



## Our Learning Journey

We have been learning all about our nursery environment, exploring outside and welcoming our new friends. Our house corner has been a baby health centre where we have been carefully looking after the babies. We have been learning about ourselves, painting self portraits and talking about sharing and caring.

## Packed lunch and Snack Guidance

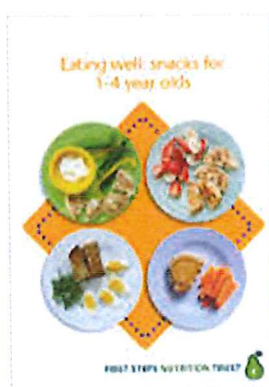
Here at nursery we are developing your child's healthy eating habits by providing them with healthy snack choices. We talk about portion sizes and encourage your child to try new foods.

To help support this at home, we have put guidance materials in the cloakroom which are full of information and recipe ideas:

- *Good food choices and portion size for 1-4 year olds.*
- *Eating well: snacks for 1-4 year olds*
- *Eating well: Packed lunches for 1-4 year olds*

Please feel free to have a look at these while you are in nursery. This can also be found online at:

[www.firststepsnutrition.org](http://www.firststepsnutrition.org)



## Nursery Clothing

A gentle reminder... please send your child to nursery in old clothes which are clearly labelled with their name.

The nature of our learning is messy and while every precaution is taken, children find mess and love it!

If your child comes home in clothes which are not their own, please wash them and return them to nursery so that we can re-use them. Please also check that they are not someone else's belongings which have come home by accident.

## Stay, Play and Learn

If your child's Care Plan review is due this month, you will receive a note in your child's tray.

Please use the sign-up sheet in the cloakroom to choose a suitable day to join us. If there are any significant changes in your child's life, you can review your child's care plan at any time.



## Parental Feedback

As you may be aware, nursery entitlement for children in Scotland will go up to 6 hours per day in August 2020. As we move towards this phase, we are looking for feedback on what parents and carers feel our nursery environment would benefit from. Please add your suggestions on the sheet in the cloakroom.

Thank you

The Nursery Team ☺

