



CROSSENS NURSERY SCHOOL

Happy Minds, Healthy Bodies, Kind Hearts

Monday 18th March 2024

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Dear Parents and Carers,

What a busy and wonderful time we are having here at Crossens Nursery School! We have already had an action-packed start to this half-term and there is plenty of fun and more exciting learning coming up over the next few weeks!

How are we doing?

You will have recently received a questionnaire; we would be grateful if you could complete and return this to us **by Friday 22nd March**.

The information you provide is invaluable in supporting us to continue to improve and develop our practice here at Crossens Nursery School.

A HUGE THANK YOU for the forms that have already been returned. You may have completed such at Parents' Evening.



Health and Safety

We politely request that children's fingernails are kept nice and short for Nursery please.

Accidents can happen very easily when children are moving to music or reaching for toys and, if we can ensure that nails are clipped, it greatly reduces the risk of accidental scratches.



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Key Dates:

Thursday 21st March – Trip to Windmill Farm

Friday 22nd March - Potty Training Workshop

Thursday 28th March – Easter Bonnet Parade

– Children are invited to come to Nursery wearing their very own Easter Bonnet! We will have a parade, sing some songs and even announce a winner for each group. Come along and join us! We will start the Parade at 9.30am once the children are settled in for the day.

Thursday 28th March – Break up for the Easter holiday

Tuesday 16th April 2024 – Back to Nursery

World Book Day

We had a wonderful time celebrating World Book Day earlier in March. The children and staff wore fantastic costumes and really enjoyed a range of activities during the week. Thank you to our parents who came in to share stories with our children, it is so lovely to have you involved! We also enjoyed a live reading of 'Jo Jo and Gran Gran' by Laura Henry. This was a global book-share and the children listened really well and were part of something very special.



A BIG THANK YOU!

Back in February, we wore red and raised money for the Food Bank on Love My Community Day. This money was raised in collaboration with all the schools in the Southport Learning Partnership. Together, we raised £4622 for this wonderful charity.

Thank you for your support and generosity.



Purple Room – 2 Year Olds

Our 2 year olds are having a very busy term!

The children loved getting dressed up for World Book Day and being a part of this special day.

Mrs Copeland has shared the story of Goldilocks and the three bears with the children. This has been brought to life with puppets and props! The children have also been enjoying porridge play, refining their co-ordination through pouring, tipping and mixing.

We are preparing for our trip to the farm with lots of lovely story sharing and small world play. The children are enjoying reading 'Buster at the Farm' and 'Pig in the Pond'.

We are also talking about sounds on the farm and we are playing listening games.

Mrs McDonnell has been teaching the children how to bake. They have relished making jam tarts and flapjacks – what lucky children! The children even had the opportunity to taste pancakes for Pancake Day! Yum, yum!

Our 2 year olds are also enjoying our Big Garden and the new resources that we have bought. From making a campsite to creating an obstacle course, there is lots for our children to enjoy!

The children were very proud of their daffodil pictures – we hope you liked them too!



Big Room – 3 & 4 Year Olds

Our 3&4 year olds have been so busy! They are enjoying our new 'Play Builder' equipment in the garden and we are enjoying being outside in the Spring sunshine! The children are using this resource to make obstacles to balance on, walk along and change levels of height, off which to jump!

Miss White has planned wonderful activities to help children to improve and develop their turn taking and waiting skills. The children are learning how to stretch their attention and focus and I always enjoy walking into the classroom and seeing all eyes on the key workers as the children listen with intent and enthusiasm.

The children are also learning about self-care and they are using the 'nose-wiping' stations that are set up around the room. Well done everyone!

This week, we will have a focus on sensory strategies and mindfulness. Our curriculum strives for children to have a positive sense of self and to feel safe and secure. I look forward to seeing the children enjoy the activities that Miss White has so thoughtfully put together.



Packed Lunches

We know that children can be very particular when it comes to food and we would like to share a few top tips that we have learnt here at Crossens Nursery School.

1. Less is more – Young children can be overwhelmed at the sight of too much food. Put less in the box and chances are, your child will actually eat more.
2. Balance – Make sure there is a healthy balance of foods in your child's lunch box. Children are very good at eating the fruit and veggies when their friends around them are doing exactly the same. Attached is a guide to a healthy lunch box to give further ideas.
3. Mix it up – Children get bored of the same options every day. Just swapping out a sandwich for a wrap can keep it exciting for your child. Little tubs of pasta, cheese and crackers or breadsticks and humus are also nice options to try.
4. Have an order – Talk to your child about what they need to eat first, e.g. sandwich then yoghurt. Some parents like to use stickers on the pots/ packets. For example, 'Elsa first, then Olaf'. Lunch boxes with different sections can be really helpful for this too.
5. Keep it safe – Whole grapes, large blueberries, whole olives etc are huge choking risks. We need to minimise the risk of choking as much as possible and ask that you slice these foods into quarters. For grapes and olives, this should be 'long ways'. Please ask if you are unsure. Popcorn is also a choking hazard for children under 5 and we request that no popcorn is brought into Nursery. We politely request no nuts, no meat 'on the bone' and no pineapple. The latest advice from the Food Standards Agency can be found here <https://tinyurl.com/yc9yxdj2>
6. Do they need it? – Consider the extra bits that you are putting in a lunch box. If your child has a balanced lunch, do they need the crisps or the biscuit? Sometimes we feel we need to put something 'special' in the box but there is a chance this may distract your child from the healthier offer that you are providing.
7. Not allowed –We do not allow chocolate or sweets at Nursery in the interests of keeping healthy and being ready to learn. We will keep these items to one side and return them to you at home-time for the children to enjoy as a treat at another time.
8. Celebrate – Talk to your child about what they enjoyed in their lunch box and praise them for eating their healthy foods and filling their bodies with good energy.
9. We provide milk and water at lunch-time but you are welcome to pack a healthy drink if you wish.
10. Ask us – Please ask if you are unsure or if you need more lunch box ideas. There is further information up on the parent noticeboard in the conservatory.



Pack your child a **HEALTHY LUNCH BOX**

Choose a variety of foods from each food group



Fruit



Vegetables



Dairy



Wholegrains



Lean meat & alternatives



A Healthy Lunch Box



**MAKE WATER
YOUR DRINK**



**PACK ICE BRICKS
TO KEEP FOOD
COOL**



**USE A THERMOS
TO KEEP FOOD
WARM**



Health

This resource was developed and designed by the Health Promotion Service, Western Sydney Local Health District, with contribution by South Eastern Sydney Local Health District and Illawarra Shoalhaven Local Health District.

Mrs Beth Brice, Headteacher