



CALSIDE NURSERY

AUGUST / SEPT 2023 - NEWSLETTER

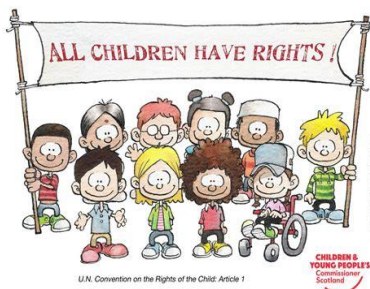


A very warm welcome, to all our new and existing families. We are looking forward to a very busy year with lots of fun and learning opportunities for the children to explore.

We have started the year with 35 children and another 10 shall join us through the year, so it is going to be a busy one.

The children are settling really well and it has been a very positive start to our Nursery Year. We hope you are all happy with how things are going, however, if you have any concerns please do not hesitate to contact us, our door is always open.

At present in nursery we are supporting the children to settle in to their surroundings, by learning the routines and rules of the setting, strengthening their awareness of health and hygiene and developing their independence, sharing and turn taking skills. We do this under the banner of SHANARRI - which stands for Safe, Healthy Active, Nurtured, Achieving, Responsible, Respected and Included.



We are also talking to the children about UNCRC Rights of the Child, this links very well with the above SHANARRI aims. This week we are developing our Nursery Charter with the children and we shall share this with you when completed.

Care Plans - We are completing the Care Plans with parents to gather information on how best to support your child, once we have completed the new children, we shall organise meetings for the existing children. If you have not been contacted to organise a date, this will be done shortly. They will take approximately 20/30 minutes for completion of new care plans.

NURSERY CALENDAR

Dates for your diary - School Year

- | | |
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| Term 1 | Tuesday 22 nd August - Friday 13 th October |
| Term 2 | Monday 30 th October - Friday 22 nd December |
| Term 3 | Tuesday 9 th January - Friday 22 nd March
(Mid-term break - Monday 12 th - Wednesday 14 th February) |
| Term 4 | Monday 8 th April - Monday 1 st July
(May Day - Monday 6 th May) |

Event Dates - (these are provisional dates)

Nativity Performance - Tuesday 19th December - time to be arranged

Sports Day - Friday 10th May - afternoon (1st date) --- Wednesday 15th May (2nd date)

Graduation Ceremony (for those leaving to attend school) - Thursday 27th June - time to be arranged

Nursery Garden - The children and Mrs Tweedie have worked really hard developing the garden area last year and we have managed to grow potatoes, broad beans, peas, radishes, carrots and onions, we are still waiting to see how the celery, brussel sprouts and corn grows.

Soft Finish - We operate a soft finish for nursery. We shall open our doors at 2.45 for parents to come inside the nursery and collect your child. This gives you the regular opportunity to be inside the setting, collect any mail from the nursery mail docket, see the displays and give your child the opportunity to show you their nursery. While the staff members will be on hand, could I ask that we do not use this time for answering any concerns etc. We are happy to make an appointment to chat to you at any other time.



Developing Independence - We encourage the children daily to develop their independence by dressing themselves, putting on their own coats, shoes, welly boots etc. To help us with this could I please ask that children's shoes are slip on or have velcro fastening. Laces on shoes are not great for helping them to be independent and the children get frustrated in having to wait for us to get round all the children ... they miss out being first to the bikes 😊

Nursery Opening Times - Our Nursery is open from 8.30 to 3.30, and each child has their specific hours that they have enrolled for. Please do not be offended if we do not open the door for you if you arrive early as the staff team have specific duties that need to be carried out each morning before we let all the children in to play.

New Staff Members - As you may be aware Miss Ritchie is not with us at present as she is on secondment to Noblehill Nursery. We are pleased to have with us Mrs. Beata Sliwinski-Plata, who shall be working with us Monday, Tuesday, Wednesday and Friday and Mrs Tweedie is now with us permanently on a Thursday.

Mrs. Plata is originally from Poland and has lived in the Georgetown/Calside area for 17 years. She graduated 9 years ago from UWS with a Childhood Studies degree. She has two beautiful daughters and likes to crochet and bake.

Packed Lunches - Please could I ask for your assistance in taking a healthy approach to packed lunches? We ask that parents do not overload children's lunch boxes with lots of different snacks and confectionary. For your child's age and stage they should have a sandwich with a filling, some fruit and/or veg and a desert such as yoghurt, custard, jelly or mousse. For drinks we provide milk and water, we do not offer juice in nursery.



When children are bringing in their water bottles in from home, please can I ask that it does have water inside it and not juice.

We follow the "Setting the Table" guidance in nursery and I have copied an extract from the documentation for your awareness.

Food group

Bread, rice potatoes, pasta and other starchy foods

Examples of foods that can be provided as part of a packed lunch

Sandwiches are an easy choice for a packed lunch. To give a little variety, different breads and rolls such as wholemeal, granary, poppy seed, sesame seed, pitta bread, bagels and baps can be tried. Breadsticks or crackers can also be included in this group.

Home-made pasta and rice salads are ideal for packed lunches.

Fruit scones, pancakes or fruit loaf can be offered as healthier alternatives to confectionery.

Chopped raw vegetables such as carrots, cucumber, peppers or cherry tomatoes are ideal choices.

A wide variety of fruit can be included. Fruits that are in season are often more economical.

Include a pot of fruit salad as a change to a whole fruit. Try some dried fruit such as raisins, sultanas, mango or apricots.

Trying out new fruits and vegetables not normally eaten by children may increase the variety of fruit and vegetables eaten at home.

Fruit and vegetables

Meat, fish, eggs, beans and other non-dairy sources of protein

For sandwich fillings, include ham, turkey, chicken, fish, houmous and egg. Too much mayonnaise or salad cream should be avoided as these are high in fat, salt and sometimes sugar.

Milk and dairy foods

For a dessert, include milk-based puddings such as yogurt, fromage frais, a small pot of custard or mousse. A drink of milk or a small serving of cheese, e.g. cheddar, edam or mozzarella, on a sandwich could also be included as part of this group.

Drinks

As a provider, you may want to provide a drink at lunchtime for children who bring a packed lunch, and milk or water would be ideal choices. Small cartons of pure fruit juice should be kept to mealtimes only. Fizzy drinks, diet or otherwise, are not suitable for children, so ask parents to include milk, water or fruit juice at lunchtime instead.

"Our Promise to You"

We promise you every day your child will learn something

Some days they will bring it home in their hands

Some days they will bring it home in their heads

And some days they will bring it home in their hearts

Valerie Welk