



# MARCH



Welcome to our March newsletter. We have thoroughly enjoyed meeting all our new children and families who have recently started with us and we hope you will be very happy at Arthurlie Family Centre.

## Covid 19

Thank you to all our families who are continuing to adhere to the staggered start and finish times and keeping socially distanced. For everyone's safety please avoid any gatherings in nursery grounds. Should you or a family member become symptomatic please consult the national guidelines for advice and inform the Nursery. Thank you.



[Scottish Government Guidance on Schools Reopening March 2021](#)

## Dates for you diary

Friday 19<sup>th</sup> March - **Crazy Hair Day!** Fund raising for Comic Relief Buckets will be at each entrance for your voluntary donation.



Week Commencing 29<sup>th</sup> March - Sponsored Obstacle Course  
There will be a section on Parent Pay for your donations.

Spring Break - The Nursery is closed on Friday 2<sup>nd</sup> and Monday 5<sup>th</sup> April.

Coffee and Chats - As we are not able to get together as normal we have used Microsoft Teams to allow some parents and keyworkers to have an informal chat. This has been very successful and we hope this will continue after the Spring Break. To join with us you require a Gmail account, so please do create one if you do not have this at the moment and your keyworker will be in touch to make arrangements!



## Extreme Weather



Please ensure that your child is always dressed appropriately for the weather. The children play outside in all weathers and need their wellingtons every day as our garden can be very muddy. On wet days, please provide a waterproof suit or jacket and trousers. During the colder months, they also need a hat and waterproof gloves or mittens.

Please remember to supply a plastic carrier bag for wet and muddy clothes to be taken home in.



Outdoor play is extremely important in building gross motor skills and core strength. Children work well together outside and use teamwork to create dens, imaginary shops, mud pies, plant seeds and watch them grow.

Over the last few months this has been more difficult for children to access and therefore we promote outdoor play to support children's development.

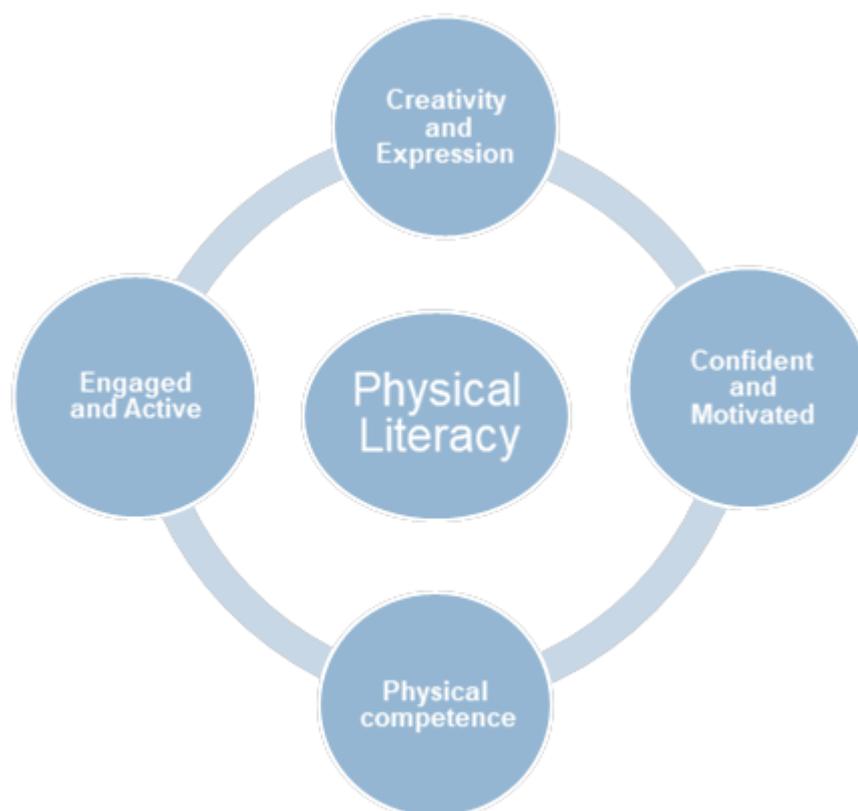


In sunny weather, please apply sun cream before coming to the family centre. If your child is staying for the full day, please provide sun cream labelled with your child's name. With your permission, we will top up as required

## The Research

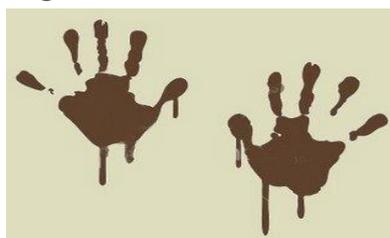
Physical literacy is all encompassing and requires time to become fully developed. Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding, to value and take responsibility for engagement in physical activities for life. (Whitehead 2016)

Research has shown that in early childhood physical exercise helps build strong bones, muscle strength and lung capacity (Lindon 2007). It may also increase cognitive function, improve academic achievement and accelerate neurocognitive processing.



By increasing physical competence in gross motor skills such as balance, climbing and jumping, children are given the building blocks to develop fine motor skills such as pencil control and cutting skills. Children will develop at a rapid pace in terms of physical competences until the age of seven, it is vital to optimise this time period.

### **Muddy Movers**



**A programme developed to improve physical literacy through outdoor play and loose parts**



## \*\* Urgent - Spare clothes

Please remember to provide a bag of spare clothes, including underwear and extra socks, for your child each day. In addition to little accidents, the children play outside in all weathers and they are likely to get wet, muddy or paint on these when learning and having fun so please be mindful of this when dressing your children for nursery. The children currently are unable to share aprons due to the virus, and although we do take as many precautions as possible we can't take any responsibility for damaged clothing,

**Please remember to label all your child's belongings with their name.**

## Packed lunches and snacks

In Arthurlie Family Centre, we promote healthy eating and a balanced diet. We follow national guidelines in Setting the Table.

<https://www.foodstandards.gov.scot/consumers/healthy-eating/nutrition>

If your child is staying for lunch we ask you to provide a healthy lunch. This could include a sandwich/wrap/pita pocket with fresh vegetables/crackers and a small portion of cheese/pasta salad. You could also include a small pot of low sugar yoghurt/selection of fresh fruit. Please do not include items which are high in salt, sugar or fat and try to avoid processed foods. These do not provide nutritional value and can lead to health problems such as tooth decay.

Eating patterns developed in the early years will often stay with a child into their adulthood. Limiting foods high in fat and sugar as snacks or as ingredients in cooking will encourage children to make healthy choices as they grow older. Please provide an ice pack in your child's lunch box to keep your child's food fresh. To reduce the risk of choking, please help by cutting your child's grapes in half, slicing tomatoes and so on.

[The Eatwell Guide - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Arthurlie is a nut free nursery due to several children having nut allergies. Please avoid bringing any food containing nuts into the nursery.

Thank you for your support with this

### The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



## Funding

Arthurlie Family Centre has been successful in receiving funding to allow us to develop the Family Wilderness Garden. As we await fencing the children and staff have been planting seeds, building planters and making pocket gardens using recycled milk cartons and plastic bottles. If you have any to spare please send them in, also if you are a budding Alan Titchmarsh please get in touch.

# ARTHURLIE ECO MARCH 2021

February was very busy as everyone came back to nursery at last and we were able to start building some of the garden furniture we bought for the vegetable garden.

We have also started to grow some vegetables and herbs in mini greenhouses and are looking forward to seeing these grow bigger and bigger.

We have been finding out about composting and recycling old snack like banana skins we cant eat with the new composters but we have also tried making our own

In the garden we now have a milk bottle garden BUT are still looking for more milk bottles as the children grow and take home their mini gardens

Please get in touch if you are interested or have experience in gardening and have a bit of time to help either online or in person to



## Compost greens & browns

- ✓ veggies
- ✓ grass
- ✓ fruits
- ✓ leaves
- ✓ coffee grounds
- ✓ tea bags
- ✓ bread

**NO:** meat, fat, cheese, poop

Arthurlie  
Allotments  
&  
Wildernes  
s  
Garden

## Staff News

New staff - In Aitken Drum we are delighted to welcome Karen Burton and Sophie Collatin who are getting to know all the children there.

Ann Marie Kerr will be leaving us in April after over 20 years, to begin her retirement and we wish her well, having more time to spend with her grandchildren.

Congratulations to Seona from Aitken Drum who gave birth to a beautiful baby boy called Cooper in February.



## Request

We are looking for parents who are multilingual or bilingual to read stories for our children in different languages to celebrate the cultural diversity we have at Arthurlie. If this is something you are interested in please contact us. We would love to hear from you.

## News Updates



We share photos and the latest news about the Family Centre via [Twitter](#). Our Twitter page is regularly updated with useful information and ideas to support your child's learning and development at home and in the community. If you've not used Twitter before, this is a great place to keep up to date with the life and work of the Family Centre. You do not need to post anything and you can create an account with no photos or personal information, which allows you to read the Twitter pages. You can follow us by searching for [@ArthurlieN](#) on [Twitter](#)