES

Wednesday 25th May—Class photographs

30th May to 3rd June - Half term

Tuesday 26th July - Last day

LUNCHBOX TIPS

Remember the best way to help your child to healthy eating is to reduce sugar. If your child has a packed lunch try fruit instead of biscuits and remember we do not allow chocolate or sweets in school.

Keep them fuller for longer

Base the main lunchbox item on foods like bread, rice, pasta and potatoes. Choose wholegrain where you can.



Freeze for variety

Keep a small selection of different types of bread in the freezer so you have a variety of options - like bagels, pittas and wraps, granary, wholemeal and multigrain.



DIY lunches

Wraps and pots of fillings can be more exciting for kids when they get to make them. Dipping foods are also fun and a nice change from a sandwich each day.



Cut back on fat

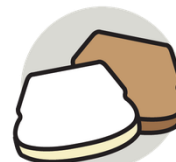
Pick lower-fat fillings - like lean meats (including chicken or turkey), fish (such as tuna or salmon), lower-fat spread, reduced-fat cream cheese and reduced-fat hard cheese. And try to avoid using mayonnaise in sandwiches.



[See more healthier swap ideas](#)

Mix your slices

If your child does not like wholegrain, try making a sandwich from 1 slice of white bread and 1 slice of brown bread.



Always add veg

Cherry tomatoes, or sticks of carrot, cucumber, celery and peppers all count towards their 5 A Day. Adding a small pot of reduced-fat hummus or other dips may help with getting kids to eat vegetables.



Ever green

Always add salad to sandwiches and wraps too - it all counts towards your child's 5 A Day!



Cheesy does it...

Cheese can be high in fat and salt, so choose stronger-tasting ones - and use less of it - or try reduced-fat varieties.



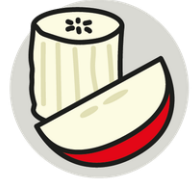
Cut down on crisps

If your child really likes their crisps try reducing the number of times you include them in their lunchbox, and swap for homemade plain popcorn or plain rice cakes instead.



Add bite-sized fruit

Try chopped apple, peeled satsuma segments, strawberries, blueberries, halved grapes or melon slices to make it easier for them to eat. Add a squeeze of lemon juice to stop it from going brown.



Tinned fruit counts too

A small pot of tinned fruit in juice - not syrup - is perfect for a lunchbox and easily stored in the cupboard.



Swap the fruit bars

Dried fruit like raisins, sultanas and dried apricots are not only cheaper than processed fruit bars and snacks but can be healthier too. Just remember to keep dried fruit to mealtimes as it can be bad for teeth.



Switch the sweets

Swap cakes, chocolate, cereal bars and biscuits for malt loaf, fruited teacakes, fruit breads or fruit (fresh, dried or tinned - in juice not syrup).



Yoghurts: go low-fat and lower-sugar

Pop in low-fat and lower-sugar yoghurts or fromage fraais and add your own fruit.



Get them involved

Get your kids involved in preparing and choosing what goes in their lunchbox. They are more likely to eat it if they helped make it.



Variety is the spice of lunch!

Be adventurous and get creative to mix up what goes in their lunchbox. Keeping them guessing with healthier ideas will keep them in-

