



Welcome to our Summer Term newsletter, we are all enjoying the better weather, when it appears, tending to the pumpkin patch and watching our plants grow. Lots of children have been working very hard in the gardens and learning about looking after plants.



Our gardening skills are improving however we would love some more help from our families and friends. If you are a keen gardener please contact us as we have lots of jobs which would keep you busy and help us improve!

Reminders

Please be mindful of your times for drop off and pick up as these are necessary due to staffing of our playrooms and the placement you have agreed to for your child.



If you are providing your child with a water bottle please ensure it is filled with water only and clearly labelled with their name.

As the weather improves please send your child to Nursery with sun cream on and a sun hat.

Changes of clothes are very important, not only because of little accidents but during water play and being outside children can become wet.

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

Hello from Lorraine



I have been working in Arthurlie Family Centre as head teacher for a few weeks now covering Vicky's absence. I have been enjoying the chance to meet some of you and your children in drop off and collection times. Thank you for spending the time chatting with me and for making me feel so welcome. If I haven't yet managed to meet you, I will hopefully meet you over the next couple of weeks. In the meantime, if there is anything I can help with, please give me a wee shout!

Best wishes, Lorraine

Covid 19

As restrictions ease we will no longer have to wear masks by law and therefore it is at each individual's discretion whether to do so or not.

Parents and carers are now allowed into the building for workshops, meetings etc. however, at this time, we ask that the pickup and drop off arrangements remain in place outdoors, as this eases congestion at these busy times in the nursery building.



Parental Involvement

We are delighted to have our families and community groups back into the building! Arrangements are being made for more interaction with parents / carers and these will be in the form of baking for the Garden Party Picnic, Gardening Club, Story Telling, Talk about your job, Book bug Sessions, Coffee and Chat and Stay and Play opportunities for you to come into the playrooms with your child and experience some of the activities available to name but a few.

Please inform us if this is something you would be interested in and we can't wait to see you!



Louisa Quick



My name is Louisa Quick and I am the Equity & Excellence Lead for East Renfrewshire. I am currently working with staff and children in Aiken Drum looking at different aspects of communication with a focus on sharing stories, songs and rhymes. Thank you to everyone who completed the questionnaire and for sharing your children's favourites, which we will enjoy sharing with each other.

I'm delighted to say that we will shortly be introducing a new lending library here in Arthurlie Family Centre, in partnership with the Foundry Library. In addition your child will have received their own library card. Also, coming soon - a storytelling event led by Dan Story Man from The Village Storytelling Centre.

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>

Thank you for your support during Covid restrictions however, it's is no longer required that you provide a snack for your child as we are now providing this in nursery again for all children. The children receive a portion of fruit and carbohydrate morning and afternoon as well as the hot meal at lunchtime.

If your child is staying for a packed 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.



© NHS Health Education for Scotland, the Welsh Government, the Cornish Government and the Food Standards Agency in Northern Ireland

Fundraising

We Raised £193.81 for Comic Relief through our Crazy Hair Day
Everyone looked amazing! Well Done!



A huge thank you for all your support during our Sponsored Easter Bootcamp.
As well as the children having great fun and building their gross motor and problem solving skills, we raised lots of money for the Nursery which will go towards resources and learning experiences for all the children.



Transitions to School

As the time for our pre-school children to move on to Primary School becomes closer, please take a look at our blog, click on [Transition to School](#) tab where there is information and details from each school about induction dates as well as advice on talking to your children about this special time and frequently asked questions.

For our children to meet their classmates we will be having school groups for outdoor playtimes. This allows the children to become familiar with others who are also going to the same school as themselves. We will have lots of fun playing games and talking together and asking questions.

During the week of 20th June our children will join in a moving on ceremony outdoors with their keyworkers and friends in the Wilderness Garden, where they will receive a certificate and a little surprise to mark the occasion.

Parents are welcome to join us to sing songs and take photos in the photo booth.

Parent Helpers Wanted!

In preparation for our up and coming Garden Party we would like to invite parents and carers in to the nursery to help with baking. This would be done with your child in a small group. Please contact us should you be interested in taking part.

Dates for your diary

Monday 2nd May Holiday CLOSED

Thursday 5th May In-service day CLOSED

Wednesday 18th May Author and Storyteller Maria Cairnie to visit 3-5yrs playrooms

Wednesday 1st June Garden Party Picnic - We will be celebrating in style with home made crowns and dressing up as royalty to enjoy a picnic in our Wilderness Garden.
Parents and carers most welcome to attend either am or pm session
Details to follow.



Wednesday 15th June Sports Day - Come and join in the fun as we take part in different sporting activities. How many will you complete in the session... can you do all 10?
Parents and carers welcome. Details to follow.

W/C Monday 20th June Moving on Ceremony for Pre School Children
Parents and carers welcome. Details to follow.

Tuesday 28th June Last Day for Term Time children

